

**GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN
BARUGUR-635104**



DEPARTMENT OF NUTRITION AND DIETETICS

**International Women's Day
IYoM-2023**



INVITATION

International Women's day is celebrated on 8th of March every year to cherish the achievements of women around the world. To make this celebration more meaningful and healthier, this year, our department is planning to combine it with the celebration of **“International Year of Millets-2023”**. In this connection, we are happy and delighted to invite each and every one of you to take part in the **“Exhibition cum sale”** of millet based food products prepared and marketed by self-help group women under the guidance of **“KrishiVigyan Kendra,Elumichagiri, Krishnagiri”**. Get ready to enjoy the tasty and nutritious snacks, very much within your budget, in our college campus on 08.03.2023.

All are Welcome to this healthy treat.



IYoM - 08.03.2023
Exhibition cum sale



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"Awareness program on breastfeeding to pregnant women and lactating mothers"


Activity Report

02.09.2022

World breast feeding week is celebrated during the first week of August every year. For this, the department of Nutrition and Dietetics conducted an "Awareness program on breastfeeding to pregnant women and lactating mothers" to pregnant women, lactating mothers and married young women in Anganwadi centre situated in Ankinayanapalli village near Barugur on 02.09.2022.

In this awareness program, eight PG students of our department had prepared and presented the importance of right nutrition during pregnancy, importance of breast feeding, advantages of breast feeding to infants and mothers, foods to be included by the pregnant women and lactating mothers, weaning practices etc. with the help of powerpoint slides which were shown to the participants using a projector.

About 20 pregnant and lactating women and 16 children residing in and around Ankinayanapalli village participated in this program. From the oral feedback given by the participants, it was clear that this awareness program was very useful and informative to them and they assured that they will follow the tips given by the students for the wellbeing of their children. Two Faculty members of the department also participated in the program.


2.9.22

Head of the Department


Principal

"Awareness program on breast feeding to pregnant women and lactating mothers"

Date :02.09.2022



Weekly Assembly



Pongal Celebration





Trade fair







Government Arts and Science College for Women, Bargur



