



FATIMA COLLEGE

(Autonomous)

Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle-IV)

College with Potential for Excellence (2004-2019)

101-150 Rank Band in India Ranking 2021(NIRF)

Mary Land, Madurai-625 018, Tamil Nadu

NATIONAL SERVICE SCHEME

REPORT

Name of the Programme	: Awareness Talk on Do's & Dont's for a Cheerful Living
Date of the Programme	: 30.09.2021
Particulars of the Guest Speaker	: Dr. Vasantha Esther Rani, Head, Research Centre of Home Science Fatima College, Madurai
Number of Beneficiaries	: 310 (II UG Undergraduate Students)
Highlights of the Awareness Talk	: Importance of nutrition for adolescent health Tips for following healthy diet Food tips for overcoming anaemia in the adolescent age group. Guidelines of dietary modification for holistic health of adolescent girls.
Outcome of the Programme	: *Instilled in the minds of NSS student volunteers the importance of nutrition and health. *Healthy eating behaviour to overcome nutritional deficiencies and disorders of the adolescent age group.



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PHOTO GALLERY



AWARENESS TALK ON NUTRITION





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INVITATION



FATIMA COLLEGE
(AUTONOMOUS)
MARY LAND, MADURAI

NATIONAL SERVICE SCHEME

Cordially invites you for the special
lecture on

**DO'S AND DON'TS FOR
A CHEERFUL WELLBEING**

Resource Person
Dr. Vasantha Esther Rani
Head, Research Centre of Home Science
Fatima College, Madurai-18

Date: 30.09.2021
Time: 02:00 to 03:00 PM
Venue: Jubilee Hall



LIST OF PARTICIPANTS

S.No.	Reg.No.	Names
1.	2021B11	Brindha. A
2.	2021B13	Chrisma Sirumani. A
3.	2021B16	Dona Brittes
4.	2021B17	Guru Dharshini. N
5.	2021B18	Helen. W
6.	2021B19	Helvin Amala Praba. S
7.	2021B24	Kavi Priya. S
8.	2021B26	Lincy Mariya. T
9.	2021B28	Maanasha. T.K
10.	2021B29	Maria Amala Shree. M
11.	2021B30	Martina Shamil .J
12.	2021B31	Meenakshi. R
13.	2021B32	Nivetha. A



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14.	2021B33	Pavithraa. P
15.	2021B34	Prakasha Deepika. I
16.	2021B37	Renuga Devi .S
17.	2021B38	Thangameena.R
18.	2021B39	Tharangni. G. R
19.	2021B40	Thirisha . P
20.	2021B41	Durga. M
21.	2021N34	R.KEERTHIGA
22.	2021N39	S.FARGANA THASLIMA
23.	2021N31	C.SATHYA PRIYA
24.	2021N20	P.GNANA SUJA
25.	2021N17	S.NAGA SHREE
26.	2021N15	S.LINCY
27.	2021N16	P.MAHALAKSHMI
28.	2021N26	K.THIRISHA
29.	2021N11	R.HEMA PRAMEELA
30.	2021N02	N.AKSHAYA
31.	2021N19	S.NASRIN SARIFA
32.	2021N30	K.NIVETHA
33.	2021N32	V.SWATHI
34.	2021N04	B.ANITHA
35.	2021N21	M.PRADEEPA
36.	2021N36	S.VIJAYA PRIYA
37.	2021N37	S.VINOTHINI
38.	2021N33	S.THAHIRA
39.	2021N07	S.BARGANA
40.	2021N23	M.RAJALAKSHIMI


(Dr. M. Ragam)
NSS Coordinator,
Fatima College