



Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2017– 2018



FATIMA COLLEGE (Autonomous), MADURAI-18

NATIONAL SERVICE SCHEME

A Talk on Women's Health

Date: 01-02-2018

Time: 2pm – 4pm

No of participants:80

Venue: Sanjose Seminar Hall

Chief Guest Profile: Mr. P. Ramkumar, Sales and Soft Skill trainer and Practicing Pharmacist, Madurai.

A special talk on Women's Health was organized in the college premises by NSS units of Fatima College on 01.02.2018. Mr. P. Ramkumar, Sales and Soft Skill trainer and Practicing Pharmacist addressed the students on 'Health'. While sensitizing the students on the facts about irregular menstrual periods, Mr. Ramkumar pointed out the improper food habits prevailing among young women. He also explained that this condition not only spoils the physical health but also the psychological wellbeing. At the end of the session, the resource person focused on the need to consume organic foods especially fruits and vegetables. He encouraged the students to strictly maintain the frequency of food intake patterns and to change their lifestyles by involving in various physical activities.

Outcome : The students gained knowledge on the different nutritional disorders commonly prevailing among young women and ways to overcome these disorders. This session provided them an adequate knowledge on balanced diet and lifestyle modifications to overcome nutritional disorders.



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Mr. P. Ramkumar, Sales and Soft Skills trainer and Practicing Pharmacist addressing the Gathering



PARTICIPANTS LIST

S.NO.	ROLL.NO	NAME
1.	2016C01	AGNES PRADEEPA
2.	2016C02	F.AMALI PRIYANKA
3.	2016C03	ANITA ROSELINE G
4.	2016C04	ASHWIN FELICITA.A
5.	2016C06	CHRISTINA SHARMILI
6.	2016B01	ABARNA.N
7.	2016B02	ABINAYA.R
8.	2016B03	ANUESWARI.N
9.	2016B04	AROCKIYA JAYA.S
10.	2016B07	DHARANI.C
11.	2016Z05	ARUNYA . A
12.	2016Z09	BIRUNTHA V
13.	2016Z10	CHITRA . C
14.	2016Z11	DHIVYA DHARSHINI V
15.	2016Z13	DIVYA.C
16.	2016AO1	B. ABARNA DEVI
17.	2016AO2	R. ABARNA
18.	2016AO3	P. ANITHA



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19.	2016AO5	P. ANNALAKSHMI
20.	2016AO6	A. APSANA FATHIMA
21.	2016L02	AKALYA.S
22.	2016 L04	AMALA.M
23.	2016 L05	AMALA.S
24.	2016 L06	ANGURETHI.J
25.	2016 L09	ARSHYA MANI KODI
26.	2016N06	A.ARUL PRIYA
27.	2016N08	S.BHUVANESHWARI
28.	2016N09	P.CHARMINI
29.	2016N11	B.EVANGELINE
30.	2016N15	T.ISHWARYA
31.	2016H06	S. APARNA
32.	2016H10	N.BHUVANESWARI
33.	2016H11	S.DHIVYA DHARSHIKA
34.	2016H13	K.GAYATHRI
35.	2016H15	M. KALEESWARI
36.	2016H18	E. KARTHI SELVI
37.	2016P01	B.ABIRAMI
38.	2016P02	S.ANITHA
39.	2016P04	A.ANUSUYA DEVI
40.	2016P05	J.AROCKIA JEYANTHI
41.	2016P06	P. ARTHY
42.	2016P10	N.DAFFNY
43.	2016M16	EMALIN MARIEA.B
44.	2016M17	ETHITHA BRITTA.S
45.	2016M18	GAYATHRI.S
46.	2016M20	HARINI.M
47.	2016M22	INFANTA.S
48.	2016M23	ISHA PREETHI.A
49.	2016M24	JEBASTINA.T
50.	2016M25	JEEVITHA.N.M
51.	2016T01	AARTHI.R
52.	2016T02	AATHILAKSHMI.V
53.	2016T04	AINOOLJARIYA.A
54.	2016T05	AISHWARYA.R
55.	2016T06	AKILANDESHWARI.S
56.	2016T08	ANGALAPARAMESWARI.C
57.	2017E07	ANGALAESWARI .C.
58.	2017E09	BARANI.T.
59.	2017E12	DHANALAKSHMI .A.
60.	2017E14	DIVYALAKSHMI .M.
61.	2017E19	JEEVASWAPNA .S.
62.	2017E22	KARPAGAVALLI.C.



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63.	2017E25	KAVIPRIYA .M.
64.	2017E26	KAVIYA .M.
65.	2016M51	PRIYATHARSHINI.B
66.	2016M52	RAKSHANA DEVI.M
67.	2016M53	REMI SANCHANA.F
68.	2016M54	RENISHA.G
69.	2016M55	RITTA ROSELINE MARY.M
70.	2016M56	ROSELIN JEBASTIN.R
71.	2016M57	RUPIKA.C
72.	2016M58	SABITHA.R
73.	2016M59	SANTHIYA.P
74.	2016M61	SASIKALA.S
75.	2016M62	SELCIYA MARY.A
76.	2016M63	SELVA VERONICKA.N
77.	2016M65	SIMRA.D
78.	2016M66	SOBHIYA.P
79.	2016M70	SUBHA.T
80.	2016M71	SUPRAJA.L.S