

Criterion : III – Research, Innovations and Extension

Metric : 3.6.3 & 3.6.4 Extension Activities

Year : 2018 – 2019



NATIONAL SERVICE SCHEME

Workshop on ‘The Journey to Healthy & Wealthy life’

DATE: 03-01-2019

TIME: 2.00PM- 4.00PM

VENUE: Fatima College, Madurai

NO OF PARTICIPANTS: 100

RESOURCE PERSON: Dr. V. Vasantha Esther Rani, Head & Associate Professor, Research Centre of Home Science

NSS organized a workshop on “The Journey to Healthy Living – Be Healthy -Stay Healthy” in the premises of Fatima College. The Resource person Dr. V. Vasantha Esther Rani, Head & Associate Professor of Research Centre of Home Science talked about the tips for good health, nutritional value of food, importance of regular exercise and students were given awareness on Dietary Guidelines and how to keep our body fit and strong.

OUTCOME: The students learned the means and effects of healthy living.

Dr. V. Vasantha Esther Rani addressing the gathering



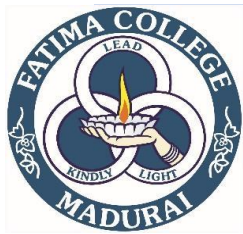


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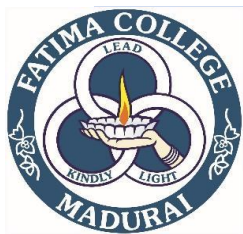
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Infotainment through dance performance.





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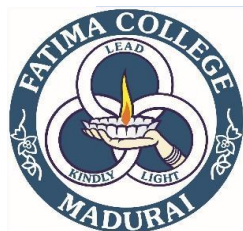
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PARTICIPANTS LIST

S.NO.	MAJOR	NAME
1	II MATHS	PANDILAKSHMI.T
2	II MATHS	SWARNAMBIGAI.G
3	II MATHS	SWEDHAA.K
4	II MATHS	SUBALAKSHMI.M
5	II MATHS	SHAMALA.V
6	II MATHS	HEPSHIBAH SHIRLY.J
7	II MATHS	MARIYA SUSHMITHA
8	II MATHS	UDHAYAGANDHI.R
9	II MATHS	PREETHI.P
10	II MATHS	SUSEE PRIYA.J
11	II MATHS	SOWMYA.M
12	II MATHS	JAICEY CATHORINE.J
13	II MATHS	FRANCINA.J
14	II MATHS	MADHUMATHI.V
15	II MATHS	EILEEN.P
16	II MATHS	ABIGAIL.M
17	II MATHS	JOSEPHIN SELVI.M
18	II MATHS	AROCKIYA MONISHA.A
19	II MATHS	HANIFA DENSY.A
20	II MATHS	HEPHZIBAH.S
21	II MATHS	GLADIN SOPHIYA.L
22	II MATHS	NANDHINI.T.
23	II MATHS	HARINI.S
24	II MATHS	VARSHINI.OOM
25	II MATHS	SHERLIN HELINA.R
26	II MATHS	YOGITHA.R.
27	II MATHS	DURGA DEVI.S
28	II MATHS	THIVYA BHARATHI.M
29	II MATHS	MANISHA.M
30	II MATHS	CHRISTY JENIFER.A
31	II MATHS	AROCKIA CHRISTY.J
32	II MATHS	KANIMOZHI.R



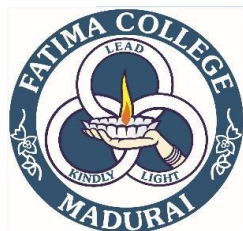
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33	II MATHS	CATHRIN VENNILA.S.
34	II MATHS	MADHUBALA.K
35	II MATHS	AROCKIA SERLIN. A
36	II MATHS	ARUL KERINA. X.R
37	II MATHS	BELSIYA.A
38	II MATHS	CATHRINE ARULMALAR.C
39	II PHYSICS	L. KARUNYA
40	II PHYSICS	A. GNANA MALAR
41	II PHYSICS	M. SHRINIDHY
42	II PHYSICS	M. SURIYA PRABHA
43	II PHYSICS	A. SOSUNDARIYA
44	II PHYSICS	V.B. KEERTHI LAKSHMI
45	II PHYSICS	N. NANCY SUPRINA
46	II PHYSICS	A. DARATHY CELCIYA
47	II PHYSICS	T. HARINI
48	II PHYSICS	R. YOGA MEENA
49	II PHYSICS	M. SONALE
50	II PHYSICS	S. JASI AKAL SUGAPRIYA
51	II PHYSICS	S. DEEPTHA KUMARI
52	II PHYSICS	K. SARANYA
53	II PHYSICS	J. ROSHINI
54	II PHYSICS	C.M. KOWSALYA
55	II PHYSICS	E. PAVITHRA
56	II PHYSICS	E. PREETHA
57	II PHYSICS	T. PAVITHRA DEVI
58	II PHYSICS	A. FATHIMA VINNARASI
59	II PHYSICS	P. ROSELIN VINNARASI
60	II PHYSICS	J. CELSI CLARIS
61	II PHYSICS	K. ANNIE ROSELIN
62	II PHYSICS	S. HARINI PRIYA
63	II PHYSICS	AMALU SATHEESH
64	II PHYSICS	PRATHIKSHA.S
65	II PHYSICS	KANISIYA.R.
66	I PHYSICS	L. KARUNYA
67	I PHYSICS	A. GNANA MALAR
68	I PHYSICS	M. SHRINIDHY
69	I PHYSICS	M. SURIYA PRABHA
70	I PHYSICS	A. SOSUNDARIYA
71	I PHYSICS	V.B. KEERTHI LAKSHMI
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73	I PHYSICS	A. DARATHY CELCIYA



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