

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) | (An ISO 9001:2015 Certified Institution)
(SILVER JUBILEE INSTITUTION)



SUNDARAKKOTTAI, MANNARGUDI, THIRUVARUR (DT),
TAMIL NADU, S INDIA.



EXTENSION ACTIVITIES

Title of the activities	Organizing unit/agency/ collaborating agency	Date	Number of teachers participated in such activities	Number of students participated in such activities
Anemia and Haemoglobin screening	Sundarakottai village	20.02.2015	02	56 students+village people
Nutrition Assessment-Screening and Counselling	Government Higher Secondary school,Painganadu		02	
Cancer exhibition and Rally	Raj Hospital-Mannargudi	24.02.2016	02	93 School Students
Extension Activity-Nutritional awareness for lactating women.	Government Elementary School students of Keelathirupalakudi	26.02.2016	02	15 students

Extension Activity- National Nutrition Week celebration	Government Elementary School students of Keelathirupalakudi	05.08.2016	02	80 Village people
Extension Activity- "Adolescent Nutrition"	Govt. Higher Secondary School, Ullikkottai.	15.09.2016	02	21 students
Extension Activity- "Nutritional awareness Packed lunch "	Government Elementary School students of Keelathirupalakudi	09.01.2017	02	350 School Students
Extension Activity- "Adolescent Nutrition"	Primary Health Centre - Vadaseri	06.07.2017	02	50 students
Nutritional awareness of Junk food as Extension Activity	Panchayath Union Middle School, Vadakaravayal Rajapaiyanchavadi	08.08.2017	02	352 students
Extension Activity- Mother's milk- The Holistic Nutrition	Primary Health Centre, Vadaseri	27.07.2018	02	102 students
Extension Activity- Mother's milk- The Holistic Nutrition	Primary Health Centre, Ullikkottai	07.08.2018	02	42 lactating Mother
Extension Activity- Rally campaign- Importance of	Keelathirupalagudi Village	08.08.2018	02	57 Lactating Mother

Mother's Milk				
Extension Activity- Health and Fitness	Government Higher Secondary School,Peariyur.	06.08.2018	02	64 Village People
Extension Activity- Nutrition Education	Government Higher Secondary, Thamarankottai	07.09.2018	02	81 School Children
Extension Activity— underweight and overweight for adolescent Nutrition	Government Girls Higher Secondary, School ,Madhukur.	22.01.2019	02	71 School Children
Extension Activity- Mother's Milk-The Lactogogues Food	Nutrition and Dietetics/Primary Health center. Kudikkadu and Ambalapattu	11.07.2019	02	490 School Children
Extension Activity- Heathy baby context	Primary Health Center, Ambalapattu	07.08.2019	02	40 Lactating Mother
Mother's milk –The Holistic Nutrition	Nutrition and Dietetics/Primary health center Vadaseri	05.08.2022	02	82 lactating mother

Nutritional importance for expectant mothers	Nutrition and Dietetics/Primary health center Athivetti	06.09.2022	02	96 expectant mothers
Healthy Nutrition for school children	Government Higher Secondary School,Athivetti	07.09.2022	02	115 students
Healthy Diet for adolescence	Dharani Matric Higher Secondary school ,Mannargudi.	10.01.2023	02	150 students
Health and stress management	Government Higher Secondary School,Paravakottai	01.03.2023	02	124 students
2023-2024				
Awareness programme on Nutrition for adolescence girls	Government Girls Higher Secondary school, Madhukkur	21.07.2023	02	315
Mothers milk the holistic nutrition	Primary health center, Mannargudi and Ullikkottai	08.08.2023	02	65
Impact on Aneamia and Malnutrition	A2B Skill training center, Mannargudi	07.09.2023	02	53
Nutrition Education for School Children	Government Primary School, Moothakurichi.	14.12.2023	02	43
Importance of Nutrition In better	Government Girls higher secondary	23.01.2024	02	45

Education Outcomes	school, Pattukkottai.			
Role of Nutrition In Adolescence Health	Government Girls higher secondary school, Paravakkottai	16.02.2024	02	62
Nutrition and Health for adolescence	Government Higher secondary School, Edamelaiyur.	21.02.2024	02	200



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SUNDARAKKOTTAI, MANNARGUDI-614016**



NATIONAL NUTRITION WEEK CELEBRATION-2023

DEPARTMENT OF NUTRITION AND DIETETICS

Organizes

Extension Activity on

"HEALTHY NUTRITION"

**VENUE: Adayar Ananda Bhavan India Private
Limited, Skill Training Division-Mannargudi.**

DATE: 07.09.2023

TIME: 10.30 AM



Sengamala Thayaar Educational Trust

Women's College,

(Affiliated to Bharathidasan University, Tiruchirappalli)

(Accredited by NAAC)

Sundarakkottai, Mannargudi.

DEPARTMENT OF NUTRITION AND DIETETICS

Conducting Extension Activity

On

ROLE OF NUTRITION IN ADOLESCENCE HEALTH

Venue: Government Higher Secondary School, Paravakkottai

Date: 16.02.2024

Time: 2.00 pm



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DEPARTMENT OF NUTRITION AND DIETETICS

ORGANIZES

"NUTRITION AND HEALTH"

VENUE: Government Higher Secondary School, Eda Meelaiyur

DATE: 21.02.2024

SESSION: Forenoon



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DEPARTMENT OF NUTRITION AND DIETETICS

We feel highly elated to celebrate the World Breast feeding week as
part of extension activity

On

Breast Feeding

at

VENUE: Primary Health Centre,

**" - A Key to sustainable
Development"**

Ullikkottai

DATE: 08.08.2023

TIME: 11.00 AM

"Breastfeeding is not a choice, it's a responsibility"

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DEPARTMENT OF NUTRITION AND DIETETICS

**We feel highly elated to celebrate the world breast feeding week as
part of extension activity on
Lactation Awareness Programme titled**

at

"Breast Feeding- A Key to sustainable Development"

VENUE: Primary Health Centre, Mannargudi

DATE: 08.08.2023

TIME: 10.30 AM

"Breastfeeding is not a choice, it's a responsibility"

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DEPARTMENT OF NUTRITION AND DIETETICS

Organizes

Extension Activity On

**AWARENESS PROGRAMME ON
NUTRITION FOR ADOLESCENT GIRLS**



**NUTRITION FOR
ADOLESCENT GIRLS**

**VENUE : Government girls Higher Secondary
School, Madukkur**

DATE : 21.07.2023

TIME : 10.35 AM



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Sundarakkottai, Mannargudi.

DEPARTMENT OF NUTRITION AND DIETETICS

Conducting Extension Activity

On

IMPORTANCE OF NUTRITION IN BETTER EDUCATION OUTCOMES

Venue: Government Girls Higher Secondary School, Pattukkottai

Date: 23.01.2024

Time: 10.30 am

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**SUNDARAKKOTTAI, MANNARGUDI - 614 016
THIRUVARUR DISTRICT, TAMILNADU**



DEPARTMENT OF NUTRITION AND DIETETICS

ORGANIZE

Extension Activity

on

“Nutrition Education for School Children”

**PLACE : GOVERNMENT PRIMARY SCHOOL,
MOOTHAKURICHI**

DATE : 14.12. 2023

SESSION : FORENOON

TIME : 11.00AM

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