

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC)

(SILVER JUBILEE INSTITUTION)

**SUNDARAKKOTTAI, MANNARGUDI, THIRUVARUR (DT),
TAMIL NADU.**



EXTENSION ACTIVITIES

2025 -2026

S.NO	TITLE OF THE ACTIVITIES	ORGANIZING UNIT/AGENCY/ COLLABORATING AGENCY	DATE	NUMBER OF BENEFICIARIES
1.	Healthy Products and Sustainable Livelihoods: Nutrition Awareness and Training for Self-Help Groups	Mandalakottai Village	11.07.2025	55 Women
2.	“Breast Milk – A Holistic Nutrition”	Primary Health Centre, Vadaseri,	05.08.2025	68 Lactating mothers
3.	Rally on “Breast Milk – A Holistic Nutrition”	Primary Health Centre, Ullikottai.	05.08.2026.	-
4.	“Eat Smart for Brain Power”	Government Higher Secondary School, Papanad,	03.02.2026.	118 School students



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

**Silver Jubilee Institution (Accredited by NAAC)
(An ISO 9001:2005 Certified Institution)(Ranked in NIRF 2024)
SUNDARAKOTTAI, MANNARGUDI- 614 016.**

DEPARTMENT OF NUTRITION AND DIETETICS

ORGANIZES

EXTENSION ACTIVITY

Entitled On

**HEALTHY PRODUCTS, SUSTAINABLE LIVELIHOODS :
NUTRITION AWARENESS & TRAINING
FOR SELF HELP GROUP"**

VENUE: Mandalakkottai

DATE: 11.7.2025

TIME: 10.30 am



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SUNDARAKOTTAI, MANNARGUDI- 614 016.



DEPARTMENT OF NUTRITION AND DIETETICS

ORGANIZES

An EXTENSION ACTIVITY

On the celebration of

"WORLD BREAST FEEDING WEEK CELEBRATION "

Entitled

"Breast Milk - A Holistic Nutrition "



VENUE: Primary Health Centre, Vadaseri

DATE: 05.08.2025

TIME: 10.30 am





**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(SILVER JUBILEE INSTITUTION)
(AFFILIATED TO BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI)
(ACCREDITED BY NAAC & AN ISO 9001:2015 CERTIFIED INSTITUTION)
SUNDARAKKOTTAI, MANNARGUDI - 614 016.**

DEPARTMENT OF NUTRITION AND DIETETICS

**Organizes an
EXTENSION ACTIVITY**

On

"Eat Smart for Brain Power"

**VENUE: Government Higher Secondary
School, Papanad**

DATE: 03.02.2026

TIME: 10.30 AM

