

Permission Letter

Date: 21. 09. 2023

From

Women's Studies Centre
Sri G.V.G Visalakshi College for Women (Autonomous)
Udumalpet

To

The Principal
Sri G.V.G Visalakshi College for Women (Autonomous)
Udumalpet

Respected Madam,


Sub: Request to conduct awareness programme – reg



Observing the Year 2023 as International Year of Millets" Women's Studies Centre is plan to conduct awareness programme on the benefits and nutrition values of millets on 25.09.2023 at Kodingiyam Panchayat and Ravanapuram Village Panchayat . Kindly grant us permission to organise the same.


Members of Women's Studies Centre




Principal
PRINCIPAL i/c
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESA MILLS (POST),
UDUMALPET - 642 128.

 **Sri G.V.G. Visalakshi College For Women, Udumalpet- 642128**
Autonomous and Affiliated to Bharathiar University, Coimbatore
Accredited at A+ grade by NAAC (Fourth cycle)
An ISO 9001:2015 Certified Institution
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CIRCULAR

Date: 21. 09. 2023

Dear Professors,

Women's Studies Centre is organizing a programme on "Role of Women in Nurturing Family Health" on 25.09.2023 at Kodingiyam Panchayat and Ravanapuram Village Panchayat . All the students of I MA Economics and I MA History are hereby informed to attend the programme.

C. Divin

B. Sujalsh

Women's Studies Centre



T. Lakshmi
Principal i/c
SRI GVG VISALAKSHI COLLEGE
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Accorded with star status by DBT, Government of India
Udumalpet

Women's Studies Centre

Organises



Role of Women in Nurturing Family Health

Date : 25.09.2023

Time: 9.00am -10.00am

Venue: Panchayat Primary School
Kodingiyam

Mrs.C.Sri Priya

Dr.B.Rajalakshmi

Members of Women's Studies Centre

Dr.N.Lakshmi

Principal i/c

Role of Women in Nurturing Family Health

Date: 25.09.2023

Time: 9am - 10am

Venue: Panchayat Primary School
Kodingiyam

Objectives:

* Creating Awareness on Benefits of Millets and its Nutrition values.

* To impart Knowledge on adapting Millets as part of their daily diet.

→ As a part of year of Millet Campaign (IYOM) Women's Studies Centre of Sri GVG Visalakshi College for Women, Udumalpet organised an activity on "Role of Women in Nurturing Family Health" at Panchayat Primary School, Kodingiyam. Along with the School students their Mothers were also gathered for this Meeting.

→ Students of III B.A Economics, III B.A Logistics along with I M.A Economics and History were taken for this Program.

→ School children were shown varieties of Millets available in India through Flash cards.

→ Children were served Peanut cakes and Millet Malt and Mothers were insisted to add Millet in their daily diet.

No. of Beneficiaries: 96

Venue: Ravanapuram Village
Panchayat

Time: 11am - 12.30pm

No. of Beneficiaries: 75

→ Followed the above Program students were taken to Ravanapuram Village and met the group of women from the age of 18 to 60.

→ Awareness speech on Production and Consumption of Millets were given.

→ Our Students displayed Varieties of Millet Recipe and also explained the Nutritional Value of Millet to the Pregnant and lactating Mothers.

Outcome :

- * The Parent's realized the benefits of the Millets and accepted to add in their everyday diet.
- * The Programme helped the villagers to tackle their lifestyle Problems and health Challenges such as obesity and diabetics.

Members :

1. C. Divya
2. B. Poojalekshmi



Rajeevareni. A
Principal
PRINCIPAL
SRI GVG VISALAKSHI COLLEGE
FOR WOMEN (AUTONOMOUS)
VENKATESWALLS POST,
UDUMALPET - 642 128

Role of Women in Nurturing Family Health

25.09.2023

Ravanapuram Village Panchayat



Kodigiyam Panchayat Union Primary School

