



Unnat Bharath Abhiyan

Extension Activities (2022-2023)

Rashtriya Poshan Maa - 2022

Venue: Narayanasamy Government School, Periya Valavadi

Date: 13.09.2022

Report

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SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN (AUTONOMOUS) UDUMALPET

UNNAT BHARATI ABHIYAN CELL
&

NATIONAL SERVICE SCHEME

To celebrate "Poshan Maa-2022" (PM's Overarching Scheme for Holistic Nourishment) on 13.09.2022, an awareness programme was conducted at Narayanasamy (Government Higher Secondary School, Valavadi) at 1.30pm - 3.30pm. The programme was headed by the headmistress of the school.

In this event, Mrs. A. Veena, M.Sc.B.Ed, CDPO, ICDS, Udumalpet gave a special lecture on "Nutrition for Adolescent Girls" to 7th, 8th & 11th standard students of the school.

A nutritional expo also conducted by the ICDS members to state the importance of millets and green vegetables for their constitution.

NSS volunteers exhibited their charts to insist the nutritional value of the students.

Mrs. Vimalakanthi, SHO, Valavadi advised the students regarding clean & hygiene practice.

Followed by Mr. Manivannan, MS. M. Karibala & MS. N. Diyaneswari addressed the gathering about healthy life and few yogas were taught to the students.

At the end of the program a quiz program was conducted by NSS volunteers and healthy mix drink was distributed by Anganwadi teachers.

Nearly 95 school students and 25 NSS students benefitted in this program.

R. Mani
13/9/2022.

G. Jany
13.9.22
தமிழக உணர்ச்சித் திட்ட அலுவலர்
உடுமலைபேட்டை.

UBA co-ordinator
M. Manjamma
13/9/22

13/9/22
தமிழக அரசு மேல்நிலைப்பள்ளி
உடுமலைபேட்டை - 642 132.

Rajeswari N
27.9.22
Principal



Permission Letter

From

Dr.M.Mehar Banu

Assistant of Economics

Sri GVG Visalakshi College for Women (Autonomous),

Udumalpet

To

The Principal,

Sri GVG Visalakshi College for Women (Autonomous),

Udumalpet

Respected Madam,

We request you to grant permission for the student volunteers to participate in the celebrate "Rashtriya Poshan Maa-2022" at Narayanasamy Government School, Periya Valavadi under UBA on 13.09.2022.

Thanking You,

Station: Udumalpet

Date: 10.09.2022

Yours Sincerely

M. Meharbanu

$\frac{M}{10.9.22}$



Circular

Sri GVG Visalakshi College for Women (Autonomous), Udumalpet

GVGVC/UBA/CIR/2022/03

UNNAT BHARATH ABHIYAN

Circular

Unnat Bharat Abhiyan and National Service Scheme in association with ICDS, Udumalpet plan to celebrate "Rashtriya Poshan Maa-2022" at Narayanasamy Government School, Periya Valavadi on 13.09.2022. In this regard, 25 NSS volunteers are assemble in front of conference hall at 3.30 pm.

Date: 07-09-2022

M. Meharban

Signature of the Convenor

Rajiswari D

Signature of the Principal



Invitation



Sri G.V.G. Visalakshi College for Women, Udumalpet-642128

Autonomous & Affiliated to Bharathiar University, Coimbatore

Accredited at A+ Grade by NAAC (4th Cycle)

An ISO 9001-2015 Certified Institution

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RASHTRIYA POSHAN ABHIYAAN - Poshan Maah-2022 Report

Sri GVG Visalakshi college for women (Autonomous) Udumalpet
Affiliated to Bharathiar University, Coimbatore
Accredited at A+ Grade by NACC (Fourth cycle)
An ISO 9001:2015 Certified Institution

National Service Scheme & Unnat Bharat Abhiyaan

Rashtriya Poshan Maah 2022

Topic: Nutrition For Adolescent Girls

**Guest Speaker : Mrs R.Veena M.Sc, B.Ed. CDPO, ICDS
Udumalpet**

**Yoga Trainer : Dr.Sathya Manivannan. Assistant professor of Commerce
Sri GVG Visalakshi college for women, Udumalpet**

Time : 1:30 pm to 3:30 pm Date : 13/09/2022

**Venue : Narayanasamy Naidu Government
Higher Secondary School
Periavalavadi**

**Coordinators
NSS & UBA**

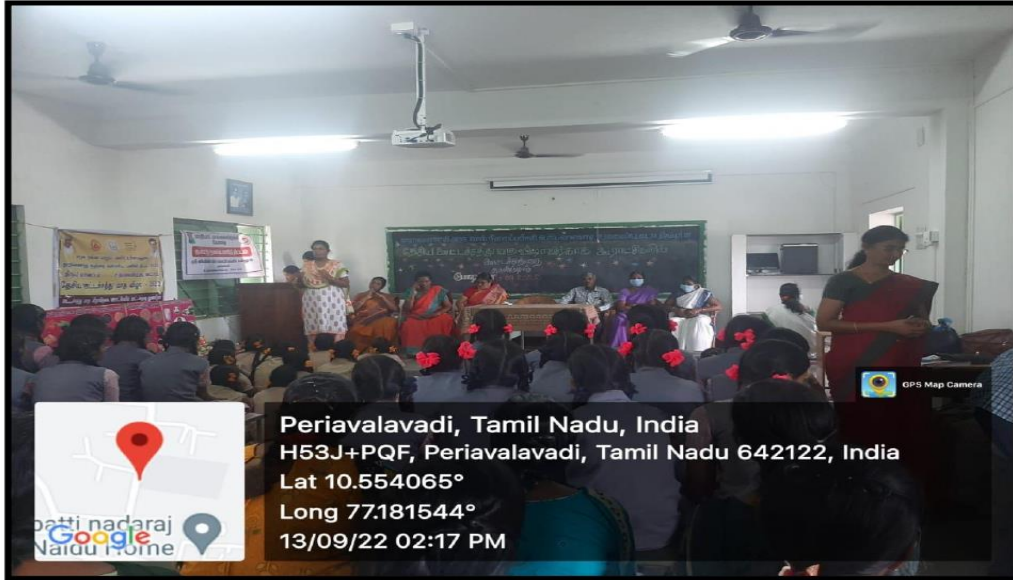
**Dr. N. Rajeswari
Principal**

Poster Maker



Photos

Rashtriya Poshan Maa - 2022





Rashtriya Poshan Maa - 2022

