



SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN (Autonomous)

OWNED AND MANAGED BY CORK INDUSTRIES CHARITIES TRUST
(Affiliated to University of Madras & Re-Accredited with 'A+' Grade by NAAC)
Chromepet, Chennai- 600 044

ANAEMIA FREE INDIA

On 9th September 2022, Outreach club and PG department of Social Work of ShrimathiDevkunvarNanalal Bhatt Vaishnav college in collaboration with 'Integrated Child Development Services (ICDS) Scheme' equipped a avenue play and puppet exhibit in the theme of 'ANEMIA FREE INDIA' to commemorate the 'NATIONAL NUTRITION MONTH -2022'. In India the incidence of anaemia and micronutrient deficiencies are more mainly amongst the lower socio-economic group. Every year the Government celebrates 'National Nutrition Month' in September and chooses more than a few subject matters via which the vitamin status of people can be upgraded. The road play and puppet show software focused on developing cognizance among the regular public about anaemia and micronutrient deficiencies as phase of 'National Nutrition Month – 2022' celebration. Through this application the customary signs and symptoms and signs and symptoms of iron deficiency anaemia and some preventive strategies such as ingesting healthy foods and preserving a appropriate way of life had been conveyed to the conventional public.



SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
A+ (AUTONOMOUS) CHROMPET, CHENNAI-44
PG DEPARTMENT OF SOCIAL WORK IN COLLABORATION WITH INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS) SCHEME
CORDIALLY INVITES YOU TO THE
PUPPET SHOW ON "ANEMIA FREE INDIA "



Venue : Railway station road
Date:09/09/2022 Timings: 9:00am onwards

PRINCIPAL Dr.R.Geetha	VICE PRINCIPAL (AIDED) Dr.M.S.Lekha	HEAD INCHARGE Ms.Priyadharshini K
	VICE PRINCIPAL (SFS) Dr.Victoria Priscilla	PROGRAM COORDINATOR Ms.Jessy Stephy
	VICE PRINCIPAL (SHIFT -1) Dr. Manisha Sura Mardhini	
	PROGRAM ORGANIZERS Staffs & students MSW department	



SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
A+ (AUTONOMOUS) CHROMPET, CHENNAI -44
OUTREACH CLUB & INTERNAL QUALITY ASSURANCE CELL IN COLLABORATION WITH INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS) SCHEME
CORDIALLY INVITE YOU TO THE
STREET PLAY ON "ANEMIA FREE INDIA"



Venue: Grand Southern Trunk road
Date : 09/09/2022 Timings : 9.00 A.M Onwards

PRINCIPAL & CLUB PRESIDENT Dr.R.Geetha	VICE PRINCIPAL (AIDED) Dr.M.S.Lekha	IQAC COORDINATOR Dr. Beena
	VICE PRINCIPAL (SFS) Dr.Victoria Priscilla	
	VICE PRINCIPAL (SHIFT -I) Dr.Mahisha Sura Mardhini	
	DEAN & VICE PRESIDENT (OUTREACH CLUB) Dr. V. Subasshini	
	STUDENT COORDINATORS (OUTREACH CLUB) S. Harini M.Sc FSND 2nd year Secretary V. Subasree B.Sc CND 3rd year Joint secretary M.K.S. Akshara B.Sc NFSMD 3rd year Joint secretary	



THE CPR WORKSHOP

On 20th September 2022, Outreach Club of SDNB Vaishnav college in collaboration with Parvathy hospital, Chromepethad performed 'The CPR Workshop' from 11:30 am onwards. The chief visitor of the workshop was once Dr. Sasi Sree Reddy, Head of the Emergency department, Parvathy hospital. The session commenced with invocation and the welcome address was once given by Dr. V Subasshini, Dean. Then the chief visitor has taken over the session, she began explaining about what an 'emergency' scenario is and what one should do as an emergency treatment for a number conditions. She briefed about more than a few prerequisites beginning from a minor cut, an amputated part, burns, fracture, nostril bleeding, fainting, low blood sugar, seizures, stroke, chest pain, respiratory difficulty, warmth stroke, animal bites, and basic lifestyles support. She highlighted about the dos and don'ts of the instantaneous first resource remedy of all the above-mentioned conditions. She then confirmed how to perform 'CPR' which is the fundamental existence support. After demonstration, college students were volunteered and performed the 'CPR'. After the session the vote of thanks was delivered through Dr. Radha ma'am, Joint Vice president, Outreach club. Overall, the session was very interactive and informative.


SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)
 AFFILIATED TO UNIVERSITY OF MADRAS - RE-ACCREDITED WITH 'A+' GRADE BY NAAC




IN COLLABORATION WITH
 IQAC AND PARVATHY HOSPITAL

OUTREACH CLUB

WE CORDIALLY
 INVITE YOU FOR
 THE CPR
 WORK SHOP



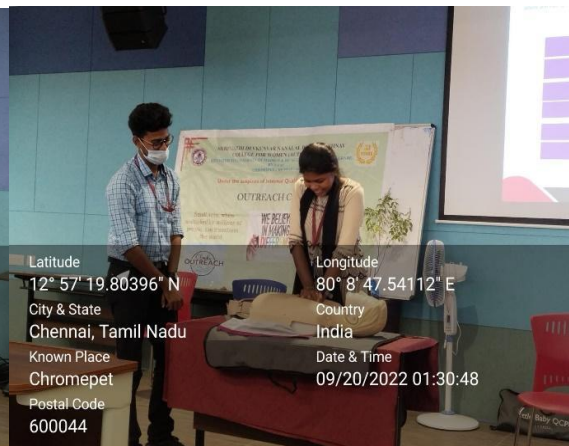
DR. SASISREE REDDY
 HEAD OF EMERGENCY DEPARTMENT
 PARVATHY HOSPITAL
 CHROMPET CHENNAI

SEPTEMBER	TUESDAY 20	11:30 AM ONWARDS	2022	VENUE: GOLDEN JUBILEE BLOCK / SEMINAR HALL / 4TH FLOOR
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PRINCIPAL & CLUB PRESIDENT Dr.R.Geetha	VICE PRINCIPAL (AIDED) Dr.M.S.Lekha VICE PRINCIPAL (SFS) Dr.Victoria Priscilla VICE PRINCIPAL (SHIFT -I) Dr.Mahisha Sura Mardhini DEAN & VICE PRESIDENT (OUTREACH CLUB) Dr. V. Subasshini Dr. P. Radha STUDENT COORDINATORS (OUTREACH CLUB) S. Harini M.Sc FSND 2nd year Secretary	IQAC COORDINATOR Dr. Beena V. Subasree B.Sc CND 3rd year Joint secretary	M.K.S. Akshara B.Sc NFSMD 3rd year Joint secretary
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Latitude 12° 57' 33.09372° N
 Longitude 80° 8' 53.75832° E
 City & State Chennai, Tamil Nadu
 Country India
 Date & Time 09/20/2022 12:45:47
 Known Place Chromepet
 Postal Code 600044



Latitude 12° 57' 19.80396° N
 Longitude 80° 8' 47.54112° E
 City & State Chennai, Tamil Nadu
 Country India
 Date & Time 09/20/2022 01:30:48
 Known Place Chromepet
 Postal Code 600044

MAGIC MILLETS

On 27th January 2023, Outreach Club of SDNB Vaishnav College in collaboration with B.Sc. Home science – Nutrition, Food Service Management, and Dietetics (NFSMD) branch carried out a collection of consciousness programs namely a drama on ‘Brain Foods’, a puppet show on ‘Balanced Diet’, and an attention speak on ‘Magic Millets’ on Christ King Girl’s Higher Secondary School, East Tambaram from 09:00 am onwards. The session started with welcome tackle with the aid of Dr. P. Radha, Joint Vice President, Outreach Club. Then the first software an attention talk about millets used to be given by way of the students. It was given in both English and Tamil. The students highlighted the significance of a range of millets and its easy availability, which made it a sustainable crop. The fitness advantages of millets have been additionally emphasized. Then, a small demonstration was once executed by a scholar on how to prepare immediately and effortless foods made of millets. She prepared ragi laddus and ragi malt. She highlighted the nutritional importance of ragi. The subsequent application was once a drama which was about the “Brain Foods”. The students listed various brain foods. Some of the meals were egg, almonds, walnuts, inexperienced leafy vegetables, and so on. They highlighted the health benefits of these meals and significance in each day diet. They have stated its significance in younger children diet. The target market listened to it cautiously and had been very enthusiastic. The closing application used to be a puppet show. It was about balanced diet. They used jungle theme for the exhibit and animals were used as exhibit characters. In this they cited about the 5 food businesses and importance of each group in the preservation of top health. They listed foods from each crew and highlighted its fitness benefits. Then a question-and-answer session was once conducted. The students answered very actively and enthusiastically. The vote of thanks used to be given through Dr. V. Subasshini, Dean and Vice President of Outreach Club. Overall, the whole session was very interactive and informative.



SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS) CHROMEPET, CHENNAI -44 **51 YEARS**

OUTREACH CLUB AND INTERNAL QUALITY ASSURANCE CELL
IN COLLABORATION WITH
B.SC. HOME SCIENCE - NUTRITION, FOOD SERVICE MANAGEMENT AND DIETETICS

Cordially invites you to an awareness talk on - "Magic Millets"

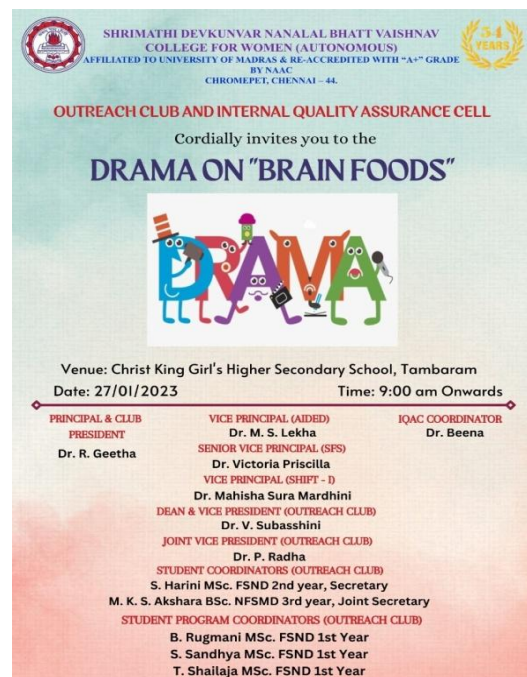


Venue: Christ King Girl's Higher Secondary School, Tambaram
Date : 27/01/2023

Dr.R.Geetha
Principal and Club President


Dr.Beena
IQAC Coordinator

PROGRAM ORGANIZERS
Vice President & Student co-ordinators (OUTREACH CLUB)
&
Students of NFSMD



SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS) AFFILIATED TO UNIVERSITY OF MADRAS & RE-ACCREDITED WITH "A" GRADE BY NAAC CHROMEPET, CHENNAI - 44 **51 YEARS**


OUTREACH CLUB AND INTERNAL QUALITY ASSURANCE CELL
Cordially invites you to the
DRAMA ON "BRAIN FOODS"




Venue: Christ King Girl's Higher Secondary School, Tambaram
Date: 27/01/2023 Time: 9:00 am Onwards

PRINCIPAL & CLUB PRESIDENT Dr. R. Geetha	VICE PRINCIPAL (AIDED) SENIOR VICE PRINCIPAL (SFS) DR. VICTORIA PRISCILLA VICE PRINCIPAL (SHIFT - I) DR. MAHISHA SURA MARDHINI DEAN & VICE PRESIDENT (OUTREACH CLUB) DR. V. SUBASSHINI JOINT VICE PRESIDENT (OUTREACH CLUB) DR. P. RADHA	IQAC COORDINATOR Dr. Beena
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STUDENT COORDINATORS (OUTREACH CLUB)
S. Harini MSc. FSND 2nd year, Secretary
M. K. S. Akshara BSc. NFSMD 3rd year, Joint Secretary
STUDENT PROGRAM COORDINATORS (OUTREACH CLUB)
B. Rugmani MSc. FSND 1st Year
S. Sandhya MSc. FSND 1st Year
T. Shalaja MSc. FSND 1st Year


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 (AUTONOMOUS)
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 'A+' GRADE BY NAAC CHROMEPET, CHENNAI-44

B.Sc HOMESCIENCE - NUTRITION FOOD SERVICE MANAGEMENT AND DIETETICS DEPARTMENT CORDIALLY INVITES YOU TO THE
PUPPET SHOW ON " BALANCED DIET"



Venue: Christ King Girl's Higher Secondary School, East Tambaram chennai-129
Date : 27/01/23 Timings : 9.00A.M Onwards

PRINCIPAL & CLUB PRESIDENT
Dr.R.Geetha

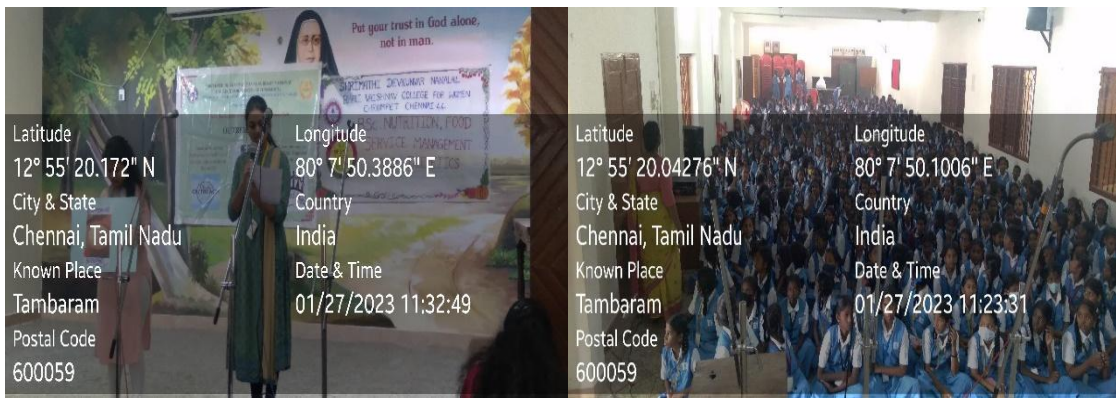
VICE PRINCIPAL (AIDED)
Dr.M.S.Lekha

SENIOR VICE PRINCIPAL (SFS)
Dr.Victoria Priscilla

VICE PRINCIPAL (SHIFT -I)
Dr.Mahisha Sura Mardhini

HEAD INCHARGE
Mrs .Mahalakshmi .S

PROGRAM ORGANISERS
Staff's and Students Of NFSMD Department
STUDENT PROGRAM COORDINATOR
Sindhu Bharathi .B



Latitude
 12° 55' 20.172" N
 City & State
 Chennai, Tamil Nadu
 Known Place
 Tambaram
 Postal Code
 600059


Longitude
 80° 7' 50.3886" E
 Country
 India
 Date & Time
 01/27/2023 11:32:49

Latitude
 12° 55' 20.04276" N
 City & State
 Chennai, Tamil Nadu
 Known Place
 Tambaram
 Postal Code
 600059

Longitude
 80° 7' 50.1006" E
 Country
 India
 Date & Time
 01/27/2023 11:23:31

ANAEMIA SCREENING CAMP AND DIET COUNSELLING

On 17th February 2023, the Outreach Club of SDNB Vaishnav College in collaboration with the Integrated Child Development Services (ICDS) scheme and the PG Department of Home Science – Food Science Nutrition and Dietetics, geared up an ‘Anaemia screening camp and Diet Counselling on Government Arts and Science College, Perumbakkam from 10:00 am to 01:00 pm. It used to be initiated through ICDs and the program started with welcome address given by Dr. V. Subasshini, Club president and ICDs organizer. The application started out with measuring the heights and weights of adolescent girls. It was once referred to and they have been screened for anaemia. Then, weight-reduction plan counselling was once given through college students of the outreach club and nutrition department. The college students explained the motives of anaemia, its symptoms, and its affect on the fitness of adolescent girls. They also listed meals rich in iron and advised more than a few iron-rich recipes that have to be protected in the weight loss program of an anaemic person. Then, the health practitioner from Primary Health Center, Perumbakkam explained the have an effect on of anaemia all through the reproductive age and had given iron supplements to the girls.



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AFFILIATED TO UNIVERSITY OF MADRAS RE ACCREDITED WITH A+ GRADE BY NAAC (AUTONOMOUS) CHROMPET, CHENNAI -44

OUTREACH CLUB AND INTERNAL QUALITY ASSURANCE CELL IN COLLABORATION WITH PG DEPARTMENT OF HOME SCIENCE - FOOD SCIENCE, NUTRITION, & DIETETICS AND INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS) SCHEME

CORDIALLY INVITE YOU TO THE

ANAEMIA SCREENING & DIET COUNSELING CAMP

Venue: Government Arts and Science College, Perumbakkam

Date: 17/02/2023 Timings: 10:00 A.M to 1:00 P.M

Dr. R. Geetha Principal	Dr. M. S. Lekha Vice Principal - Aided	Dr. P. Beena IQAC Coordinator
Dr. Victoria Priscilla Senior Vice Principal - SFS		
Dr. Mahisha Sura Mardhini Vice Principal - SFS Shift I		
PROGRAM ORGANIZERS		
Dr. V. Subasshini Vice President (Outreach club)	Dr. P. Radha Joint Vice President (Outreach club)	Dr. R. Vijaya Vahini Head of the department
Student co-ordinators (Outreach club) Harini S M.Sc. FSND 2nd year Secretary Akshara M K S B.Sc NFSMD 3rd year Joint Secretary & M Sc. FSND Students		



HEALTH AWARENESS CAMP

On 20th February 2023, Outreach Club of ShrimathiDevkunvarNanalal Bhatt Vaishnav College for Women in collaboration with Parvathy Hospital geared up “Health Awareness Camp” close to Christ King Girl’s Higher Secondary School, East Tambaram for self-help team from 12:00 noon – 5:00 pm. Dr. Vijaya, a famous Doctor from Parvathy Hospital, Chromepet, commenced the software by way of giving Welcome address alongside with Radha Mam, Joint Vice President, Outreach Club. The clinical examination began with checking Blood Pressure (BP) and Blood Sugar level of the self-help group, and they had been assessed through Parvathy health center team. The food regimen and psychological counselling had been given by using Home Science and Psychology students of our outreach club. Finally, eye check-up was completed by means of Dr. Agarwal’s Eye Hospital team.



