

OUTREACH ACTIVITY

S. No.	Date	Type of Activity	Focus area	Beneficiaries
2018-19				
1	31.7.2018	Cooking Contest-Snacky Feast for Expectant and Lactating Mothers.	Lactating Mothers.	200 students
2	12.9.2018	Fruits and Vegetable Preservation-Hands on Training Programme for SHG.	Fruits and Vegetable Preservation	SHG Women.
3	01.8.2018	Awareness Campaign at Village, Urban Health Centre, Peelamedu.	Awareness	Pregnant And Lactating Women.
4	03.8.2018	Friday Assembly-'Slogan Oath', Issuing Pamphlets.	Nutrition education	Students of Dr.N.G.P Arts and Science College
5	02.8.2018	In - House on the Importance of Nutrition Among Expectant and Lactating Women, Poster Competition-Breast Feeding Foundation of Life	Poster Competition	All Undergraduate and Post Graduate Food Science and Nutrition Students.
6	06.8.2018	Skit (5 Min)	Importance Of Breastfeeding	All Undergraduate Food Science and Nutrition Students.
7	12.09.2018	Hands on Training Programme for SHG.	Product Development	SHG Women.
8	28.09.2018	Creating Awareness About Nutrition for School Children Among Icds Workers.	Awareness	All Undergraduate and Post Graduate Food Science and Nutrition Students.

9	28.09.2018	Food Expo in Collaboration with ICDS, Guest Lecture and Slogan Competition.	Food Expo	All Undergraduate and Post Graduate Food Science and Nutrition Students.
10	10.12.2018	Nutrition and Health Education for Transport Employees.	Health Education	Transport Employees of DR.N.G.P. Educational Institutions.
11	11.02.2019	Awareness on Importance of Iron and Folic Acid Rich Foods Among Pregnant and Lactating Mothers at Kovil palayam, Coimbatore.	Awareness	Pregnant and Lactating Mothers.
12	12.02.2019	Nutrition Education about Hypertension, Diabetes, Normal Haemoglobin Levels and BMI at Kaikolapalayam, Coimbatore in Collaboration With Biochemistry Department and NSS of Dr.N.G.P.Arts and Science College.	Nutrition Education	Rural Pregnant and Lactating Women, Elder Adults and Children.
13	12.02.2019	Formulation of Low Cost Iron and Protein Enriched Snacks for Pre-School Children at Vilankurichi, Coimbatore.	Pre-School Children	Pre-School Children,
14	12.02.2019 - 13.02.2019	Awareness on Nutritional Deficiencies Through Puppet Show.	Awareness	Undergraduate Food Science and Nutrition Students.
15	13.02.2019	Create Awareness and Disseminate The Need for Iron Rich Nutritious Foods Among Women at Poombukar Nagar, Saravanampatti, Coimbatore.	Awareness	Rural Women and Adolescent Girls.
16	13.02.2019	Importance Of Iron Rich Foods & Anemia Free World Through Puppet Show.	Puppet Show	Undergraduate Food Science and Nutrition

				Students.
17	14.02.2019	Demonstration of Nutritious Recipes Among Anganwadi Workers at Kovilpalayam, Coimbatore.	Nutritious Recipes	Anganwadi Workers.
18	28.02.2019	National Science Day Celebration-Extension Activity at Schools Kanakampalayam and Vaavipalayam.	Competitions	Govt School Children.
19	04.03.2019	Impact of Nutrition Education on Iron Among Adolescent Girls.	Nutrition Education	Undergraduate DBT Students.
2019-20				
20	17.07.2019	Students Visit to Nilgiri Biosphere National Park	Apiray Training	15
21	26.7.2019	Oath taking- empower parents- enable breast feeding now and for the future	WORLD BREAST FEEDING WEEK CELEBRATION	7000 members
22	31.7.2019	Nutrition education at primary health centre, Peelamedu, Coimbatore	Education to post natal mothers	50 post natal mothers
23	01.08.2019	Nutrition education at Urumandampalayam, Coimbatore	Education to pregnant and lactating mothers	50 post natal and pre natal mothers
24	02.08.2019	Nutrition education at Kaikonampalayam, Coimbatore	Education to pregnant and lactating mothers	50 post natal and pre natal mothers
25	03.08.2019-04.08.2019	Awareness on social media	Importance of breast feeding	1000 general public
26	05.08.2019	Nutrition education at GH, coimbatore	Education to pregnant, lactating mothers & their family members	300 general public
27	06.08.2019	Rally with NSS students from Women's Polytechnic College to VOC Park, Coimbatore	Awareness about the importance of breast feeding	275 students
28	07.08.2019	Nutrition education through puppet show at KMCH, Coimbatore	Importance of breast feeding	100 general public

29	07.12.2019	Students Visit to Senapathy Kangeyam Cattle Research Foundation (SKCRF)	Water Conservation	1000
30	08.02.2020	Survey - nutrition assessment	Anthropometrical data collection for transgender community	50 member
31	10.02.2020	pamphlet issued and Awareness program at The N. G. P school, Kalapatti, Coimbatore	Deworming	200 students
2021-21				
32	02.08.2020	Special lecture on Importance of diet for Pregnancy & Lactation during COVID-19 and creating awareness on Importance of breast feeding through social media (Face book)	Pregnancy & Lactation during COVID-19	50 students and 120 general public
33	03.08.2020	Creating awareness on Importance of Breast Milk for adult female students	Importance of Breast Milk	80 students and 60 general public
34	04.08.2020	Lecture on Physical and Mental Health during antenatal & postnatal care and competition for DBT students	Physical and Mental Health	100 students and 60 general public
35	05.08.2020	Nutritional Support of Prenatal Women-A boon for Lactating mother through webinar	Nutritional Support of Prenatal Women	60 students and 60 general public
36	07.08.2020	Lecture on Herbs & Species for Supporting Breastfeeding during COVID-19 & competition for intra collegiate	Herbs & Species	50 students, 30 faculties and 80 general public
37	29.10.2020	Guest lecture on premenstrual and menstrual syndrome among adolescent girls for computer female students	premenstrual and menstrual syndrome	60 students and 60 general public
38	31.10.2021	Alumni interaction: Scope of Entrepreneurship Development in Digital Marketing Related to Food	Entrepreneurship Development	150 Students

		Science		
39	06.03.2021	Awareness campaign on Food Wastage to general public	Food Wastage	50 general public
2021-22				
40		Extension Activity through social media- You tube and Instagram -Through Goolge meet	social media	UG and PG students , Dr.N.G.P.Arts and Science College
41	02.08.2021	Webinar on Awareness on Breastfeeding- Dr.Malika Neminathan Managing director of Coimbatore Child Trust Hospital Singanallur	Breast feeding	Food Science and Nutrition students
42	03.08.2021	Webinar on Support Breast Feeding for a Healthier Planet-Roshini .S.V, Dietitian,Certified Diabetes Educator , Ashok Nagar, Chennai	Breast feeding	UG Food Science and Nutrition
43	04.08.2021	Webinar on Rights to Protect, Promote, and Support Breast Feeding- Mr.P.Krishnamoorthy, Registered Dietitian, Venkateshwara Hospital,Chennai	Breast feeding	PG Food and Nutrition
44	05.08.2021	Webinar on Protect Breastfeeding: Where lies the Responsibility- Dr.Diviya Arun, Obstetrician &gynecologist Femmed Clinic,porur,chennai	Breast feeding	PG Female students for other Departments
45	29.09.2021	Webinar on Cardiac Health	Health	Community people
46	30.09.2021	Webinar on Get Fit with Food - V.Vishnu Priya Free lancer Nutritionnist/Dietitian Priyas Diet		Food Science and Nutrition students

47	30.09.2021	Halos and Hallows of Functional foods - Dr.Mahesh Shivananjappa, Assistant Professor Dept of Food Science and Nutrition Yuvarajas college University of Mysore, India	Functional Foods	Food Science and Nutrition students
48	28.09.2021	Webinar on Food Pattern for Anti natal mothers	Food Pattern	Anti natal mothers
49	23.09.2021	Webinar on nutrition Deficiency in pediatric	Pediatric Deficiency	Community people
50	22.09.2021	Webinar on Severe Acute Malnutrition	Malnutrition	Community people(ICDS)
51	07.08.2021	Webinar on Protect Breastfeeding a Shared Responsibility	Breastfeeding	Pre & Postnatal Mother
52	06.08.2021	Webinar on Complementary Feeding on Infants for Pre and Postnatal Mothers	Breastfeeding	Pre & Postnatal Mother
53	13.04.2022	Creating an Importance of Water Consumption" at Panchayat Union Primary School, Periyathadagam	Water Consumption	Panchayat Union Primary School students, Periyathadagam
54	16.04.2021	World Health Day-2021 Webinar on Healthy Food Paves the way for Healthy Womenhood	Food Paves	70 Parents of Dr.N.G.P. School Children
55	17.04.2021	World Health Day-2021 Webinar on Nutrition and School Goers	School Goers Health	80 Dr.N.G.P. School Children