

PROGRAMMES
ORGANIZED BY
YOUTH RED CROSS
(2022 – 2023)



**GOVINDAMMAL ADITANAR COLLEGE
FOR WOMEN
TIRUCHENDUR**

Youth Red Cross Association



Organizes an

**AWARENESS PROGRAMME
ON
MINOR MILLETS**

Chief Guest : Dr.M.Muruga Porselvi,M.D.,

Siddha Doctor,
Govt Primary Health Centre,
Thenthirupperai.



Date:16/02/2023

Time: 11.30 AM

Venue: PG Seminar Hall

All are cordially invited

Dr.P.Jamuna
YRC Co-ordinator



Dr.P.Jeyanthi
Principal

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

YOUTH RED CROSS ASSOCIATION

Report of the programme

- Name of the programme** : Awareness programme
- Venue** : PG Seminar Hall
- Date** : 16.02.2023
- Brief objective of the programme** :
 - To celebrate the international year of minor millets.
 - To create an awareness about the health benefits of minor millets among the students.
 - To know the nutrients value of minor millets.
- Name of the chief guest with designation** : Dr. M. Muruga Porselvi, M.D.,
Siddha Doctor,
Government Primary Health Centre,
Thenthirupperai.
- Topic of the lecture** : Minor millets
- No. of participants** : 200
- Outcome of the programme** :
 - The programme helps the students understand the nutritious value of cereals, millets, etc.
 - The programme makes the students aware about different types of millet like Jowar, Bajra, Finger millet, etc.
 - The doctor also insists the students how millets are gluten free and helps in controlling blood pressure and type 2 diabetes.

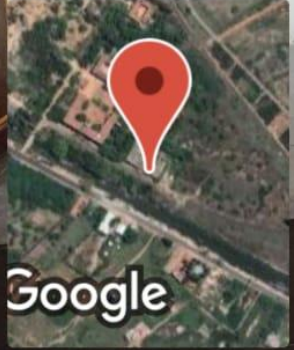

Staff in charge

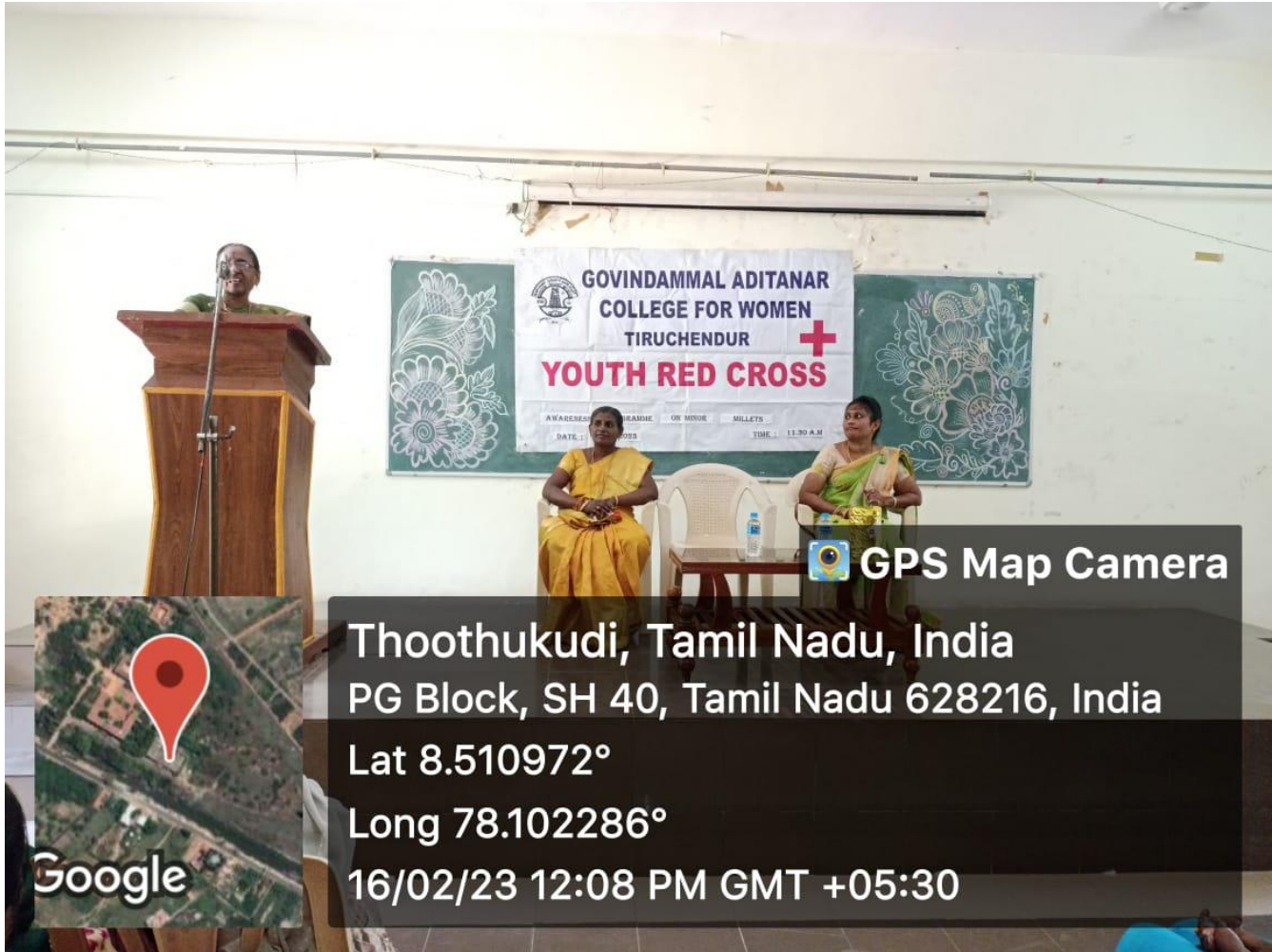

Principal



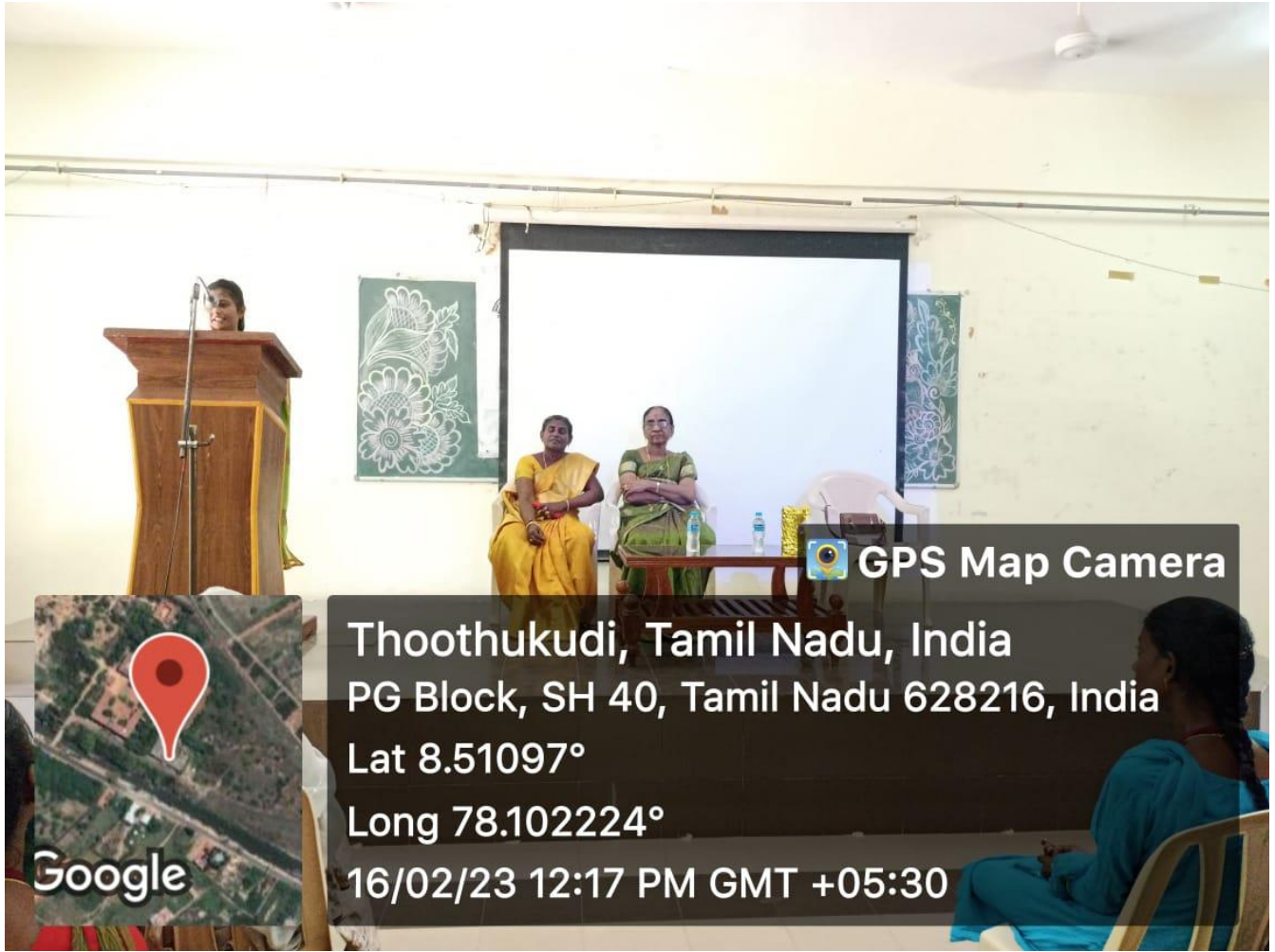
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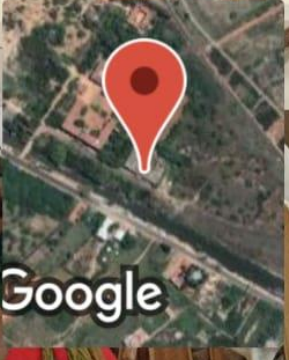


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**GOVINDAMMAL ADITANAR COLLEGE
FOR WOMEN
TIRUCHENDUR**

YOUTH RED CROSS ASSOCIATION



Organizes

**FOOD FESTIVAL OF MINOR
MILLETS**



**Chief Guest : Dr. M. L. Rajeswari, M.A.,M.Phil.,Ph.D.,
Assistant Professor of Tamil
Kamaraj College, Thoothukudi**

Date: 27/03/2023

Time: 10 AM

Venue: PG Seminar Hall

All are cordially invited

***Dr. P. Jamuna*
YRC Co-ordinator**



***Dr. P. Jeyanthi*
Principal**

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

YOUTH RED CROSS ASSOCIATION


Report of the programme

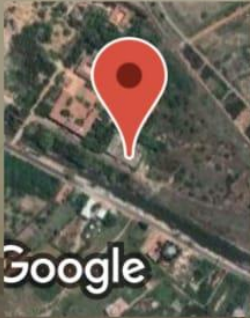
- Name of the programme** : Food festival
- Venue** : PG Seminar Hall
- Date** : 27.03.2023
- Brief objective of the programme** :
 - To inculcate the value of adding minor millets in the daily diet of the students.
 - To promote the benefits of introducing minor millets foods.
 - To know about the various food items prepared by minor millets.
- Name of the chief guest with designation** : Dr. M.L. Rajeswari, M.A., M.Phil., Ph.D.,
Assistant Professor of Tamil,
Kamaraj College, Thoothukudi.
- Topic of the event** : Minor millets
- No. of participants** : 150
- Outcome of the programme** :
 - The programme is very beneficial for the students to prepare variety of food products by using minor millets.
 - The programme creates awareness among the students about health benefits and come to know how minor millets act as a remedy for various health issues.
 - The programme also enables the students to know the nutritious value of millets.


Staff in charge

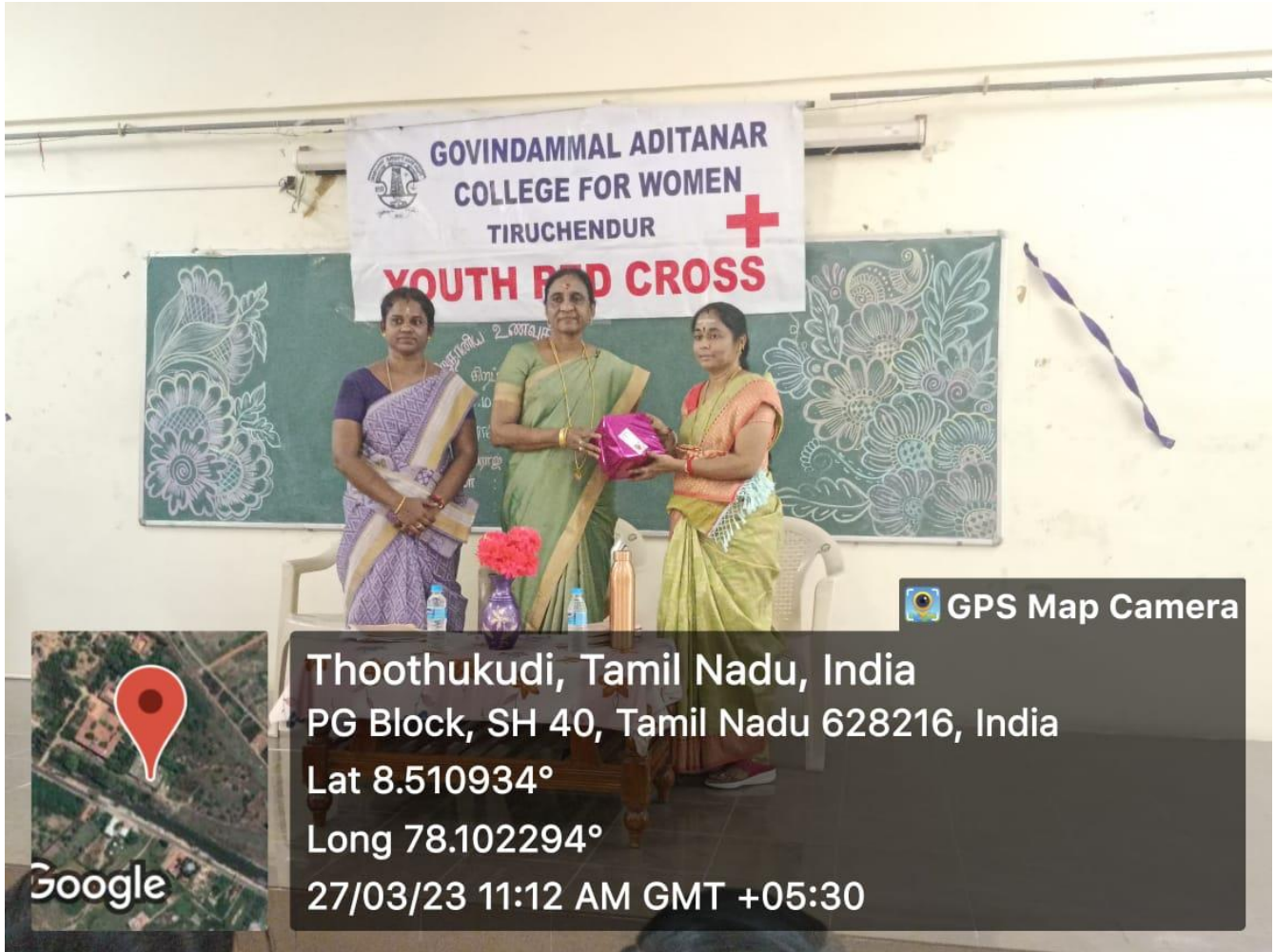

Principal



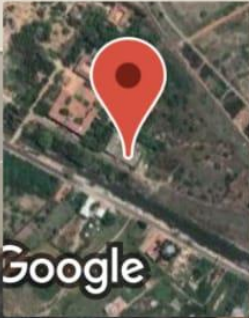
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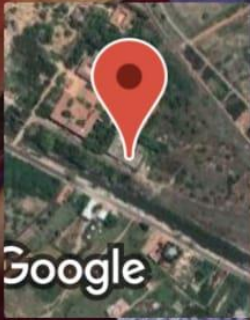


Google

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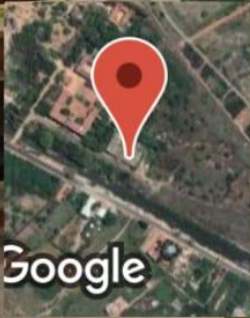
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GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

YOUTH RED CROSS

Report of the programme

Name of the programme	: Meditation
Venue	: PG Seminar hall
Time and duration	: 3.30 – 4.30 p.m. for three days in a year.
Brief objective of the programme	: <ul style="list-style-type: none">• To inculcate positive spirit and attitude in the mind of students.• To increase their self-awareness and get them relieved from stress.• To keep their mind and body calm and healthy.
Name of the trainer with designation	: Mr. K. Ramdoss, Trainer, Heartfulness Institute, Sri Ram Chandra Mission, Kumarapuram, Tiruchendur.
No. of participants	: 600
Outcome of the programme	: <ul style="list-style-type: none">• The students are trained in mind relaxation, mind cleaning and meditation prayer. Both the theoretical and practical classes are conducted for them.• They are benefited with reduced anxiety, improved self-control and better self-care.• This would be very helpful for the students to lead a healthy life in all aspects of their future life.• They are given a certificate of merit at the end of the programme.

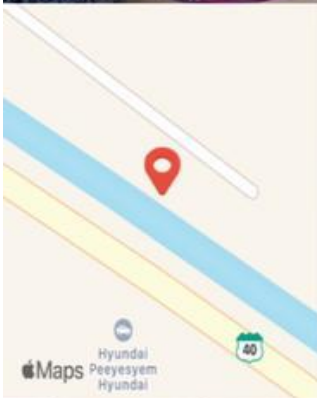

YRC Coordinator 09/04/23


IQAC Coordinator 09/04/23


Principal



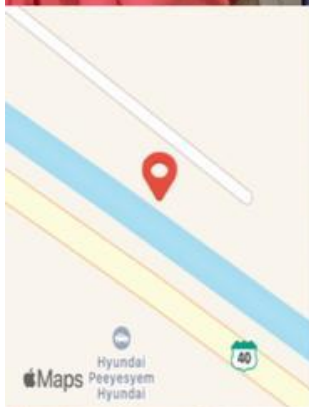
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