



**DEPARTMENT** : PHYSICS  
**ACTIVITY** : PROJECT  
**YEAR** : 2020-2021

**DEPARTMENT OF NUTRITION AND DIETETICS**

DATE	TIME	VENUE	MODE
22.03.2021	11:00 a. m. to 12:00 Noon	P.S.Y Matriculation Higher Secondary School, Narayana Puram, Madurai - 14.	Offline
<b>Theme</b>		Nutrition Education	
<b>Nature of the Activity</b>		Extension Activity	
<b>Title</b>		Dietary Guidelines to Boost Your Brain during Exam Days	
<b>Staff In charge</b>		Mrs.P. Tamilarasi Head & Assistant Professor of Nutrition and Dietetics	
<b>Collaborating Institutions</b>		P.S.Y Matriculation Higher Secondary School, Narayana Puram, Madurai.	
<b>No. of Participants</b>		<b>Other Institution:</b> Faculty - 2 Students - 14	

**Dietary Guidelines to Boost Your Brain during Exam Days-22.03.2021**

**Objectives:**

To create awareness among school students regarding brain boosting foods.

To inculcate knowledge of healthy food habits among school students.

**Programme Outcome:**

The major outcome of the program was to create awareness among Higher Secondary students regarding good dietary habits especially during their board examinations. Students enthusiastically participated, gained knowledge and clarified their queries regarding brain boosting foods.

**Feedback:**

Students enthusiastically observed the lecture and interacted with the resource person regarding intake of healthy foods especially during board examinations.

**E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**



**DEPARTMENT : NUTRITION AND DIETETICS**

**ACTIVITY : EXTENSION ACTIVITY**

**YEAR : 2020-2021**

**Photograph:**



Extension Activity conducted by Department of Nutrition & Dietetics entitled  
“Dietary Guidelines to Boost Your Brain during Exam Days” in  
P.S.Y Matriculation Higher Secondary School, Narayanapuram, Madurai  
on 22.03.2021.



DEPARTMENT : NUTRITION AND DIETETICS

ACTIVITY : EXTENSION ACTIVITY

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Enclosures:

a. Permission letter:

PERMISSION LETTER

From

P.Tamilarasi  
Head & Assistant Professor,  
Department of Nutrition and Dietetics,  
E.M.G Yadava Women's College,  
Madurai.

To

The Principal,  
E.M.G Yadava Women's College,  
Madurai.

Respected Madam,

I would like to inform you the Department of N & D Planning to conduct special lecture in the topic "Dietary guidelines to boost your brain during exam days" for higher secondary students on 22.03.2021 (Friday ) at PSY Matriculation higher secondary school,Narayana Puram,Madurai.So I request you to grant me permission to organize the programme.

Thanking You

Your's faithfully

*P.Tamilarasi*  
P.Tamilarasi

Place :Madurai

Date: 21.03.2021

*P.Tamilarasi*




**DEPARTMENT : NUTRITION AND DIETETICS**

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**b. Invitation:**

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 **E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI - 625 014.**  
*An Autonomous Institution - Affiliated to Madurai Kamaraj University*  
*Re-accredited (3rd Cycle) with Grade 'A' & CIPFA 'A1' by NAAC*  
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**EXTENSION ACTIVITY**

**Or**

**DIETARY GUIDELINES TO BOOST YOUR BRAIN DURING**

**EXAM DAYS**

**DATE**

**22.03.2021**

**VENUE**

**PWY MATRICULATION HIGHER SECONDARY SCHOOL, NAKAYANAFURAM.**

**MADURAI - 14.**

**RESOURCE PERSON**

**MRS.P.TAMILAKASI,**

**ASSISTANT PROFESSOR & HEAD**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI - 625 014.**

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# E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



**DEPARTMENT : NUTRITION AND DIETETICS**

**ACTIVITY : EXTENSION ACTIVITY**

**YEAR : 2020-2021**

## Student participants from School:

S.NO	NAME	DESIGNATION	NAME OF THE INSTITUTION	PLACE
1.	J.Sangeetha	Student	PSY Matriculation Higher Secondary School	Madurai
1.	I.Aakash	Student	PSY Matriculation Higher Secondary School	Madurai
2.	V.Kishore Kumar	Student	PSY Matriculation Higher Secondary School	Madurai
3.	V.Naveen	Student	PSY Matriculation Higher Secondary School	Madurai
5.	S.Praveen Tkj	Student	PSY Matriculation Higher Secondary School	Madurai
6.	A.Rajaji	Student	PSY Matriculation Higher Secondary School	Madurai
7.	M.Selyanarayanan	Student	PSY Matriculation Higher Secondary School	Madurai
8.	G.Shyam Sundar	Student	PSY Matriculation Higher Secondary School	Madurai
9.	G.Vasanthan	Student	PSY Matriculation Higher Secondary School	Madurai
10.	J.Gayathri	Student	PSY Matriculation Higher Secondary School	Madurai
11.	G.Thivadharani	Student	PSY Matriculation Higher Secondary School	Madurai
12.	M.Abishekgnanamat haram	Student	PSY Matriculation Higher Secondary School	Madurai
13.	N.Mangayar Karasi	Student	PSY Matriculation Higher Secondary School	Madurai
14.	S.V.Nithish	Student	PSY Matriculation Higher Secondary School	Madurai