

AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY

VINAYAKA MISSIONS RESEARCH FOUNDATION

DEPARTMENT OF BIOTECHNOLOGY

INSTITUTIONAL SOCIAL RESPONSIBILITY (ISR)

AWARNESS ON “**MILLETS NUTRITION AND ITS BENEFITS**” TO GOVERNMENT  
PRIMARY, MIDDLE SCHOOL CHILDRENS

PANCHAMTHIRUTHI VILLAGE AND KUNNAMPATTU VILLAGE -1.3.2024

**Students participated** – II-Year, III -Year Biotechnology

**Faculty:** Dr.A.Nirmala, Associate Professor and Head

**In association with AVIT -NSS Unit –I &II**

Department of Biotechnology and in association with our NSS Unit –I and II organized Nutrition awareness program on “**Millets Nutrition and its benefits**” to Government Middle school in Kunnampattu village and Pajayat Primary school, Panchamthiruthi village. This health awareness contributes to **Sustainable Development Goals -2 Zero hunger, 3-Good Health and Well-Being, and 4 -Quality Education.**

The **objectives** of the program was to emphasize the importance of good nutrition and proper diet to remain healthy , free from chronic malnutrition and also to create awareness among young students about the importance of personal hygiene, awareness of macro and micro nutrient and its deficiency diseases. The students were also taught through pamphlets, Model and posters for better understanding.

We have started from our college campus around 9.15 am along with NSS students and 10 students from Biotechnology on 1.3.2024. We reached the Government Middle school, Kunnampattu campus around 9.45am. Faculty members was introduced to school Head master and other faculty members by our NSS coordinator Mr.Surendrababu, Associate professor, Mechanical Engineering, AVIT. Ingauration of event started at 10.15 am in school campus with prayer song. Faculty honored with shawl by school Head master.



**Inauguration of event with prayer song**



**Honouring the faculty with shawl**

Dr.A.Nirmala, Associate Professor and Head, Department of Biotechnology, had an interactive session with students and sensitized them on the importance of millets, types of millets, its nutritious and balanced diet, the role of nutrition in growth and development, its deficiency diseases, and its importance in enhancement of their academics activities. Also she was explained about, where healthy lifestyles to be practiced to grow as healthy and productive citizens for the country. She highlighted adolescent health issues, concerns, their management and prevention with healthy diet.



**Interaction with students in Government Middle school,  
Kunnampattu village**



**Distribution of Mixed milts cookies to school students**

**Indian Journal of Medical Research** says that close to 20 percent of children in India are overweight and obese. The main factors that contribute to this are a poor lifestyle, which includes a lack of physical activity and eating calorie-dense food. The healthy millet cookies provide sustained energy, which helps to keep children's feeling full and satisfied, making them an ideal snack for weight loss. One of the most important benefits of millet cookies for children is that they are free of gluten and good for their digestive system. At the end of the session students were distributed with multi milts cookies to all children's .