

Dept of PG Studies in Food
Science & Nutrition

Extension Activity

On the account of **International Women's Day**
Which was conducted on **March 8th**

TOPIC

Creating awareness about **Nutrition in Women and Community**

PLACE

Anganvadi center, Moodbidre

PROGRAMME CONDUCTED

1. We created awareness about nutrition in rural women.
2. Our head of the department **Dr. Archana Prabath** addressed the gathering and spoke to them about nutrition and importance of nutrition.
3. Students conducted a skit on "**Lifestyle of a Rural Girl and Lifestyle of Urban Girl**"
4. Skit was conducted to show that rural girl was healthier than the urban girl because the rural girl followed a healthy lifestyle whereas the urban girl followed a unhealthy lifestyle.

