

POSHAN MAAH PROGRAMME

The national nutrition month was celebrated as Rashtriya Poshan Maah in the month of September and this year's theme is "**Complimentary Feeding**". The purpose of celebrating the Poshan month is to take the message of nutrition to every nook and corner of the country (especially grass root level) and to focus on complimentary food, treatment, and prevention of infections in children. Under the national level "**Poshan Maah**" programme, an heritage food festival was organized in the college on 25-09-2019. **Ms. Thangalakshmi**, The Integrated Child development Programme officer, Thoothukudi district and their group members created awareness among the students about the need for nutrition. This programme was started with a rally followed by plantation of sapling, exhibition on healthy food, awareness speech on "**Need for Nutrition**" and concluded with a cultural programme. In this celebrations **Dr. N. Vijayakumar, Principal-In-Charge**, staff members, NSS POs, NSS volunteers, and the students were participated.