AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

INSTITUTION'S INNOVATION COUNCIL

INSTITUTION'S INNOVATION COUNCIL(IIC)
NATIONAL SERVICE SCHEME(NSS)
UNNAT BHARAT ABHIYAN (UBA)
DIET COUNSELLING CELL(DCC) &
INTEGRATED CHILD DEVELOPMENT SERVICE

Organizes

Induction Training Programme

On

"NUTRITION AND HEALTH EDUCATION FOR PREGNANT AND LACTATING MOTHERS"



S. Surya

Assistant Professor

PG Department of Food Service Management and Dietetics

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

JULY

FRIDAY 18 AT 3 PM

2025

SURYA NURSING COLLEGE -VAIYAMPATTI

Dr. M. MUNAFUR HUSSAINA

PRINCIPAL

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

REPORT

1.	Name of the Program	: Induction Training Program
2.	Date of the Program	: 18.07.2025
3.	Total No. of Participants	: 40
4.	Total No. of Staff Participated	: 1
5.	Staff Coordinator	: Surya S
6.	Place	: Surya Nursing College - Vaiyampatti
7.	Activity Type	: Guest Lecture

Induction Training Program titled on **"Nutrition and Health Education for Pregnant and Lactating Mothers"** was jointly organized by the Institution's Innovation Council (IIC), National Service Scheme (NSS), Unnat Bharat Abhiyan (UBA), Diet Counselling Cell (DCC) & Integrated Child Development Services (ICDS) on 18.07.2025. The guest lecture, conducted as an integral component of the ICDS workers.

Induction Training Program, highlighted the pivotal responsibilities of frontline personnel in advancing maternal health and fostering child development. I have highlighted the importance of balanced diets rich in iron, calcium, folic acid, and protein, addressed common nutritional deficiencies such as anemia, and offered practical guidance on planning affordable, culturally relevant meals using local ingredients. Participants learned communication skills such as storytelling and using visual aids to engage mothers, dispel dietary myths, and connect traditional practices with modern nutrition science. The session encouraged empathetic outreach, regular monitoring of maternal health indicators, and timely referrals, reinforcing the ICDS workers' role as educators and caregivers. Overall, the lecture empowered participants with actionable knowledge and tools to improve community health outcomes through inclusive, evidence-based nutrition education.

21/7/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620071

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

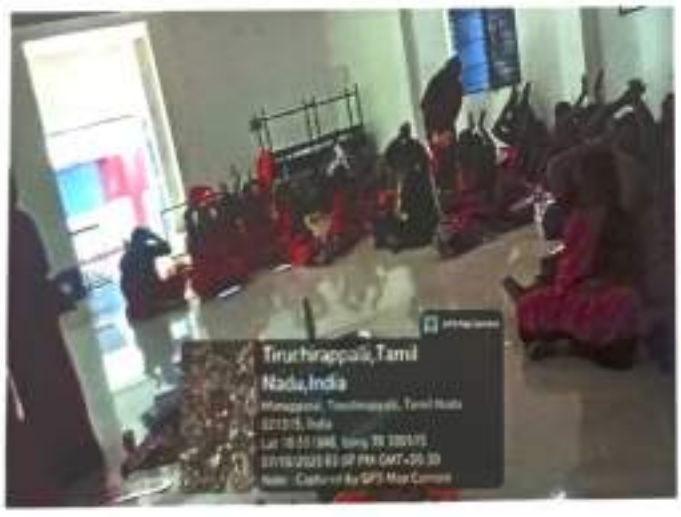
Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

Geo-Tagged Photos





Participants and Staff Engage in an interactive Session on Maternal Nutrition





Activity and Discussion Session

21/3/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

BENEFICIARIES LIST

Date : 18.07.2025

AWW Induction Training Attendance		
Sl.no	Participants Name	Signature
1	A. Santhanamary	
2	S. Ariyamala	
3	G. Sahaymary	
4	L. Jeya Christy	
5	A. Sivagami	
6	S. Banumathi	
7	P. Periyakkal	
8	R.Lakshmi	
9	A. Soosaiammal	
10	M. Pothumponnu	
11	K. Vennila	
12	M. Rani	
13	K. Jancyrani	
14	C. Parameshwari	
15	V. Kulanthaiammal	
16	N. Maheswari	
17	G. Rega	
18	Jayalalitha	
19	L. Sagunthala	
20	P. Rajeswari	
21	N. Gomathi	
22	C. Indhurani	

23	R. Mariammal	
24	A. Sumathi	
25	Sathiyammal	
26	Mumthaj Begum	
27	S. Kasthuri	
28	C. Thavamani	
29	T. Radhiga	
30	Y. Arockiyamary	
31	C. Muthulakshmi	
32	V. Kalpana	
33	S. Usha	
34	S. Rita Alphonse	
35	A. Logambal	
36	A. Thamaraiperiyanachi	
37	A. Kulanthaitheras	
38	B. Kalarani	
39	P. Josephin Vinnarasi	
40	A. Lakshmi	

20/7/25
CONVENOR.

21/7/25
PRINCIPAL.

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN,
TIRUCHIRAPPALLI-620 024

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

AIMAN/Stu-FSM&D/2025-2026/ ODD/010 Date: 02.08.2025

INSTITUTION'S INNOVATION COUNCIL (IIC),

NATIONAL SERVICE SCHEME (NSS),

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

DIET COUNSELLING CELL (DCC)

STUDENT CIRCULAR

- This is to inform that Institution's Innovation Council (IIC), National Service Scheme (NSS), PG Department of Food Service Management and Dietetics & Diet Counselling Cell (DCC) organize an Outreach Awareness Program on World Breast Feeding Week 2025 on the Theme of **"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"** on **06.08.2025** at Primary Health Centre Airport, Trichy.
- We request all the Volunteers in the National Service Scheme (NSS) and Diet Counselling Cell (DCC) are asked to assemble in front of the auditorium at 9.30 am.

02/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

INSTITUTION'S INNOVATION COUNCIL

Eat Well Live Well Be Well

INSTITUTION'S INNOVATION COUNCIL (IIC)

NATIONAL SERVICE SCHEME (NSS)

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

DIET COUNSELLING CELL (DCC)

Jointly organises an

OUTREACH AWARENESS PROGRAMME

WORLD BREAST FEEDING WEEK 2025

ON THE THEME OF

"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"

AUGUST 06 2025

WEDNESDAY

10.00 AM

VENUE : PRIMARY HEALTH CENTRE, AIRPORT, TRICHY

Dr. M. Munafur Hussaina

PRINCIPAL

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K Sathanur, Tiruchirappalli - 620 021

REPORT

1.	Name of the Program	: World Breast Feeding Week 2025 on the Theme of "PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"
2.	Date of the Program	: 06.08.2025
3.	Total No. of Students Participated	: 60
4.	Total No. of Staff Participated	: 02
5.	Staff Coordinators	: Ms. M Jasmin Uhanitha, Ms. S Surya
6.	Place	: Primary Health Center Airport, Trichy.
7.	Activity Type	: Outreach Awareness Program.

The Institution's Innovation Council (IIC), National Service Scheme (NSS), PG Department of Food Service Management and Dietetics, Diet Counselling Cell (DCC) & Integrated child development services (ICDS), successfully organized an Outreach Awareness Program on World Breast Feeding Week 2025 on the Theme of **"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"** on 06.08.2025 at Primary Health Centre, Airport, Trichy

A total of 60 students, along with 2 faculty members from the college, actively participated in the program. The event aimed to raise awareness among the local community, especially postnatal mothers, about the importance of exclusive breastfeeding for the first six months and its long-term health benefits for both infants and mothers. The highlight of the program was the interactive games and activities conducted for postnatal mothers. These fun-filled games not only encouraged participation but also served as a way to effectively share key messages about breastfeeding, nutrition, and maternal health in a lively manner.

The staff at the Primary Health Centre extended their full support and appreciated the initiative taken by the college. The program fostered community engagement and helped bridge the gap between healthcare education and practice. The event concluded by emphasizing the role of youth and educational institutions in spreading health awareness at the grassroots level.

09/12/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

GEO-TAGGED PHOTOS





Giving Awareness on Breastfeeding to the Postnatal Mothers





They discussed the essential nutrients required for lactating mothers and clarified common misconceptions surrounding breastfeeding

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 certified institution | K.Sathanur, Tiruchirappalli - 620 021









Postnatal Mothers Engaging Enthusiastically In Fun-Filled Games Aimed at Promoting Breastfeeding and Maternal Health.

08/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Thuchirappalli - 620 021

INSTITUTION'S INNOVATION COUNCIL (IIC)
NATIONAL SERVICE SCHEME (NSS)
PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
DIET COUNSELLING CELL (DCC)

World Breast Feeding Week 2025
on the Theme of
"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"
Date : 06.08.2025

ATTENDANCE & FEEDBACK

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
1	Aayesha S	I M.Sc FSM&D	Good	Aayesha S
2	Abinaya C	I M.Sc FSM&D	Good	
3	Afrah Zameen	I M.Sc FSM&D	Excellent	Afrah
4	Akshaya S	I M.Sc FSM&D	Great learning	Akshaya
5	Arivukadal M	I M.Sc FSM&D	Very Nice	Arivukadal
6	Ashila M	I M.Sc FSM&D	Good	Ashila M
7	Harinee R	I M.Sc FSM&D	Excellent	
8	Janani S	I M.Sc FSM&D	Good	Janani
9	Jasiya Safreen A	I M.Sc FSM&D	Good	Jasiya Safreen
10	Kala Devi K	I M.Sc FSM&D	Excellent	Kala
11	Madhumitha M	I M.Sc FSM&D	Good	Madhumitha
12	Rafiya S J	I M.Sc FSM&D	Good	
13	Safana Sathik Basha	I M.Sc FSM&D	Good	Safana
14	Safrin J	I M.Sc FSM&D	Excellent	Safrin J
15	Sajidha Maryam M	I M.Sc FSM&D	good	Sajidha Maryam
16	Shabana S	I M.Sc FSM&D	very good	Shabana S
17	Shajitha Serin M	I M.Sc FSM&D	Good	Serin M
18	Shameera E	I M.Sc FSM&D	Very Good	Shameera E
19	Susmitha Begam S	I M.Sc FSM&D	Good	Begum

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
20	Suvetha S	I M.Sc FSM&D	Good	Suvetha S
21	Asra Fathima S	I M.Sc FSM&D	Good	Asra Fathima
22	Afrin banu . M	I M.Sc FSM&D	Nice	Afrinbanu
23	Aashifa Begum R	II N&D	Thankful	Aashifa
24	Aashifa S	II N&D	Very nice	Aashifa S
25	Aaysia Siddiqa K	II N&D	Enjoyable	Siddiqa K
26	Rafina Banu R	II N&D	Happy .	RB
27	Rakshana P	II N&D	Very Good	Rakshana .
28	Rawla Banu H	II N&D	Superb	Rawla H
29	Reema H	II N&D	Awesome	Reema
30	Rifaya Fathima M	II N&D	very useful	RB Fathima
31	Rizwana Fargin K	II N&D	Great session	Farbin K
32	Safreen Banu M	II N&D	Excellent	Safreen Banu
33	Afika R	II N&D	Very useful	AFIKA
34	Afreen Hassan A	II N&D	Good	Afreen
35	Afrose Fathima A	II N&D	Interesting	Afrose
36	Ahfara Begam A	II N&D	Useful	Ahfara Begam
37	Alfinya A	II N&D	Highly useful	Alfinya.
38	Almath Kasrin A	II N&D	Great Learning	Kasrin
39	Aneesa A	II N&D	Good work	Aneesa
40	Arabunisha A	II N&D	Great	arabunisha
41	Ashifa B	II N&D	Fantastic	Vasika B
42	Fathima Vasika M	II N&D	Very Nice	Fathima-M
43	Haafila Thasneem M	II N&D	Very Good	Thasneem
44	Hanisha I	II N&D	Happy	HI
45	Harina I	II N&D	Satisfied	HI
46	Hatchnisha M	II N&D	Good	Nisha.M
47	Humairah Fathima S	II N&D	Interesting	Humairah
48	Jafrin Sifana M	II N&D	Useful Session	Jafrin.M
49	Jamziath Miswha Y	II N&D	good	Miswha.Y
50	Krishnaveni R	II N&D	Fair	KRISHNAVENI

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
51	Lavanya K	II N&D	Good	Lavanya
52	Mushakira Fathima M	II N&D	Fair	Mushakira.
53	Rahmitha N	II N&D	good	Rahmitha
54	Hajitha Fathima A	II N&D	Understanding	Hajitha
55	Sajetha Begam A	II N&D	Excellent	Sajetha
56	Sameema Begam J	II N&D	Nice	Sameema
57	Sameera A	II N&D	Nice	Sameera
58	Sameera Banu S	II N&D	Goood	Sameera
59	Samrin Sayeema M R	II N&D	Good	Samrin Sayeema
60	Sathana.S	II N&D	Happy	Sathana

08/2/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620071

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 certified institution | 8 Sathanur, Tiruchirappalli - 620 021

INSTITUTION'S INNOVATION COUNCIL (IIC),

NATIONAL SERVICE SCHEME (NSS),

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

DIET COUNSELLING CELL (DCC)

World Breastfeeding Week 2025

Programme Name: Prioritize Breastfeeding : Create Sustainable Support Systems

Place: Primary Health Centre, Airport, Trichy

Date: 06.08.2025

BENEFICIARIES LIST

S. NO	NAME OF THE PARTICIPANTS	SIGNATURE
1.	அருண்மு	
2.	யாழினி	
3.	தேன்மொழி	
4.	பூங்குழலி	
5.	கனிமொழி	
6.	வெண்ணிலா	
7.	தமிழரசி	
8.	அருந்தா	

9.	மகிழி	மகிழி
10.	இளமதி	இளமதி
11.	இனியா	இனியா
12.	நிலா	நிலா
13.	ஆதியா	ஆதியா
14.	முகிலி	Mugili
15.	உசந்தி	உசந்தி
16.	இயலரசி	இயலரசி
17.	யாழினை	யாழினை
18.	இன்மொழி	இன்மொழி
19.	இதன்றன்	இதன்றன்
20.	எழிலி	எழிலி

09/12/25

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

AIMAN/Stu-FSM&D/DCC/2025-2026/ ODD/011 Date: 06.08.2025

INSTITUTION'S INNOVATION COUNCIL

INSTITUTION'S INNOVATION COUNCIL (IIC)

NATIONAL SERVICE SCHEME (NSS)

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

DIET COUNSELLING CELL (DCC)

&

INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS)

STUDENT CIRCULAR

- This is to inform that Institution's Innovation Council (IIC), National Service Scheme (NSS), PG Department of Food Service Management and Dietetics, Diet Counselling Cell (DCC) & Integrated Child Development Services (ICDS) organize an Outreach Awareness Program on World Breast Feeding Week 2025 on the Theme of **"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"** on **07.08.2025** at **Anganwadi Center, Vaiyampatti, Trichy**.
- We request all the Volunteers in the National Service Scheme (NSS) and DCC are asked to assemble in front of the auditorium at 9.30 am.

06/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

INSTITUTION'S INNOVATION COUNCIL

Eat Well,Live Well,Be Well

INSTITUTION'S INNOVATION COUNCIL (IIC)

NATIONAL SERVICE SCHEME (NSS)

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

DIET COUNSELLING CELL (DCC) &

INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS)

Jointly organises on

OUTREACH AWARENESS PROGRAMME

WORLD BREAST FEEDING WEEK 2025

ON THE THEME OF

"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS."

AUGUST

THURSDAY **07** AT 10 AM

2025

VENUE : ANGANWADI CENTER - VAIYAMPATTI

Dr. M. Munafur Hussaina

PRINCIPAL

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 certified institution | K.Sathanur, Tiruchirappalli - 620 021.

REPORT

1.	Name of the Program	: World Breast Feeding Week 2025 on the Theme of "PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"
2.	Date of the Program	: 07.08.2025
3.	Total No. of Students Participated	: 30
4.	Total No. of Staff Participated	: 1
5.	Staff Coordinator	: Surya S
6.	Place	: Anganwadi center, Vaiyampatti
7.	Activity Type	: Outreach Awareness Program

The Institution's Innovation Council (IIC), National Service Scheme (NSS), PG Department of Food Service Management and Dietetics, Diet Counselling Cell (DCC) & Integrated Child Development Services (ICDS) successfully organized an Outreach Awareness Program on World Breast Feeding Week 2025 on the Theme of **"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"** on 07.08.2025 at Anganwadi Center, Vaiyampatti.

This program was conducted as part of the World Breastfeeding Week celebration observed annually from August 1st to 7th to promote and support breastfeeding practices. A total of 30 students, along with a faculty member from the college, actively participated in the program. The event aimed to raise awareness among the local community, especially postnatal mothers, about the importance of exclusive breastfeeding for the first six months and its long-term health benefits for both infants and mothers. The highlight of the program was the interactive games and

activities conducted for postnatal mothers. These fun-filled games not only encouraged participation but also served as a way to effectively share key messages about breastfeeding, nutrition, and maternal health in a lively manner. The program fostered community engagement and helped bridge the gap between healthcare education and practice. The event concluded by emphasizing the role of youth and educational institutions in spreading health awareness at the grassroots level.

08/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

PHOTOS





Giving Awareness on Breastfeeding to the Postnatal Mothers





Highlighting the importance of maternal and infant nutrition

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021



Engaged mothers sharing experiences and learning more about the health benefits of Breastfeeding



Providing healthy snacks for postnatal mothers like Dates, Millets Laddu, Sprouts Salad.

08/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AN
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 6200

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Date : 07.08.2025

INSTITUTION'S INNOVATION COUNCIL (IIC)
NATIONAL SERVICE SCHEME (NSS)
PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
DIET COUNSELLING CELL &
INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS)

World Breastfeeding Week 2025 - Prioritize Breastfeeding : Create Sustainable Support

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
1	THAHSEEN FARHANA A	III N&D	Usefull	Thahseen A
2	THASLIM ASMINA A	III N&D	Good	Asmina
3	YASMIN A	III N&D	Nice	Yasmin A
4	RUKSHANA BEGAM S	III N&D	Great work	Rukshana
5	RAJIYA ASFA M A	II N&D	Very nice	Asfa M A
6	RASMIYA BANU S	II N&D	Superb	Banu S
7	SABRIN MUFSIRA O S	II N&D	Interesting	Sabrin Mufsira
8	SAFREEN A	II N&D	Thankful	Safreen A
9	SAFRIN SIFANA M	II N&D	Good	Sifana M
10	SAHANA JASMINE S	II N&D	Great session	Jasmine
11	SAIMA A	II N&D	Wonderful	Saima
12	SAMEENA BEGAM A	II N&D	Good work	Sameena Begum
13	SAMEERA BANU K	II N&D	Good	Sameera Banu
14	SAMEERA BEGAM A	II N&D	Excellent	Sameera Begum
15	SANOFER S	II N&D	Good	Fathima S
16	SEYYATHALI FATHIMA S	II N&D	Nice	Seyyathali S
17	SHAFIKA RAHMATH K	II N&D	Interesting	Shafika K
18	AFRALIA A	II N&D	Nice	Afralia A
19	AFRIN BANU T	II N&D	Good	Banu T
20	AFRIN JAHIR HUSSAIN	II N&D	Very Nice	Jahir Hussain
21	ALIRSATHUL HAWA H	II N&D	Thankful	Hawa
22	ALSHUBAN M	II N&D	Good	Alshuban M
23	ASEELA J	II N&D	Excellent	Aseela J
24	ASFIYA J	II N&D	Excellent	Asfiya
25	ASHFIYA K	II N&D	Superb	Ashfiya K
26	BEBEEJAAN A K	II N&D	Great session	Bebeejaan

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
27	BUSHRA BANU M	II N&D	Good	Bushra Banu.
28	FAHMITHA M	II N&D	Interesting	Fahmitha M
29	FARAH SEEMA H	II N&D	Be happy	Farah. H
30	MIRUTHULA D	II N&D	Thankful	Miruthula. D

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620017

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

INSTITUTION'S INNOVATION COUNCIL

INSTITUTION'S INNOVATION COUNCIL (IIC)

NATIONAL SERVICE SCHEME (NSS)

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

DIET COUNSELLING CELL (DCC)

&

INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS)

Programme Name: World Breastfeeding Week 2025 - Prioritize Breastfeeding : Create Sustainable Support Systems

Place: Anganwadi center, Vaiyampatti, Trichy

Date: 07.08.2025

BENEFICIARIES LIST

S. No	Name of the Participants	Signature
1.	கோவியா	கோவியா
2.	கிரிதாமணி	கிரிதாமணி
3.	கனகவல்லி	கனகவல்லி
4.	நாகியா	நாகியா
5.	பாலு	பாலு
6.	ஆதிலை	ஆதிலை
7.	கெங்கம்மி	கெங்கம்மி

8.	அறிவழகி	அறிவழகி
9.	இந்திர தேவி	இந்திர தேவி
10.	ஜலினா	ஜலினா.
11.	கமலி	கமலி
12.	சனோபர்	Sarofer/...
13.	பாரிஸா பீவி	Parisha
14.	எஸ்தர் வினோ	வினோதினி
15.	வினோதினி	Vinothini
16.	மங்கனம்	மங்கனம்
17.	இந்துமதி	இந்துமதி
18.	ரஞ்சனி	ரஞ்சனி
19.	கோகிலா	கோகிலா
20.	காவியா	காவியா

08/8/25

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620024

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

AIMAN/Stu - FSM&D/DCC/2025-2026/ODD/012 Date: 12.08.2025

UNNAT BHARAT ABHIYAN (UBA)

LEO CLUB

NATIONAL SERVICE SCHEME (NSS)

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

DIET COUNSELLING CELL (DCC)

STUDENT CIRCULAR

- This is to inform that Unnat Bharat Abhiyan (UBA), Leo club, National Service Scheme (NSS), PG Department of Food Service Management and Dietetics & Diet Counselling Cell (DCC) organize an Outreach Awareness Program on World Breast Feeding Week 2025 on the Theme of **"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"** on 14.08.2025 at Primary Health Centre, K. Sathanur

- We request all the Volunteers in the Leo Club, National Service Scheme (NSS) and Diet Counselling Cell (DCC) are asked to assemble in front of the auditorium at 9.30 am.

12/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

UNNAT BHARAT ABHIYAN

LEO CLUB

NATIONAL SERVICE SCHEME (NSS)

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

DIET COUNSELLING CELL (DCC)

Jointly organises an

OUTREACH AWARENESS PROGRAMME

WORLD BREAST FEEDING WEEK 2025

ON THE THEME OF

"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS."

AUGUST 14 2025

THURSDAY

VENUE: PRIMARY HEALTH CENTRE, K. SATHANUR

Good Health and Well-Being

Dr. M. Munafur Hussaina
PRINCIPAL

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

Good Health and Well-Being

REPORT

1.	Name of the Program	: World Breast Feeding Week 2025 on the Theme of "PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"
2.	Date of the Program	: 14.08.2025
3.	Total No. of Students Participated	: 28
4.	Staff Coordinators	: Dr. S. Sumathi, Mrs. G. Kaleeswari Ms. Sabitha Begum
5.	Place	: Primary Health Centre, K. Sathanur, Trichy
6.	Activity Type	: Outreach Awareness program

An Outreach Awareness program on World Breast Feeding Week 2025 on the Theme of **"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"** was jointly organized by Unnat Bharat Abhiyan (UBA), Leo club, National Service Scheme (NSS), PG Department of Food Service Management and Dietetics & Diet Counselling Cell (DCC), AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN, K. Sathanur, Trichy-620 021, Tamil Nadu, India on 14.08.2025 at Primary Health Centre, K. Sathanur

We Planned our students actively participated & organized Outreach awareness program on Importance of heathy eating habits and importance of breast feeding during pregnant and lactating period. These activities inspired creativity, fostered knowledge sharing, and promoted advocacy among community.

Good Health and Well-Being

NSS Program Officers and Diet Counselling Cell student and staff from the PG department of Food Service Management and Dietetics, Leo Club Student volunteers and staff participated and shared their knowledge about how to manage balanced health, diet, traditional foods, foods to be included and foods to be avoided, regular health check-up during pregnant and lactating period. Primary health centre staff Dr. Logeshwaran., Medical Offices., Ms. S. Remi. SHN- (Sector Health Nurse) shared the government-provided ICDS - health programs & immunization schedules for pregnant and lactating women, and also were provided health kid boxes and millet ball for pregnant and lactating mother.

Outcome of the Program

- The beneficiaries gained knowledge about including nutritious traditional foods, millets, fruits, vegetables, pulses, and other essential food groups in their daily diet, while avoiding foods that may negatively affect their health.
- The programme highlighted the importance of regular health check-ups, antenatal and postnatal care, and timely immunization during pregnancy and lactation.
- The Primary Health Centre staff provided valuable information about government health programmes under ICDS and explained the immunization schedules and healthcare services available for pregnant and lactating women.
- The distribution of health kit boxes and millet balls encouraged the beneficiaries to recognize the importance of nutritious food choices and appropriate health practices during pregnancy and lactation.

Good Health and Well-Being

Feedback from the Beneficiaries

The beneficiaries found the awareness programme informative and useful. They gained knowledge about balanced nutrition during pregnancy and lactation, the importance of exclusive breastfeeding, traditional and millet-based foods, foods to include and avoid, regular health check-ups, immunization schedules, and government healthcare services. The distribution of health kit boxes and millet balls was appreciated, and the programme helped improve their awareness of maternal and child health.

18/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 certified institution | K.Sathanur, Tiruchirappalli - 620 021

Good Health and Well-Being

PHOTOS



SPREADING AWARENESS ABOUT IMPORTANCE OF BREASTFEEDING



AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

Good Health and Well-Being

PHOTOS



PARTICIPATION





18/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 621

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

Good Health and Well-Being

UNNAT BHARAT ABHIYAN (UBA)

LEO CLUB

NATIONAL SERVICE SCHEME (NSS)

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETCIS

&

DIET COUNSELLING CELL (DCC)

Jointly Organizes an

Outreach Awareness program on

World Breast Feeding Week 2025

On the Theme of

"PRIORITIZE BREASTFEEDING: CREATE SUSTAINABLE SUPPORT SYSTEMS"

Date: 14.08.2025

ATTENDANCE AND FEEDBACK

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
1	M.NEHA	III N&D	Good	Neha M
2	S. HUMAIRAH FATHIMA	III N&D	Very nice	Humairah.
3	M.R. SAMRIN SAYEEMA	III N&D	Interesting	Samrin Sayeema
4	M. SAFREEN BANU	III N&D	Good	Safreen Banu
5	S.AYESHA NAIFA	III N&D	Excellent	Naifa
6	BUSHRA J	III N&D	Interesting	Bushra J.
7	AYESHA NAIFA S	III N&D	Good	Ayesha.
8	HUMAIRAH FATHIMA S	III N&D	Very good	Fathima S
9	RAWLA BANU H	III N&D	Be happy	Sathana. S
10	SATHANA S	III N&D	Thankful	Tamannef
11	TAMANNA FATHMA AA	III N&D	Useful session	Rukhana. S
12	RUKSHANA BEGUM	III N&D	Good	Begum. A
13	YASMIN A	III N&D	Very nice	Yasmin A
14	DHARANI. K	III Psychology	Nice	Dharani K.
15	HANIYA A	III Psychology	Good	Haniya
16	SOBIYA PARVEEN R	III Psychology	Useful session	Sobiya

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
17	AYISHA SIDDIQA S	III Psychology	Good	Siddiqa.S
18	SABIYA PARVEEN M	III Psychology	Excellent	Parveen M
19	PARISHA BEEVI H	III Psychology	Be happy.	Beevi
20	AYISATH SHIPARA J	III Psychology	Interesting	Shipara.J
21	SABRIN M	III Psychology	Thankful	Sabrin.M
22	MAHERA B	III Psychology	Wonderful	Mahera.B
23	SAPNA BANU I	III Psychology	Great session	Sapna
24	IRFANA A	III Psychology	Very happy	Irfana
25	SITHI RIZWANA.N	II BCA	Superb	Rizwana
26	ANUFA A	II B.Com CA	Nice	Anufa
27	ASHIFA	II Physics	Good.	Ashifa
28	MEHATAAJ. Z	I MA	Nice session	Mehataj

18/8/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

Good Health and Well-Being

UNNAT BHARAT ABHIYAN (UBA),

LEO CLUB,

NATIONAL SERVICE SCHEME (NSS),

PG DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

DIET COUNSELLING CELL (DCC)

World Breastfeeding Week 2025

Programme Name: prioritize Breastfeeding : create Sustainable Support systems

Place: Primary Health Centre, K.Sathanur

Date: 14.08.2025

BENEFICIARIES LIST

S. No	Name of the Participants	Signature
1.	கார்திகா	கார்திகா
2.	சசிகலா	சசிகலா
3.	மதியழகி	மதியழகி
4.	கீர்தனா	Keerthana
5.	அபிமதி	அபிமதி
6.	பிரியா	பிரியா
7.	மீனா	மீனா
8.	கிலகுமாரி	கிலகுமாரி
9.	விசோதினி	விசோதினி
10.	யாழினி	யாழினி

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001 2013 Certified Institution | K Sathanur, Tiruchirappalli - 620 021

Good Health and Well-Being

S.NO	Name of the Participants	Signature.
11.	லக்சுமி	Lakshmi
12.	மாஜிதா	மாஜிதா
13.	நிஸ்மா	நிஸ்மா
14.	தேவபிரியா	தேவபிரியா
15.	மகிழினி	மகிழினி
16.	யாழினி	யாழினி
17.	கனகசுந்தரி	கனகசுந்தரி
18.	மீனாட்சி	மீனாட்சி
19.	கோமதி	கோமதி
20.	வைதேகி	வைதேகி

18/8/25

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

AIMAN DCC/2025-2026/EVEN/01 Date: 03.12.2025

UNNAT BHARAT ABHIYAN (UBA)

NATIONAL SERVICE SCHEME (NSS)

&

DIET COUNSELLING CELL (DCC)

STUDENT CIRCULAR

- This is to inform that Unnat Bharat Abhiyan (UBA), National Service Scheme (NSS) & Diet Counselling Cell (DCC) organizes a Community Outreach Program titled **"HOLISTIC HEALTH THROUGH DIET"** will be held on 05th December 2025 at K.Kallikudy.
- We request all the Volunteers in the National Service Scheme (NSS) and Diet Counselling Cell (DCC) are asked to assemble in front of the auditorium at 9.30 am

03/12/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K Sathanur, Tiruchirappalli - 620 021

UNNAT BHARAT ABHIYAN

Eat Well Live Well Be Well

3 GOOD HEALTH AND WELL-BEING

UNNAT BHARAT ABHIYAN (UBA)
NATIONAL SERVICE SCHEME (NSS)
&
DIET COUNSELLING CELL (DCC)

Jointly organises on

A COMMUNITY OUTREACH PROGRAM ON

"HOLISTIC HEALTH THROUGH DIET"



05-12-2025 **10:00 A.M** **K KALLIKUDY**

Dr. M. Munafur Hussaina
PRINCIPAL

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 certified institution | K.Kallikudy, Tiruchirappalli - 620 021

REPORT OF THE PROGRAM

Club Name	: Unnat Bharat Abhiyan (UBA), National Service Scheme (NSS) & Diet Counselling Cell (DCC)
Title of the Event	: Holistic Health Through Diet
Event Date	: 05.12.2025
Total No. of Students Participated	: 60
Timing	: 10.00 AM
Location	: K. Kallikudy
No. of Beneficiaries	: 30
Sustainable Goal Involved	: SDG – 3 (Good Health and Well Being)
Program Coordinators	: Ms. Syeda Rabiya T

A Community Outreach Program titled on **"Holistic Health Through Diet"** was Jointly organized by the Unnat Bharat Abhiyan (UBA), National Service Scheme (NSS) & Diet Counselling Cell (DCC), AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN on "05.12.2025" at K.Kallikudy.

The program aimed to create awareness about the importance of nutrition and healthy dietary practices among school children, Anganwadi children, and the village community Where 60 Students actively explained basic nutrition concepts to school children and Anganwadi children using simple language, visual aids, and interactive methods. Emphasis was given on balanced diet, healthy food habits, personal hygiene, and the importance of fruits and vegetables for growth and development. Nutrition and diet counselling sessions were conducted for the village community. This counselling focused on maternal nutrition, adolescent nutrition, elderly nutrition, anaemia prevention, and management of lifestyle-related diseases. The beneficiaries actively participated and clarified their dietary doubts. The program received a positive response from all participants.

OUTCOME OF THE PROGRAM

- School children and Anganwadi children gained basic knowledge about nutrition, balanced diet, and healthy food habits.
- Community members developed better understanding of nutrition-related health issues and appropriate dietary practices.
- Beneficiaries were motivated to adopt healthier lifestyles and make informed food choices.
- Increased awareness on prevention of anaemia and lifestyle diseases through proper diet.
- Enhanced practical exposure for students in community nutrition education and diet counselling.
- Strengthened the institution's role in promoting community health and social responsibility.

FEEDBACK FROM THE BENEFICIARIES

The beneficiaries of K Kallikudy people expressed their appreciation for the program and stated that it was very useful and informative. School children and Anganwadi children enjoyed learning basic nutrition concepts in a simple and interactive manner. The village community members mentioned that the nutrition and diet counselling helped them understand healthy food choices and clarified their doubts related to daily diet and common health problems.

08/12/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

PHOTOS



Awareness About The Importance of Nutrition Were Given By Students to School Children



AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021



Nutrition Education For Early Childhood Development



Nutrition Education Given to Community Village People

08/12/25

PRINCIPAL

PRINCIPAL

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

UNNAT BHARAT ABHIYAN (UBA)

NATIONAL SERVICE SCHEME (NSS)

DIET COUNSELLING CELL (DCC)

Jointly Organizes a Community Outreach Program on

"HOLISTIC HEALTH THROUGH DIET"

Date : 05.12.2025

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
1	AHAMED NISHA M	I B.Sc N&D	Good	Nisha M
2	ALHANA T	I B.Sc N&D	Very Good	Alhana
3	ASHKARA A	I B.Sc N&D	Nice	Ashkara
4	AYISHA SIDDIKA M	I B.Sc N&D	Very useful	Ayisha
5	BARAKATHUNISHA J	I B.Sc N&D	Great learning	Barakathunisha
6	EMIMA REINA P	I B.Sc N&D	Good	Emima
7	FAHEEMA U	I B.Sc N&D	Very Nice	Faheema.U
8	FAIROSE J	I B.Sc N&D	Useful	Fairose
9	FARGANA BANU M	I B.Sc N&D	Thankful	Fargana B.
10	FATHIMA VAJIHA B	I B.Sc N&D	Excellent	Vajihaa
11	HILMIYA HISSANA S A	I B.Sc N&D	Thankful	Hissana.SA
12	IRFANA PARVEEN A	I B.Sc N&D	Great work	IRFANA.A
13	KATHEEJA NOORA M	I B.Sc N&D	Thankful	Noora
14	NILOBAR FARSHANA R	I B.Sc N&D	Very useful	Farshana
15	NOORUL MISBAH H	I B.Sc N&D	Nice	Misbha
16	AFFRIN FARZANA B V	II B.Sc N&D	Well & Good	Farzana
17	AFRALIA A	II B.Sc N&D	Great work	Afraalia
18	AFRIN BANU T	II B.Sc N&D	Useful Session	Afrin Banu
19	AFRIN JAHIR HUSSAIN	II B.Sc N&D	Excellent	Jahir hussain
20	ALIRSATHUL HAWA H	II B.Sc N&D	Good	Hawa
21	ALSHUBAN M	II B.Sc N&D	Very Good	Alshuban

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
22	ASEELA J	II B.Sc N&D	Good	Aseela J
23	ASIYA J	II B.Sc N&D	Very Good	Asiya J
24	ASHIFIYA K	II B.Sc N&D	Useful	Ashifiya
25	BEBEEJAAN A K	II B.Sc N&D	Nice & Good	Beebeejaan
26	AASHIFA BEGUM R	III B.Sc N&D	Nice	Aashifa begum
27	AASHIFA S	III B.Sc N&D	Well & Good	S. Aashifa
28	AAYSHA SIDDIQA K	III B.Sc N&D	Thankful	Siddiqa
29	AFIKA R	III B.Sc N&D	Wonderful	Afika
30	AFREEN HASSAN A	III B.Sc N&D	Effective	Hassan A
31	AFROSE FATHIMA A	III B.Sc N&D	Satisfied	Afrose
32	AHFARA BEGAM A	III B.Sc N&D	Nice	Ahfara
33	ALFINYA A	III B.Sc N&D	Very nice	Alfinya
34	ALMATH KASRIN A	III B.Sc N&D	Helpful	Almath Kasrin
35	ANEESA A	III B.Sc N&D	Meaningful	Aneesa
36	ARABUNISHA A	III B.Sc N&D	Good	B. Arabunisha
37	ASHIFA B	III B.Sc N&D	Excellent	B. Ashifa
38	AYESHA NAIFA S	III B.Sc N&D	Satisfied	Naifa S
39	AYSHA S	III B.Sc N&D	Good	Aysha S
40	BANUPRIYA G	III B.Sc N&D	Excellent	Banupriya
41	BENAZIR BEGUM S	III B.Sc N&D	Great session	Benazir
42	BOOMIKA R	III B.Sc N&D	Knowledgeble	Boomika
43	BUSHRA J	III B.Sc N&D	Be happy	Bushra
44	FATHIMA RASHIDHA S	III B.Sc N&D	Satisfied	Rashidha S
45	FATHIMA VASIKA M	III B.Sc N&D	Good	Fathima
46	AAYESHA S	I M.Sc FSM&D	Very good	Vasika M
47	ABINAYA C	I M.Sc FSM&D	Good	Abinaya
48	AFRAH ZAMEEN R	I M.Sc FSM&D	Excellent	Afrah
49	AKSHAYA S	I M.Sc FSM&D	Great learning	Akshaya S
50	ARIVUKADAL M	I M.Sc FSM&D	Knowledgeble	Arivukadal
51	ASHILA M	I M.Sc FSM&D	Satisfied	Ashila
52	AFSHANA A	II M.Sc FSM&D	Good	Afshana

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
53	ASVA BEGAM A	II M.Sc FSM&D	Thankful	Asva Begum A
54	FASHILA ASRIN A	II M.Sc FSM&D	Good	Fashila
55	HARI DEVI V	II M.Sc FSM&D	Very Good	Hari Devi V
56	IRFANA FATHIMA M	II M.Sc FSM&D	Very Nice	Irfana
57	NAJEERA U	II M.Sc FSM&D	Be happy	Najeera
58	RAHINI R	II M.Sc FSM&D	Satisfied	Rahini R
59	SANOFAR NISHA A	II M.Sc FSM&D	Great learning	Sanofar
60	TAMILMANI R	II M.Sc FSM&D	Useful.	Tamilmani R

08/12/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620071

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

उन्नत भारत अभियान

शिक्षा मंत्रालय, भारत सरकार का एक प्रमुख कार्यक्रम

UNNAT BHARAT ABHIYAN (UBA)

a flagship program of Ministry of Education (MoE), GOI

शिक्षित भारत- स्वस्थ भारत- स्वच्छ भारत- स्वावलंबी भारत- संपन्न भारत

UNNAT BHARAT ABHIYAN (UBA) & NATIONAL SERVICE SCHEME (NSS)

Club Name: DIET COUNSELLING CELL

Place: K.KALLIKUDY

Programme Name: Holistic Health Through Diet

Date: 05-12-2025

BENEFICIARIES LIST

S. No	Name of the Participants	Signature
1	Gomathi	கோமதி
2	Saraswathi	சரஸ்வதி
3	Devi	தேவி
4	Thangam	தங்கம்
5	Vaira Muthu	வைர முத்து
6	Deivanai	தெய்வானை
7	Ponnamal	பொன்னம்மாள்
8	Geetha	கீதா
9	Suppammal	சுப்பம்மாள்
10	Kannama	கண்ணம்மா
11	Kanagavali	கனகவள்ளி
12	Maruthai	மருதாயி
13	Sinthamani	சிந்தாமணி

14	Malar	மலர
15	Poongothai	பூங்கோதை
16	Bamu mathi	பானுமதி
17	Akilandaswari	அகிலாண்டேஸ்வரி
18	Reka	ரேகா
19	Eswari	ஈஸ்வரி
20	Jayanthi	ஜெயந்தி

08/12/25

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

AIMAN/DCC/2025-2026/EVEN/02

Date: 10.12.2025

STUDENT CIRCULAR

- This is to inform that Unnat Bharat Abhiyan (UBA), National Service Scheme (NSS) & Diet Counselling Cell (DCC) organizes an Outreach Awareness Program titled on **"HEALTHY EATING AWARENESS RALLY & NUTRITION COUNSELLING"** which will be held on 13th December 2025 at Innamkulatur.
- We request all the Volunteers in the National Service Scheme (NSS) and Diet Counselling Cell (DCC) are asked to assemble in front of the auditorium at 9.30 am.

10/12/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN

Eat Well,Live Well,Be Well

3 GOOD HEALTH AND WELL-BEING

UNNAT BHARAT ABHIYAN (UBA)
NATIONAL SERVICE SCHEME (NSS)
&
DIET COUNSELLING CELL (DCC)

Jointly organises on

OUTREACH AWARENESS PROGRAM
ON

HEALTHY EATING AWARENESS RALLY
&
NUTRITION COUNSELLING



13-12-2025 **10:00 A.M** **INAMKULATHUR**

Dr. M. Munafur Hussaina
PRINCIPAL

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

REPORT OF THE PROGRAM

Club Name	: Unnat Bharat Abhiyan (UBA), National Service Scheme (NSS) & Diet Counselling Cell (DCC)
Title of the Event	: Healthy Eating Awareness Rally & Nutrition Counselling
Event Date	: 13.12.2025
Total No. of Students Participated	: 60
Timing	: 10.00 AM
Location	: Innamkulathur.
No. of Beneficiaries	: 20
Sustainable Goal Involved	: Good Health and Well Being
Program Coordinators	: Ms. Surya S

An Outreach Awareness Program titled on **Healthy Eating Awareness Rally & Nutrition Counselling** was jointly organized by the Unnat Bharath Abhiyan (UBA), National Service Scheme (NSS) & Diet Counselling Cell (DCC), AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN on "13.12.2025" at Inamkulathur.

The program began with a nutrition awareness rally in the village, where 60 students actively participated by holding placards and raising slogans emphasizing the importance of healthy eating, adequate hydration, anaemia prevention, and avoidance of junk foods. The rally attracted the attention of the local residents and effectively conveyed key nutrition messages to the community. Following the rally, nutrition counselling sessions were conducted for the community People. The counselling focused on maternal and child nutrition, adolescent nutrition, diet for elderly people, anemia prevention, diabetes management, and general healthy eating practices.

Individual and group counselling was provided, addressing common dietary problems and misconceptions. The program received a positive response from the community.

The Community peoples were actively interacted with the counsellors and expressed interest in adopting healthier dietary practices. The Healthy Eating Awareness Rally & Nutrition Counselling at Inamkulathur was a meaningful initiative that effectively promoted health and nutrition awareness among the rural community. The program successfully fulfilled its objectives and contributed towards the well-being of the beneficiaries.

Outcome of the Program

- Improved awareness on balanced diet and healthy lifestyle
- Enhanced knowledge on nutrition-related health issues
- Active community participation and interaction
- Practical exposure for students in community nutrition counselling

Feedback from the Beneficiaries

The beneficiaries of Inamkulathur village appreciated The Healthy Eating Awareness Rally & Nutrition Counselling Program and found it very informative. The session helped them understand the importance of a balanced diet and healthy food habits at different life stages. The counselling cleared their doubts on nutrition and motivated them to adopt healthier eating practices.

15/12/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620 0

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

PHOTOS



HEALTHY EATING AWARENESS RALLY





AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

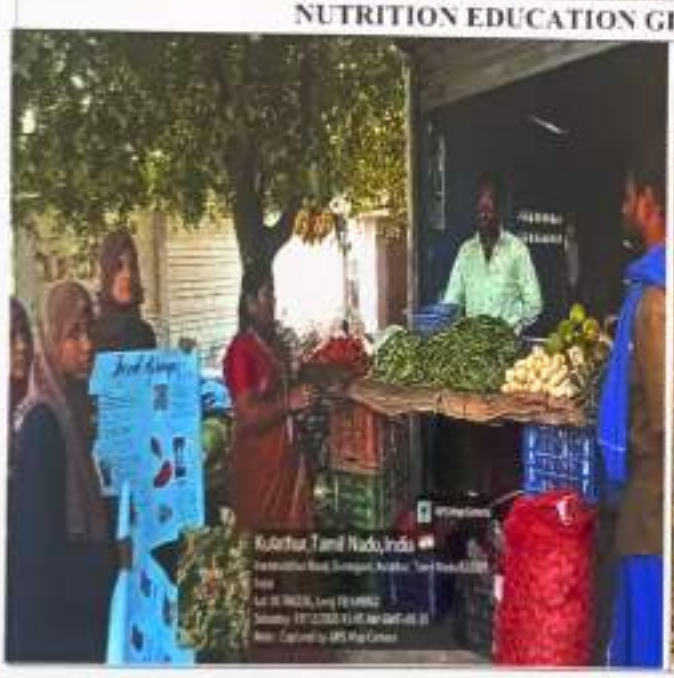
Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | E.Sathanur, Tiruchirappalli - 620 021

PHOTOS





NUTRITION EDUCATION GIVEN TO VILLAGE PEOPLE





15/12/25

PRINCIPAL.

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

UNNAT BHARAT ABHIYAN (UBA)

NATIONAL SERVICE SCHEME (NSS)

DIET COUNSELLING CELL (DCC)

Jointly Organizes an Outreach Awareness Programme on

"HEALTHY EATING AWARENESS RALLY & NUTRITION COUNSELLING"

Date: 13.12.2025

S.No	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
1	AAKILA NISFA A	II B.Sc N&D	Good	
2	AFRALIA A	II B.Sc N&D	Very Good	Afralia
3	AFRIN BANU T	II B.Sc N&D	Good Experience	Afrin Banu
4	AFRIN JAHIR HUSSAIN	II B.Sc N&D	Good	
5	ALIRSATHUL HAWA H	II B.Sc N&D	Good	
6	ALSHUBAN M	II B.Sc N&D	Good	
7	ASEELA J	II B.Sc N&D	Good	
8	ASFIYA J	II B.Sc N&D	Good	
9	ASHPIYA K	II B.Sc N&D	Good	Ashpiya
10	BEBEEJAAN A K	II B.Sc N&D	Thankful	Bebeejaan
11	BUSHRA BANU M	II B.Sc N&D	Satisfied	Bushra M
12	FAHMITHA M	II B.Sc N&D	Excellent	Fahmitha.
13	FARAH SEEMA H	II B.Sc N&D	Excellent	Farah Seema
14	FATHIMA TANSEERA M	II B.Sc N&D	Useful	Fathima Tanseera
15	FEMINA ASMIN D	II B.Sc N&D	Good	
16	HAJARA J	II B.Sc N&D	Satisfied	Hajara J
17	HASMINA HAKEEM A	II B.Sc N&D	Good	
18	JAMEER ROSIYA R	II B.Sc N&D	Knowledgeble	Jameer
19	JEENATHNISHA S	II B.Sc N&D	Nice	Jeenath
20	KATHEEJATHUL QUBRA M N	II B.Sc N&D	Excellent	

21	KATHIJA H	II B.Sc N&D	Helpful	
22	KOWSAR BEE I	II B.Sc N&D	Good	
23	MIRUTHULA D	II B.Sc N&D	Very good	Mirthula.D
24	NAFILA AFRIN M	II B.Sc N&D	Nice	Nafila.M
25	NIRANJANA S	II B.Sc N&D	Great work	Niranjan
26	RAJIYA ASFA M A	II B.Sc N&D	Excellent	Rajiya Asfa
27	RASMIYA BANU S	II B.Sc N&D	Good	
28	SABRIN MUFSIRA O S	II B.Sc N&D	Thankful	Sabrin
29	SAFREEN A	II B.Sc N&D	Very useful	Safreen
30	SAFRIN SIFANA M	II B.Sc N&D	Nice	
31	SAHANA JASMINE S	II B.Sc N&D	Great work	
32	SAIMA A	II B.Sc N&D	Good	
33	SAMEERA BANU K	II B.Sc N&D	Very Good	Sameera
34	SAMEERA BEGAM A	II B.Sc N&D	Very useful	Sameera
35	AAYESHA S	I M.Sc FSM&D	Be happy	
36	ABINAYA C	I M.Sc FSM&D	Good	Abinaya
37	AFRAH ZAMEEN R	I M.Sc FSM&D	Very Good	
38	AFRIN BANU M	I M.Sc FSM&D	Good	
39	AKSHAYA S	I M.Sc FSM&D	Nice	Akshaya
40	ARIVUKADAL M	I M.Sc FSM&D	Very Nice	Arivukadal
41	ASHILA M	I M.Sc FSM&D	Very Good	Ashila
42	ASRA FATHIMA S	I M.Sc FSM&D	Thankful	Asra fathima
43	HARINEE R	I M.Sc FSM&D	Very Good	Harinee R
44	JANANI S	I M.Sc FSM&D	Good	Janani
45	JASIYA SAFREEN A	I M.Sc FSM&D	Good	Jasiya Safreen
46	KALADEVI K	I M.Sc FSM&D	Excellent	Kaladevi
47	MADHUMITHA M	I M.Sc FSM&D	Very Good	Madhumitha
48	NAJIMA BANU H	I M.Sc FSM&D	Very Nice	Najima
49	AFSHANA A	II M.Sc FSM&D	very useful	Afshana

S.NO	NAME OF THE STUDENTS	CLASS	FEEDBACK	SIGNATURE
50	ASVA BEGAM A	II M.Sc FSM&D	better	Asva.
51	FASHILA ASRIN A	II M.Sc FSM&D	Better	Asrin
52	HARI DEVI V	II M.Sc FSM&D	Good.	Hari devi
53	IRFANA FATHIMA M	II M.Sc FSM&D	Good.	Irfana
54	NAJEEBA U	II M.Sc FSM&D	Nice	Najeeba
55	RAHINI R	II M.Sc FSM&D	Nice.	Rahini.
56	SANOFER NISHA A	II M.Sc FSM&D	Good	Sanofer.
57	TAMILMANI R	II M.Sc FSM&D	Good.	Thamilmani.
58	THUSNEEM S	II M.Sc FSM&D	Excellent	Thusneem
59	JAMIMA BEGUM A	II M.Sc FSM&D	Good.	Jamima
60	AAFRIN BANU N	II M.Sc FSM&D	Good.	Aafrin

15/12/25

PRINCIPAL

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY)

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021

उन्नत भारत अभियान
शिक्षा मंत्रालय, भारत सरकार का एक प्रमुख कार्यक्रम
UNNAT BHARAT ABHIYAN (UBA)
a flagship program of Ministry of Education (MoE), GOI
शिक्षित भारत- स्वस्थ भारत- स्वच्छ भारत- स्वावलंबी भारत- संपन्न भारत

UNNAT BHARAT ABHIYAN (UBA) & NATIONAL SERVICE SCHEME (NSS)

Club Name: DIET COUNSELLING CELL (DCC)

Place: INNAMKULATHUR

Programme Name: Healthy Eating Awareness Rally & Nutrition counselling.

Date: 13.12.2025

BENEFICIARIES LIST

S. No	Name of the Participants	Signature
1	Kamala	கமலா
2	Uma	உமா
3	Sudha	சுதா
4	Sathya	சத்தியா
5	Kanaga priya	கனகபிரியா
6	Arthi	ஆர்த்தி
7	Santhi	சாந்தி
8	Sasikala	சசிகலா
9	Vomathi	வோமதி
10	Selvi	செல்வி
11	Ravi priya	ரவிபிரியா
12	Diva priya	திவ்ய பிரியா
13	Bakiyam	பாக்கியம்

14	Kavitha	கவிதா
15	sumathi	சுமதி
16	kalai selvi	கலைசெல்வி
17	Rani	ராணி
18	Jaya	ஜெயா
19	Reka	ரேகா
20	Lakshmi Banu	லெட்சுமி

15/12/25

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021