

## Activity:1

### Name of Activity:

House Hold Survey (initiative in Navalurkottapattu)

### Need for the Activity:

To get an idea about the problems faced by the villagers in order to find respective solutions.

### Description:

Household Survey of adopted villages to determine General Household Information, Family Member Information, Migration Status in a family, Information of Government Schemes, Source of Water, Source of Energy and Power, Landholding Information, Agricultural Inputs & Production, Any other major problems etc.



Students while taking survey with the native village people

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TIRUCHIRAPPALLI-620 021.**

## Activity: 2

### Name of Activity:

Awareness given on the topic “Avoid Junk Food”

### Need for the Activity:

To spread awareness about eating junk food on a regular basis can lead to an increased risk of obesity and chronic diseases to the villagers.

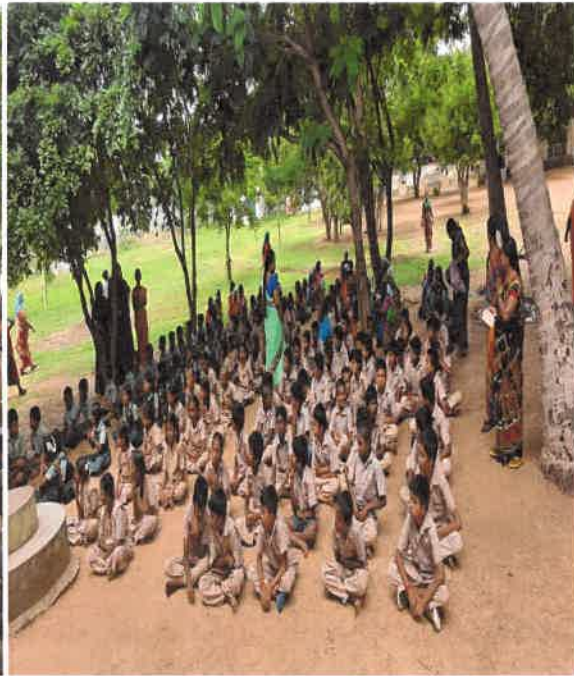
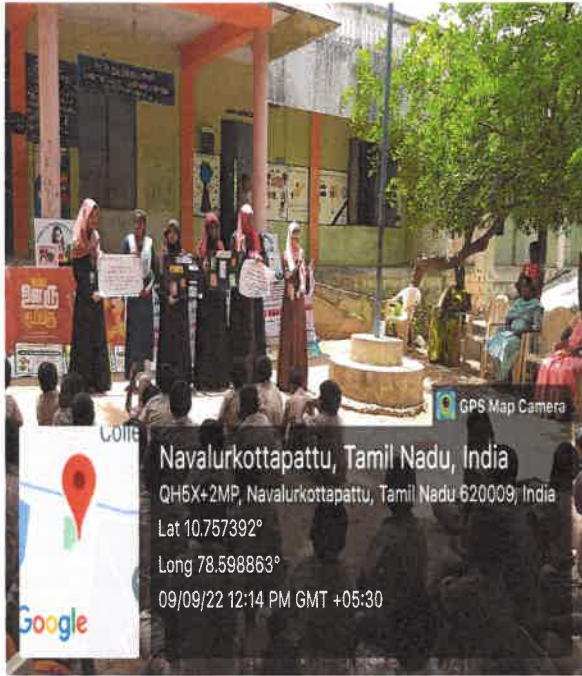
### Description:

Junk foods are dishes that are loaded with excess calories but have little to no nutritional value. Usually, these foods are high in saturated and trans fats. Consistent consumption of these foods increases the intake of unhealthy fats and refined carbohydrates, which potentially raises the risk of chronic medical issues. By eating junk foods constantly, you might also end up getting habituated to them. As a result, you may not be too keen to consume healthy foods, such as vegetables, fruits, and mixed greens, among others, resulting in a lack of nourishment. Students of AIMAN College gave preventive measures for Navalurkottapattu school students to keep these diseases and illnesses away. They suggested some preventative measures for school students like

- ✓ Plan your meals
- ✓ Shop wisely
- ✓ Consume protein-rich foods and good fats
- ✓ Choose fruits and vegetables as snacks
- ✓ Eat at home before you go out
- ✓ Get sufficient sleep, exercise, and stay stress-free
- ✓ Make nutritious replacements

### Alternatives to junk food

- ✓ Roasted chickpeas and fox nuts for potato chips
- ✓ Baked vegetable chips for baked cakes and cookies
- ✓ Dried fruit and nuts for chocolate bars
- ✓ Dates, dried figs, and fresh fruits for sugar



Students interacting with Children

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### Activity: 3

#### Name of Activity:

The importance of Body-Yoga Basics

#### Need for the Activity:

Studies have suggested possible benefits of yoga for several aspects of wellness, including stress management, mental/emotional health, promoting healthy eating/activity habits, sleep, and balance. These are all explained to the government school of Nallur kottapattu by AIMAN College students.

#### Description:

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Students of AIMAN College showed different postures of yoga to the school students and also given a speech about the need of yoga for healthy life.

