

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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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.

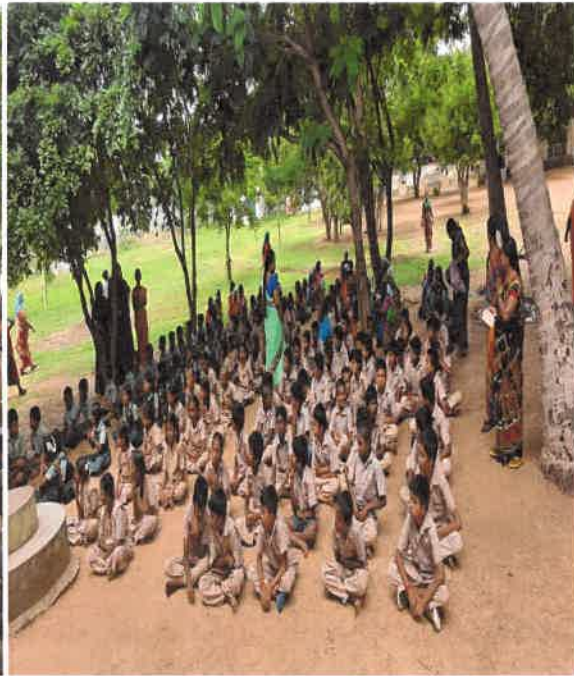
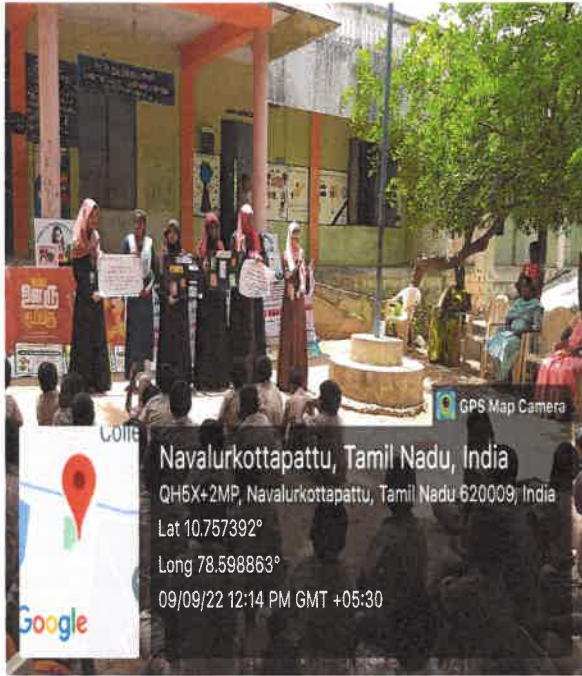
Description:

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.



Activity: 4

Name of Activity:

Good touch and Bad touch

Need for the Activity:

To explain about good touch and bad touch and how to react when you affected by the situation.

Description:

Considering the fact that cases of child sexual abuses are on the rise, an awareness session on 'Good Touch Bad Touch' was conducted at Navalurkottapattu village government school. AIMAN college students conducted a session in the age group 8-12 yrs of students. The students were made aware of what kind of behavior they should watch out among adults. They were also told about the body parts which no one should touch and in case somebody tries to touch them inappropriately, they should raise their voice and say 'NO'. The students were told to reach out for help in case they sense any danger. They were made to list out the names that they trust the most. These names included their mother, teacher, father, somebody from neighborhood or some close relatives. Some examples were conducted to the children by AIMAN college students. The session helped the children shed their inhibitions and reservations linked with the topic of sexual abuse.



Our College students engaging with School Children

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Demonstrating the yoga posture to the Navalurkottapattu village school students

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Activity: 5

Name of Activity:

Self Help Group (SHG) for women in NavallurKottapattu village

Need for the Activity:

To help financially deprived families by making women empowerment.

Description:

With the aim of promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others in the rural society this initiative involved. By the SHG, the women's can collectively run a business to manage their financial of their families.

End poverty realizes this fact and has been striving hard to drive change at the grassroots in our operational areas. The idea has been to build the capacities of rural communities and identify agents of change from those communities itself. The about points are explained by AIMAN College students to the Navalurkottapattu village people.



Students are explaining the schemes of SHG

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