



MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN
(AUTONOMOUS)

Vaniyambadi, Tirupattur DT - 653 751

Recognized u/s 2(f) & 12(B) of UGC Act 1956 | Accredited with "A+" Grade by NAAC (4th Cycle) | Permanently Affiliated to Thiruvalluvar University | Supported by DST - FIST



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of HRD Initiative)
4 STAR Rating



**PG & Research Department of Foods and
Nutrition**

Organizes

EXTENSION ACTIVITY

Date : 03.02.2026

Time : 10.30 am

Venue : Valayampattu, Vaniyambadi

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- Puppet show: 'Super hero Iron Girls vs Anemia Monsters'
- Haemoglobin Test: 'Screen Today shine tomorrow'
- Nutritional Assessment

V. Dilip Kumar Jain
President

Anand Singhvi

Secretary

Dr. M. Inbavalli

Principal

Ms. R. Mahalakshmi

Head

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

**MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN (AUTONOMOUS),
VANIYAMBADI**

Activity Report

Title	Health Awareness Programme on Haemoglobin Level – “Screen Today Shine Tomorrow”		
Organized By	PG and Research Department of Food and Nutrition		
Type of Activity	Extension Activity		
Level	State		
Date	03.02.2026	Time	10.30 am
Venue	Panchayat Union Middle school, Vaniyambadi	Mode	Offline
Resource Person Details	-		
Objective of the Programme	☐ To help people understand the importance of haemoglobin. ☐ To create awareness about anaemia and low haemoglobin. ☐ To explain the need for a healthy and balanced diet. ☐ To encourage regular health check-ups. ☐ To guide people on simple ways to improve haemoglobin		
Internal Participants Count	Students : 35 Faculty : 03	External Participants Count	Students: Nil Faculty: Nil

Summary

The PG and Research Department of Food and Nutrition, Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, conducted a **Health Awareness Programme on Haemoglobin Level – “Screen Today Shine Tomorrow”** at Valayampattu Village on 03.02.2026.

The programme aimed to create awareness among the school students, especially age between school going age of 11-14, about the **importance of hemoglobin** causes and symptoms of anaemia, and methods to prevent low hemoglobin levels. The significance of **balanced nutrition, iron-rich foods, and healthy lifestyle practices** was clearly explained.

Faculty members and students actively participated in the programme by sharing health-related information in a simple and understandable manner and by interacting with the school students.

Our college **Students** played an active role in creating awareness on haemoglobin levels. **They explained the importance of iron-rich diets, common symptoms of anaemia organized a puppet show “super hero iron girls Vs anemia monsters” related to aneamia.**

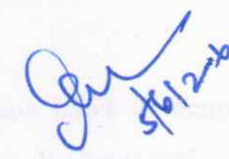
Awareness on **regular health check-ups and personal hygiene** was also provided. The programme was successfully organized and proved to be **beneficial to the school students** by improving their understanding of health and nutrition.

Outcome of the Programme

- Participants gained awareness about the importance of haemoglobin for good health.
- Participants became aware of their own haemoglobin status.
- Increased knowledge about iron-rich foods and balanced nutrition.
- Encouragement for regular haemoglobin testing and health check-ups.
- Better interaction between students, faculty and community members.
- Participants understand hemoglobin role in health and recognize risk of anemia.
- Identify individuals with low hemoglobin level, enabling timely intervention.


HOD


DEAN


IQAC Director


Principal
PRINCIPAL

Marudhar Kesari Jain College
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Tirupattur District



32 Years of Educational Excellence

MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN (AUTONOMOUS), VANIAMBADI

EXTENSION ACTIVITIES – 03.02.2026



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