

TO WHOMSOEVER IT MAY CONCERN

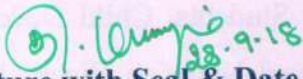
Award for the Best Extension Activity

This is to certify that, the Department of Nutrition and Dietetics of Vellalar College for Women, Erode, carried out the UGC funded Extension Activity for the past five years (2014-15 to 2018-19), along with the ICDS centres (Integrated Child Development Services Scheme), a Government body under the *Ministry of Social Welfare Board*.

The main focus of the Programme was to introduce and inculcate a healthy nutritional life style among the children in the age group of 0-6 years. It was achieved by sensitizing the Students, Child Development Project Officers(CDPOs) and Anganwadi workers. National Nutrition Week (1st Sep – 7th Sep) was observed at various areas of Erode District viz, Pudhucolony, Sengodampallam, Palayapalayam, Surampattivalasu and Nadarmedu. The Month of September 2018(National Nutrition Month) was celebrated as **Rashtriya POSHAN Maah**. The activities of POSHAN Maah under *Ministry of Women and Child Development*, focussed on Social Behavioural Change and Communication. Under **POSHAN Abhiyaan**, it was celebrated across the country to address the malnutrition challenges and improve health, nutrition and well being of the people. Poshan Maah aimed at generating awareness on balanced food choices, eating and physical habits and individual access to government services to support supplement nutrition for the children, pregnant women and lactating mothers. The beneficiaries of ICDS (Children, Pregnant and Lactating women), were highly satisfied for they received sufficient and quality information on nutritional intake.

The **ICDS (Ministry of Social Welfare Board)** highly appreciates the adorative task endeavored by the Department of Nutrition and Dietetics for their excellent activity towards the upliftment of the Society. We express our acclamation for the unique activity undertaken by the Department at Anganwadi Centres.

Through the Continuous Extension Monitoring System, the outcome of extension programmes were summarized and the information was interpreted. Hence, we recognize the efforts of the Department of Nutrition and Dietetics and we are pleased to **award** them the "**Best Extension Activity**" for the year 2018-19.


Signature with Seal & Date
District Project Officer
ICDS,
Erode.