

MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE

Name of the committee- National Service Scheme Unit

Activity Report 2023-24

1. **Program Title** – Special guest Lecturer on the “Natural Food Habits”
2. **Date** –15/02/2024
3. **Time** – 5pm
4. **Organized by**– NSS Unit, MMK & SDM MMV, Mysore
5. **Resource person** - Smt. Raja Rajeshwari R, Assistant Professor, Dept of Microbiology
6. **Venue** – Udhburu Village, Jayapura Hobli, Mysore
7. **Total no. of participants/ Beneficiaries** – 48
8. **Objective** –
 - To Promote Awareness of Natural and Whole Foods
 - Understand the Benefits of Natural Foods.
 - Encourage Mindful Eating Practices
9. **Program Details** –Special Guest Lecture and Cultural Programs were arranged in the evening which was presided over by Dr. Vinoda, Associate Professor and HoD, Department of Kannada.

Special Lecture was delivered by Smt. Raja Rajeshwari R, Assistant Professor on the topic “Natural Food Habits”.Smt. Raja Rajeshwari R explained that the students should have healthy and adaptive eating patterns for a healthy lifestyle. Growth and health require proper nutrition, thus we must eat sufficient proteins and vitamins.

Smt. Anitha P Jayaram, NSS coordinator, NSS Members, Ms. Bhargavi HG, Ms.Prathima, Ms.Sandhya S and all NSS Volunteers were part of the program.
10. **Outcome** – Attendees will have a clearer understanding of what constitutes "natural" foods and how to incorporate them into their daily diets. Participants will be inspired to make more health-conscious decisions about what they eat, moving away from processed, artificial foods and incorporating more natural

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11. Geo-tag photo-



SpecialLectureronthe“NaturalFoodHabits” delivering by the resource person.

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UNIVERSITY OF MYSORE
NATIONAL SERVICE SCHEME
SPECIAL CAMPING PROGRAMME PARTICIPANTS LIST
COLLEGE ADDRESS: MMK AND SDM MAHILA MAHAVIDYALAYA, MYSORE
CAMP PLACE: UDBUR MYSORE TALUK
DATE: 12-02-2024 TO 18-02-2024

SL. NO	NAME OF THE VOLUNTEER	CLASS	TRANSPORTATION CHARGES	SIGNATURE
1	V .ANANYA	I BSC	42=00	Ananya.V
2	AHALYA URS .B	I B.COM	42=00	Ahalya Urs B.
3	LATHA.M	II BBA	42=00	Latha.M
4	KEERTHANA.S.R.	I B.COM	42=00	Keerthana.S.R.
5	BHOOMIKA,B.M	II B.COM	42=00	Bhoomika.B.M
6	KAVYA.B.M	II B.COM	42=00	Kavya.B.M
7	CHANDANA.S.	I BCA	42=00	Chandana.S.
8	SONAKSHI.S	I BSC	42=00	Sonakshi.S
9	KUSHI.I.SAVADTTI.	I BSC	42=00	Kushi.I.Savadtti.
10	VIDYASHREE	I BCA	42=00	Vidyaashree
11	SANGEETHA.D	I BCA	42=00	Sangeetha.D
12	E.RUCHITHA	I BSC	42=00	E.Ruchitha
13	NISARA	I BCA	42=00	Nisara
14	POORNMA.C.M.	I BCA	42=00	Poornma.C.M.
15	CHANDANA.H.	I BSC	42=00	Chandana.H.
16	KANISHKA.G.	I BCA	42=00	Kanishka.G.
17	AISHA. M.P.	I BCA	42=00	Aisha.M.P.
18	SOWJANYA.N	I BCA	42=00	Sowjanya.N
19	PREETHI	II BBA	42=00	Preethi
20	JAYALAKSHMI.S	II BBA	42=00	Jayalaxmi.S
21	AISHWARYA.P.	II BCA	42=00	Aishwarya.P.
22	PRAFULA.V.S	I B.COM	42=00	Prafula.V.S
23	MONISHA.L.R	I B.COM	42=00	Monisha.L.R
24	KEERTHANA	I BSC	42=00	Keerthana
25	SPANDANA.D.M	I BSC	42=00	Spandana.D.M
26	SHAMBHAVI.N.	II BCA	42=00	Shambhavi.N.
27	ANANYA.K.S	I BBA	42=00	Ananya.K.S
28	MARIA ANISHA.A	I BCA BSc	42=00	Maria Anisha.A
29	ANJU.H.C	I B.COM	42=00	Anju.H.C
30	RAKSHITHA.B.K.	I BCA	42=00	Rakshitha.B.K.
31	ADVIYA SABA	I BCA	42=00	Adviya Saba
32	PRATHIKSHA	II BBA	42=00	Prathiksha
33	PARVATHI.M	II BBA	42=00	Parvathi.M

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34	AMULYA	I BBA	42=00	<i>Amulya</i>
35	MEGHANA.U.	I BSC	42=00	<i>Meghanaw</i>
36	POOJA.H.R.	II BCA	42=00	<i>Po HR</i>
37	AISHWARYA.K.	II BCA	42=00	<i>Aishwarya K</i>
38	AISHWARYA.N	II BCA	42=00	<i>Aishwarya N</i>
39	KUSUMA	II BBA	42=00	<i>Kusuma</i>
40	CHAITRA.L	I BSC	42=00	<i>Chaitra L</i>
41	MEGHANA.A	II B.COM	42=00	<i>Meghana A</i>
42	SOWPARNKA	II B.COM	42=00	<i>Sowparnika</i>
43	NISARGA MAHESH	II B.COM	42=00	<i>Nisarga Mahesh</i>
44	KEERTHANA PALLED	II B.COM	42=00	<i>Keerthana Palled</i>
45	PRIYA.P.	II BCA	42=00	<i>Priya P</i>
46	DEEKSHITHA.V.	II BCA	42=00	<i>Deekshitha V</i>
47	KEERTHANA.L	II BCA	42=00	<i>Keerthana L</i>
48	MUKTHA T N	II BCA	42=00	<i>Muktha T N</i>
49	ANITHA P JAYARAM	NSS OFFICER	42=00	<i>Anitha P Jayaram</i>
50	PRATHIMA M		42=00	<i>Prathima M</i>

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