

ECO -CLUB activity-2

_Nutritional week celebrations report to Nutritional Week Celebration Report

Date:2/9/24 - 10/9/24

Duration: 7 Days

Location:TTWRDCW.MEDAK

Organized by: ECO CLUB AND ZOOLOGY DEPARTMENT

Day 1: THEME- Nutritional awareness walk

To promote nutritional awareness and encourage healthy eating habits in the community nutrition seemed posters are prepared and slogans are said by the students and principle and staff member students are involved in these program

Day-2: THEME- Fruit and veggie day

Promote healthy eating habits and encourageous consumption of fruits and vegetables students encourage people to incorporate at least we serving Orange bananas apples pomegranate pineapples and used spinach Dal beans carrot beetroot potato and mixed vegetables curry prepared and we distributed of free Fruit and Vegetables for staff and students

Day-3:THEME - IRON RICH Day

In this day be conducted a program awareness on anemia prevention and control students are prepared Ragi Java jaggery peanut laddu preparation poha preparation uses and benefits of vegetables

Day -4 : THEME-Hydration day

Aim to drink at least 6 to 8 glasses of water frequently in everyday we focused on importance of water and healthy drinks and we added if flavoured water with fruits and serve to students and staff

Day 5: THEME- whole Grain Day

We promote awareness about the importance of grains in our daily lives and highlight they impact on our food security students educate people about the significance of grains in

global food systems we displayed many different types of grains they products and by products also and we exhibited

Day 6: THEME: Collaboration day

Our college GNM Uma madam collaborate with local medical officer and conducted health checkup camp and HB testing distributor the nutritional supplements to students they were explain about the preventional methods of the health problems

Day 7: THEME: pledge plantation day

We are conducted bloody program with principal madam Vice Principal madam staff members and students did plates program pledge to eat healthy and make mindful food choices after completion of pledge plantation started good nutritional benefits having plants like Guava papaya drumsticks pomegranate mangoes and these are given good beneficial to our health so these are planted







2024
5day

TGITWRDC(W)MEDAK

NATIONAL NUTRITION WEEK

September 1 to 7 - 2024

Theme: Whole grain day

Organized by Eco-club
and N.S.S Unit





The week concluded with a closing ceremony, including a speech by Principal mam

Conclusion:

The Nutritional Week Celebration successfully spread awareness about the importance of a balanced diet, regular exercise, and maintaining a healthy lifestyle. The week-long activities engaged the community, encouraging them to incorporate these practices into their daily lives for better health.

TELANGANA TRIBAL WELFARE RESIDENTIAL DEGREE COLLEGE FOR WOMEN MEDAK AFFILIATED TO OSMANIA UNIVERSITY HYDERABAD

NEAR INDIRA GANDHI STADIUM, YTC BUILDING, MEDAK

Report on Teacher's Day celebrations:

Date: September 5, 2024

Time: 02:00-05:00PM

Venu: Seminar Hall

Title: Celebrating Teacher's Day: Honouring the Pillars of Education

Introduction:

Teacher's Day was celebrated with great enthusiasm and gratitude on 05/09/2024 at TGTWRDC (G) Medak. The day was dedicated to honouring the selfless efforts and contributions of our esteemed teachers.

Key Highlights:

- Welcome address by the Principal madam
- Felicitation ceremony for teachers, with gifts
- Cultural performances by students, including songs, dances, and skits
- Speeches by students and alumni, sharing their experiences and appreciation for their teachers

Celebrations and Events:

- Games and activities for teachers, including quizzes and contests
- Lunch hosted by the students and management
- Photo booth and memory lane setup, showcasing teachers' journey

Conclusion:

The Teacher's Day celebrations were a resounding success, filled with warmth, love, and appreciation. We express our heartfelt gratitude to our teachers for their tireless efforts in shaping young minds and inspiring future generations.