

QUEEN MARY'S COLLEGE (AUTONOMOUS), CHENNAI – 600004

POST GRADUATE DEPARTMENT OF HOME SCIENCE

EXTENSION ACTIVITY REPORT 2024-2025

(27/09/2024)

As part of the Public Health Nutrition course, the Department of Home Science conducts annual community outreach programs to extend knowledge and promote awareness.

The major objectives of the program are :

- To raise awareness about nutrients and their significance.
- To bridge classroom learning with community engagement.
- To empower individuals to make informed choices about what, why, and how to eat.
- To prevent nutritional deficiencies and non-communicable diseases (NCDs).
- To promote smart eating habits for a healthier life.

(The extension activities were planned and organized meticulously by the staff)

The students were guided in organizing and delivering information effectively using appropriate audiovisual aids and methods in accordance to their audience.

The activity included :

1. A PPT presentation on 'Nutrition for better Health'
2. Talk on fruits and their significance to health.
3. Quiz on Nutritional Facts.
4. Song on fruits consumption composed by Dr.K.Kasthuri.

Presentation by II - M.Sc. Home Science _FSM&D and F&N students



