

SAHELI ACTIVITY
DEPARTMENT OF CREATIVE ARTS & MEDIA
STUDIES (CAMS)
B.SC. VISUAL COMMUNICATION

Date: 31-10-2015

Time: 09:30- 1:00 PM

Venue: Government General Hospital

As a part of Saheli activity of KLU Women's Forum, CAMS dept. has conducted an awareness camp on **"Importance on Nutritious food for pregnant Women"** as an extension activity.

In this regard Ms. Asha Parveen and Mrs. Hemamalini explained about the nutritious food to be taken during the pregnancy period by showing the charts and also give awareness on it. Few tips and Mrs Hemamalini gave few food particles, which they can afford. Dr. Radha garu who is the professor in that department gave her valuable suggestions to the students and also gave tips to those pregnant Women. Dr. Indira garu is the OP doctor on that particular time spoke about how the Women should take care of themselves during the particular Period. And few other doctors like Dr. Chandra Shekar gave their valuable words and tips to them.



In the Session Mrs. Hemamalini dealt with the following topics:

1. What are foods they should take

2. Safety tips during the period
3. Breast-feeding and its importance for the good health of the baby
4. Growth of the baby in womb of the mother



We have divided the sessions into three and we explained the things to them clearly.



After his session the students distributed fruits to those Women.

