

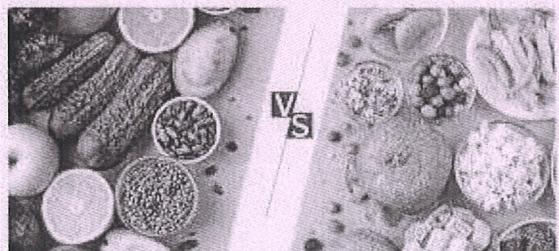


## SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002

# Women Empowerment Cell

Healthy food vs Junk Food



## Awareness Program

on

### Healthy Food vs Junk Food

04-05-2022

Report by  
S.Kavitha



Principal  
Dr.D.Senthil Kumaran

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)  
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WEC/2021-2022(01)

02.05.2022

### CIRCULAR

The Women Empowerment Cell has planned to organize social responsibility activity on awareness talk on “Healthy Food vs Junk Food” for the rural women of Kuttathupatti Village, on 04.05.2022. Our I year WEC members will deliver the awareness talk for the women and preparing some healthy food items without fire. Mrs.S.Kavitha,AP/Maths and Mrs.A.Geetha,AP/ECE will accompany with the students and co ordinate the program.

Co Ordinator

Mrs.S.Kavitha,AP/Maths

Principal

Dr.D.Senthil Kumaran



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02.05.2022

From

Mrs. S. Kavitha, Assistant Professor/ Maths,  
SSM Institute of Engineering and Technology,  
Dindigul.

To

The Principal,  
SSM Institute of Engineering and Technology,  
Dindigul.

Respected Sir,

Subject: Seeking Permission for conducting a social activity program on awareness talk on-  
Healthy Food vs Junk Food - reg.

It has planned to conduct a social responsibility activity on awareness talk on “Healthy Food vs Junk Food” for the rural women of Kuttathupatti Village, on 04.05.2022 by Women Empowerment cell of SSMIET. Our 1 year WEC members will deliver the awareness talk for the women and preparing some healthy food items without fire. Mrs.S.Kavitha,AP/Maths and Mrs.A.Geetha,AP/ECE will accompany with the students and co ordinate the program. So, we request you to kindly provide permission to conduct the programme.

Thanking You.

Yours Sincerely,

Principal

D.D.SENTHIL KUMARAN, M.E., Ph.D., (NUS)  
Principal  
SSM Institute of Engineering and Technology  
Kuttathupatti Village, Sindalagundu (Po),  
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## WOMEN EMPOWERMENT CELL

### SOCIAL RESPONSIBLE ACTIVITY

#### Awareness Talk on Healthy Food vs Junk Food students

#### BRIEF NOTE

The Women Empowerment Cell organized a social responsibility activity on awareness talk on “Healthy Food vs Junk Food” for the rural women of Kuttathupatti Village, on 04.05.2022. Our I year WEC students members deliveed the awareness talk for the women and prepared some healthy food items without fire and displayed for the people.. Mrs.S.Kavitha,AP/Maths and Mrs.A.Geetha,AP/ECE accompanied with the students and co-ordinated the program.

In the awareness talk, students differentiate the benefits of healthy food vs Junk foods.Balancing a diet with nutrient-rich, whole foods and minimizing the intake of junk food is key to maintaining good health. Prioritizing a variety of fruits, vegetables, lean proteins, and whole grains provides the body with the necessary nutrients for optimal function, while minimizing the negative impact associated with excessive consumption of processed and unhealthy foods.



  
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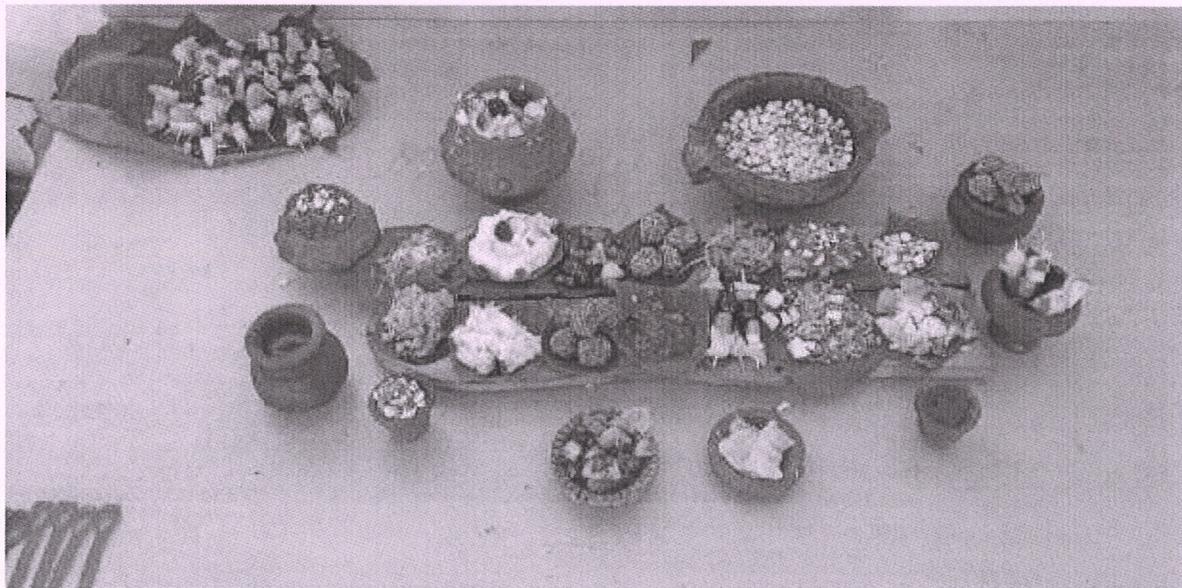
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### PHOTOS



  
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