



**VELAMMAL MEDICAL COLLEGE**  
**HOSPITAL AND RESEARCH INSTITUTE**  
MADURAI - 625009

VMCH/CM/EX-03

Date: 20/02/2024

From

Dr. Samir Bele  
Professor & Head  
Department of Community Medicine  
Velammal Medical College Hospital & Research Institute  
Madurai – 625009

To

The Dean  
Velammal Medical College Hospital & Research Institute  
Madurai – 625009

**Through proper channel**

Subject: Regarding approval for conducting extension program.

Respected sir,

The department of community medicine is planning to conduct a "School Health Awareness Program" in Velammal Vidyalaya CBSE school, Viraganoor, Madurai on 28/02/2024 with second year MBBS students who are posted in department of community medicine. Hereby requesting permission to conduct an extension activity. Kindly do the needful.

Thanking You

Dr Samir Bele  
Professor and Head

PROFESSOR & HEAD  
Department of Community Medicine  
Velammal Medical College Hospital  
and Research Institute  
Madurai-625 009

Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tollicorin Bypass Road  
Anuppanadi, Madurai-625 009, T.N.



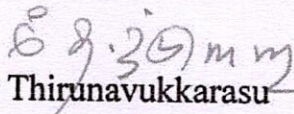
**VELAMMAL MEDICAL COLLEGE  
HOSPITAL AND RESEARCH INSTITUTE  
MADURAI - 625009**

Date: 20/02/2024

**TO WHOM SO EVER IT MAY CONCERN**

In reference to the letter no VMCH/CM/EX-03 it has been permitted to conduct the "School Health Awareness Program" in Velammal Vidyalaya CBSE school, Viraganoor, Madurai on 28/02/2024 by the department of community medicine. It is requested to submit the extension activity report to dean office.


Thanking You

  
Dr Thirunavukkarasu  
Dean

VMCH & RI

Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean

Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.

  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



**VELAMMAL MEDICAL COLLEGE**  
**HOSPITAL AND RESEARCH INSTITUTE**  
MADURAI - 625009

VMCH/CM/EX-04

Date: 26/02/2024

From

Dr.Samir Bele  
Professor & Head  
Department of Community Medicine  
Velammal Medical College Hospital & Research Institute  
Madurai – 625009

To

The Transport Manager  
Velammal Medical College Hospital & Research Institute  
Madurai – 625009

Subject: Requesting bus for conduction extension activity

Respected sir,

The Department of Community Medicine is planning to conduct a "School Health Awareness Program" on 28/02/2024 with second year MBBS students at Velammal Vidyalaya CBSE school, Viraganoor, Madurai. Hereby I request you to provide a bus for transportation of students. Kindly do the needful.

Thanking You

Dr.Samir Bele  
Professor and Head  
PROFESSOR & HEAD  
Department of Community Medicine  
Velammal Medical College Hospital  
and Research Institute  
Madurai-625 009

Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 000, T.N.



**VELAMMAL MEDICAL COLLEGE**  
HOSPITAL AND RESEARCH INSTITUTE  
MADURAI - 625009

**DEPARTMENT OF COMMUNITY MEDICINE**  
**SCHOOL HEALTH AWARENESS PROGRAM**

**Objective:**

The main objective of this programme was to give awareness regarding Hand washing technique to 6<sup>th</sup> to 8<sup>th</sup> Velammal CBSE school students at Viraganur.

**Place:** Velammal Vidyalaya CBSE school, Viraganur.

**Date and time:** 28/02/2024 ; 10am -1pm

This program was organised to create awareness regarding Hand washing techniques to the school going students . Most of the school going students didn't aware of the proper hand washing steps and importance of hand hygiene . In order to create awareness in the school students, The Department of Community Medicine , VMCH & RI along with CRRIs and 2<sup>nd</sup> year MBBS students conducted a school health awareness program at Velammal Vidyalaya CBSE school at Viraganur followed by demonstration of hand washing techniques to the students.

PROFESSOR & HEAD  
Department of Community Medicine  
Velammal Medical College Hospital  
and Research Institute  
Madurai-625 009

Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



**VELAMMAL MEDICAL COLLEGE**  
HOSPITAL AND RESEARCH INSTITUTE  
MADURAI - 625009

**Incharge faculty:**

Dr.Praveena

Dr.Balakumaran

**CRRIs:**

Dr.Sanjay Thukkaram

Dr.Santhy Priyadharshini

Dr.Shri Amirthavalli Lakshmi

Dr.Sridhar

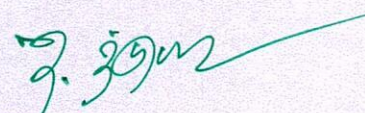
*cy-iam*  
Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 000, T.N.



**VELAMMAL MEDICAL COLLEGE**  
HOSPITAL AND RESEARCH INSTITUTE  
MADURAI - 625009

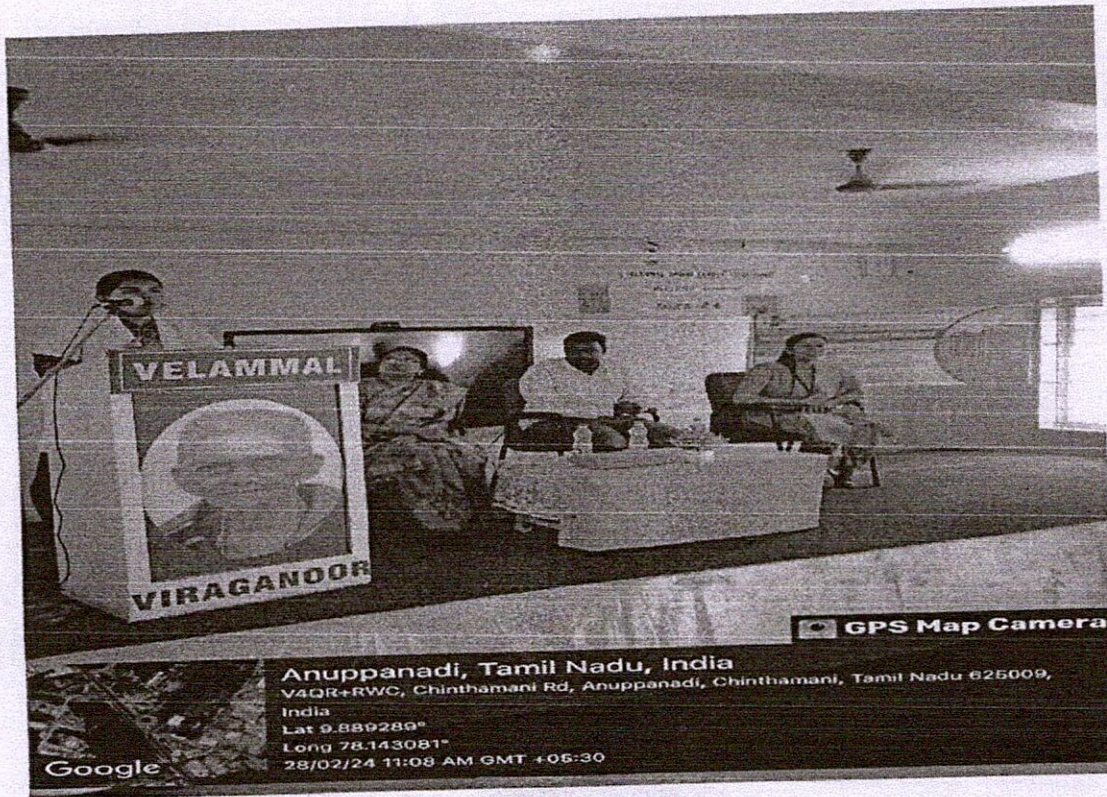
**2<sup>ND</sup> YEAR MBBS STUDENTS PARTICIPATED IN  
EXTENSION ACTIVITY**

S. NO	NAME OF STUDENT	ROLL NO
1.	Naveen	77
2.	Naveenkumar	78
3.	Nikitha	79
4.	Nisha	80
5.	Nishafar fariya	81
6.	Nishanthini	82
7.	Nithiyashree	83
8.	Oviya Vallabi	85
9.	Petra Pearl	86
10.	Pramoth Abiyan	87
11.	Pranar G Kumar	88
12.	Prashantha	89
13.	Pratham L Prakash	90
14.	Preethi	91
15.	Priyanka Pandira	92
16.	Purvashree	93
17.	Rajaguru	94

  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



**VELAMMAL MEDICAL COLLEGE  
HOSPITAL AND RESEARCH INSTITUTE**  
MADURAI - 625009



GPS Map Camera

Anuppanadi, Tamil Nadu, India  
VADR+RWC, Chinthamani Rd, Anuppanadi, Chinthamani, Tamil Nadu 625009,  
India  
Lat 9.889289°  
Long 78.143081°  
28/02/24 11:08 AM GMT +05:30

Google



GPS Map Camera

Madurai, Tamil Nadu, India  
V5WJ+Q48, Tamil Nadu 625201, India  
Lat 9.897144°  
Long 78.180846°  
28/02/24 11:31 AM GMT +05:30

Google

Prof. T. T. V. KARASU, M.D., D.A.,  
Deen  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin, High Road  
Anuppanadi, Madurai-625 009, T.N.

**VELAMMAL VIDYALAYA, VIRAGANNOOR**  
**MADURAI.**

Date: 07.03.2024

From:

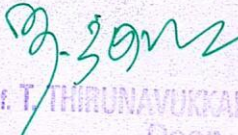
The Senior Principal,  
Velammal Vidyalaya,  
Viraganoor,  
Madurai.

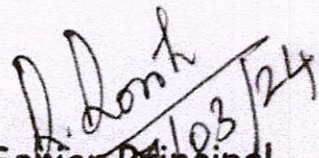
To  
The Head of the Department,  
Department of Community Medicine,  
Velammal Medical College Hospital and  
Research Institute.  
Anuppanadi, Madurai

Respected Sir,

The hand hygiene awareness program organized by your department doctor's interns and MBBS students on 28.02.2024, 11.00am to 12.00noon was useful for Class VI to VIII students.

We appreciate the Service provided by Community Medicine department of Velammal Medical College, Madurai.

  
Prof. T. THIRUNAVUKKARASU, M.D.  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.

  
Senior Principal  
SENIOR PRINCIPAL  
VELAMMAL VIDYALAYA  
Affiliation No: 1930541  
Madurai Rameshwaram High Road  
Viraganoor, Madurai-625009

15.04.2024,

Madurai.

From

Dr.S.Anu

Professor and Head,  
Physiology department,  
VMCHRI.

To

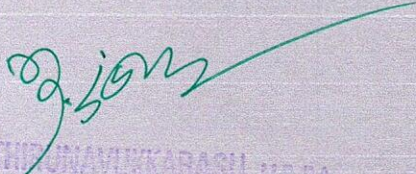
Rtn.Mr.C.R.V.Venkatesh,  
The club president,  
Rotary club of Madurai – Metro Heritage  
Madurai.

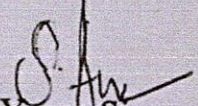
Respected Sir,

We, department of Physiology, Velammal Meical College Hospital and Research Institute, Madurai are planning to conduct an extension activity about 'Mindful eating' for the employees of the software company 'Dot Com Infoway' located at KK nagar, Madurai on **18.04.2023** between **11 AM to 1 PM** in association with the of Rotary Club of Madurai – Metro Heritage.

We request you to kindly join with us in organizing this event and make it a great success

Thanking you

  
Prof. T. THIRUVANNUKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Mettur, Madurai-625 009, T.N.

  
Yours Sincerely,  
PROFESSOR & HEAD  
Department of Physiology  
Velammal Medical College Hospital  
and Research Institute  
Madurai-625 009

15.04.2024,  
Madurai.

From  
Dr.S.Anu  
Professor and Head,  
Physiology department,  
VMCHRI.


To  
The Manager,  
Dot Com Infoway,  
Madurai.

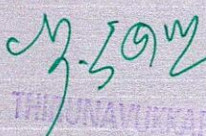
Respected Sir,

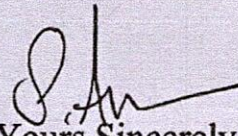
Sub : Requesting permission for conducting an extension activity for the IT employees- reg

We, the department of Physiology from Velammal Medical College Hospital and Research Institute are planning to conduct an extension activity about '**Mindful eating**' for the employees of your software company 'Dot Com Infoway' located at KK nagar, Madurai on **18.04.2023** between **11 AM to 1 PM**. Kindly grant us permission to conduct it, sir.

Thanking you

Can proceed  
Edmalas  


  
Prof. T. THIRUNAVUKKARASU, M.D., B.A.  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Medical Education Wing Road  
Anuppannai, Madurai-625 003, T.N.

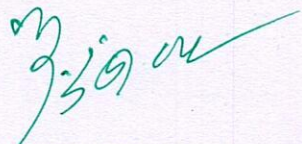
  
Yours Sincerely,  
PROFESSOR & HEAD  
Department of Physiology  
Velammal Medical College Hospital  
and Research Institute  
Madurai-625 009

**Report on**  
**Extension activity**  
**Awareness on "Mindful eating" at**  
**Dot Com Infoway, Anna Nagar, Madurai, on 18<sup>th</sup> April 2024**

An awareness program on "**Mindful eating**" was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, in association with Dot com Infoway and Rotary club- Metro Heritage , Madurai, Tamil Nadu on 18.04.23.

Following students accompanied the faculty of the department

S.no	Name	Roll no
1	Alamelu C	11
2	Devamitra R S	29
3	Devaprasad M S	30
4	Dhayanithi Velan K	33
5	Dinesh Kumar N B	35
6	Eben Eliab Desikan	36
7	Gobinath V	38
8	Indhu M	47
9	BABY SHALINI M	24
10	HALDEN MANNIE A	41
11	IRFAN MOHAMMED A	48
12	ADARSH S	6

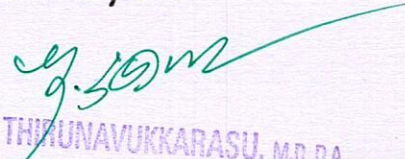
  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Bypass Road  
Anuppanadi, Madurai-625 009, T.N.

13	ABHILASH A	3
14	AISHWARYA T	9
15	HARIHARASUDHAN N	43
16	AMITA SELVI G	13
17	ATSAY V	22
18	BERTINA FERUZE VIMAL	25
19	BHAAVINI A	26
20	GUHAN K	39

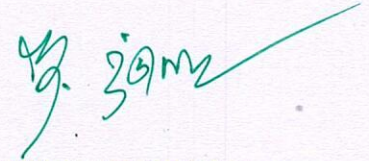
The target audience were the IT professionals working at Dot com Infoway, Madurai, Tamilnadu.

Prior to the start of the program, the First year MBBS students distributed the questionnaire for assessing the participant's take on mindful eating.

The program began with the welcome address by Miss.Hemalatha, Manager, Dot Com Infoway. Around 76 IT professionals participated in the program. It was followed by a acknowledgement talk on the topic "Myths and facts about Mindful eating" by Dr.J.T.Ajit Kumar, Assistant Professor, Department of Physiology, Velammal Medical College, Madurai. The IT Professionals were benefited and found the speech very useful and cleared their doubts on the topic after the speech. This was followed by a talk on "Mindful eating – topic proper" by Dr.Noel Naveen Johnson, Senior Resident, Physiology department, Velammal Medical College, Madurai. After such impressive talks, First MBBS students of 2022-2023 batch collected the questionnaire forms from the IT professionals Following this, the audience came with questions and the doubts were immediately and appropriately cleared by the resource persons.

  
 Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,  
 Dean  
 Velammal Medical College Hospital  
 and Research Institute  
 "Velammal Village"  
 Madurai Bypass Road  
 Andampatti, Madurai-625 006, T.N.

The program concluded by the Vote of thanks delivered by Dr.M.A.Hariviknesh, First Year Postgraduate, Department of Physiology, Velammal Medical College, Madurai. The program was a timely awakener and eye-opener for the audience. The same was appreciated by the Rtn.C.R.Venkatesh President, Managing Director, Dot Com Infoway, Madurai.



Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,  
*Dean*

Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 000, T.N.



Velammal Medical College Hospital and Research Institute,  
Madurai



Department of Physiology in Association with Rotary Club Metro Heritage

Extension Activity - 'MINDFUL EATING'

Date: 18.04.2024(Thursday)

Venue : Dot Com Infoway, Madurai

Time: 11.00 AM – 01.00 PM

### ATTENDENCE FORM

S.no	Name	Signature
1	R. Vallappan	R. Valt
2	M. Deva	Deva
3	V. Abirani	Abirani
4	H. Lakshmi Priya	HLP
5	B. Abinaya	B. Abinaya
6	K.C. Arun Kumar	K.C. Arun
7	Thirumalai. P.	Thirumalai
8	Moheswari, M	M. Moh
9	Thirupathi, M	Thirupathi
10	Rajesh	Rajesh
11	Rajeshwaran, V	Rajesh
12	P. Praveenkumar	P. Praveen
13	S. Mazhurethan	S. Mazhurethan
14	A. Antony Kishore	A. Antony Kishore
15	M. Kishore Nishaanth	M. Kishore
16	P. SURESH	P. Suresh
17	S. Sivakandan	S. Sivakandan
18	M. Sarathivelai	M. Sarathivelai
19	M. VIGNESH	M. Vignesh
20	T. ATHIYAMAN	T. Athiyaman
21	S. Angeline Rebecca	S. Angeline
22	D. Parkash	D. Parkash
23	Anandhu	Anandhu

Prof. T. THIRUNAVUKARASU, M.D., D.A.,  
Dean

Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tulicorin Bypass Road  
Anuppanadi, Madurai-625 009, T.N.



Velammal Medical College Hospital and Research Institute,  
Madurai



Department of Physiology in Association with Rotary Club Metro Heritage  
Extension Activity - 'MINDFUL EATING'

S.no	Name	Signature
24	CHIARUMATHI P	P. C.
25	Jegannan M	Jegannan
26	Priyadharshini. F	Priyadharshini
27	Logeshwaran	Logesh
28	Harsharan B	Harsh
29	K. Stalin Sivakumar	K. Stalin
30	V. Santhosh Kumar.	V. Santhosh
31	M. Keerthana	M. Keerthana
32	S. Sumedha	S. Sumedha
33	G. K. Ragini	G. K. Ragini
34	Meenakshi. M	M. M.
35	P. V. Indira	P. V. Indira
36	K. Anusha	K. Anusha
37	K. Kishore Kumar	K. Kishore
38	M. Navaneeth Kumar	M. Navaneeth
39	G. GURUMUNI SELVAM	G. Gurumuni
40	Adharsh S	Adharsh
41	Iniyan F	F. Iniyan
42		
43		
44		
45		
46		
47		
48		
49		

Prof. T. THIRUNAVUKKARACU, M.D., Ph.D.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



Velammal Medical College Hospital and Research Institute,  
Madurai



Department of Physiology in Association with Rotary Club Metro Heritage

Extension Activity - 'MINDFUL EATING'

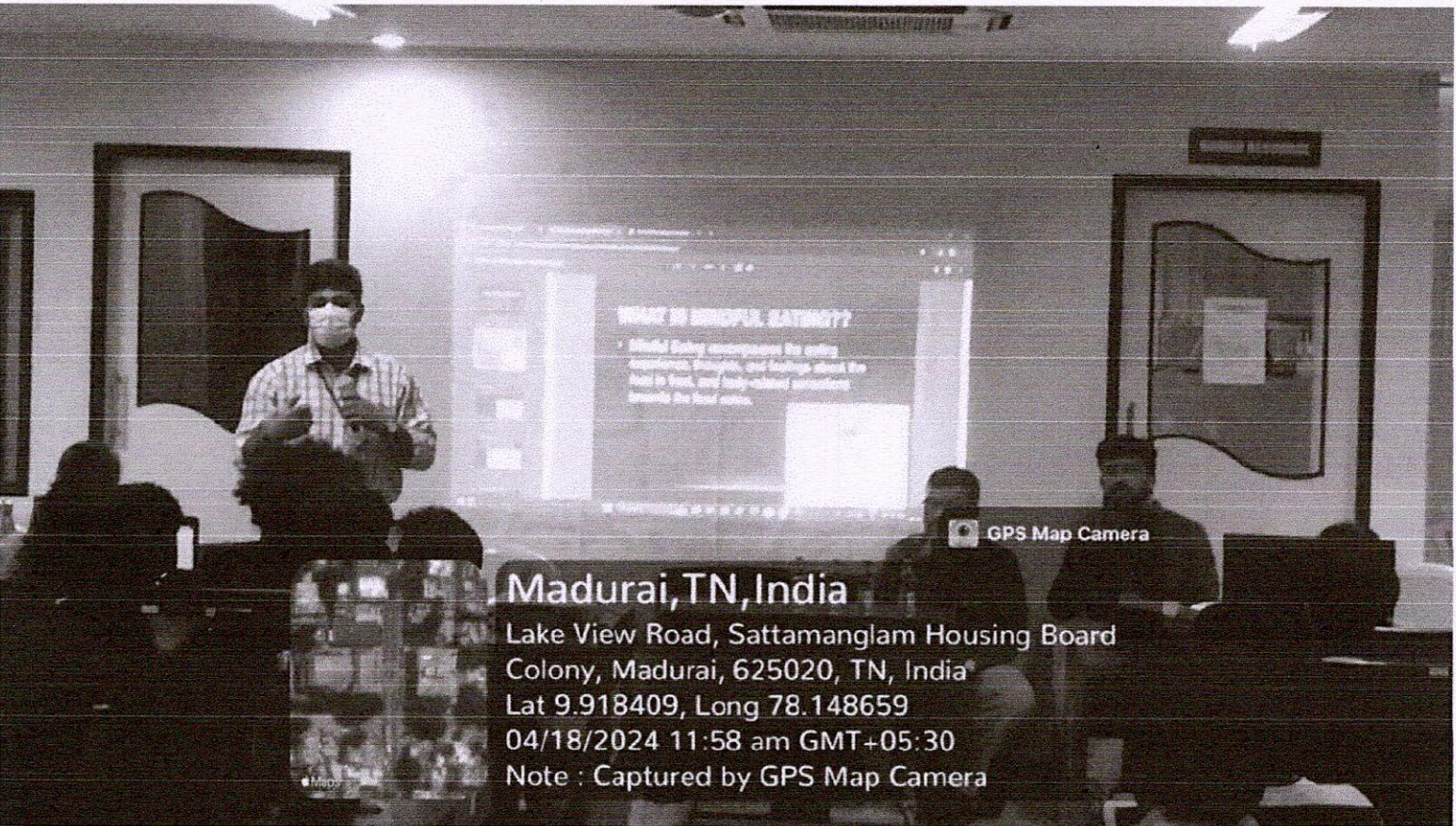
S.no	Name	Signature
50	S.MOHAN GANESH pandeyan	S.M. Mohan
51	M. Sathesh	M. Sathesh
52	P.K. Faleemulla	Faleemulla
53	Aswinkrishna S. S	Aswinkrishna S. S
54	K. S. Aswinbaba	K. S. Aswinbaba
55	N. Liyaga	N. Liyaga
56	Shakti	Shakti
57	Sneha	Sneha
58	Rishwana Huntaj	Rishwana Huntaj
59	P. Narendran	P. Narendran
60	C. Rishwan	C. Rishwan
61	P. Rivasan	P. Rivasan
62	A. Jethi Shakti	A. Jethi Shakti
63	S. Shalini	S. Shalini
64	V. Rehini	V. Rehini
65	M. Shanbaga Priya	M. Shanbaga Priya
66	S. Sethupooja	S. Sethupooja
67	M. Muthumanikandan	M. Muthumanikandan
68	S. Aravindh	S. Aravindh
69	S. Harini	S. Harini
70	J. Jennifer Monica	J. Jennifer Monica
71	M. Anandh	M. Anandh
72	M. Anto Subin	M. Anto Subin
73	LALITH SUDHAKAR	L. Sudhakar
74	P. Ramesh Kumar G	P. Ramesh Kumar G
75	B. Harish Kumar	B. Harish Kumar

Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tulicorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



**Department of Physiology in Association with Rotary Club Metro Heritage**  
**Extension Activity - 'MINDFUL EATING'**

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Madurai, TN, India

Lake View Road, Sattamanglam Housing Board  
Colony, Madurai, 625020, TN, India

Lat 9.918409, Long 78.148659

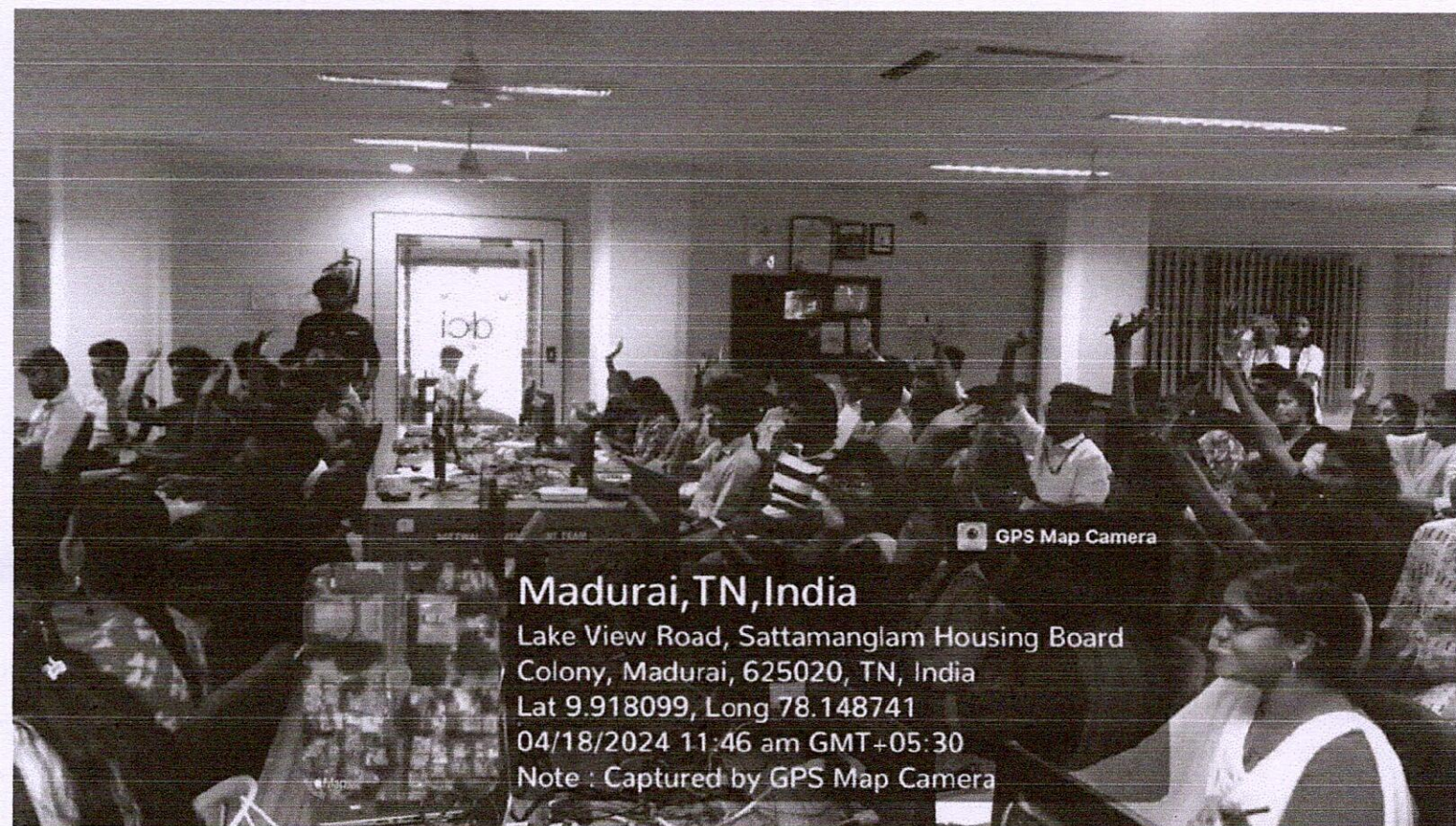
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Note : Captured by GPS Map Camera

*T. Thirunavukkarasu*

Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean

Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



## Madurai, TN, India

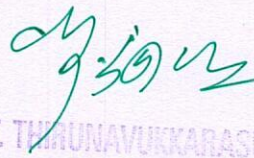
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Colony, Madurai, 625020, TN, India

Lat 9.918099, Long 78.148741

04/18/2024 11:46 am GMT+05:30

Note : Captured by GPS Map Camera

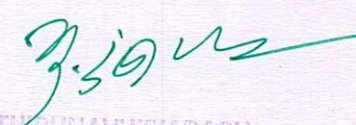
  
Prof. T. THIRUNAVUKKARASU, M.D.B.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



 **GPS Map Camera**



Sathamangalam, Tamil Nadu, India  
W49X+8HW, 80 Feet Rd, Anna Nagar, Sathamangalam, Madurai, Tamil Nadu  
625020, India  
Lat 9.918303°  
Long 78.148944°  
18/04/24 11:49 AM GMT +05:30

  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.

From,

15.05.2024

HOD of Biochemistry,

Velammal Medical College Hospital and Research Institute,

Anuppanadi,

Madurai – 625009.

To,

THE DEAN,

Velammal Medical College Hospital and Research Institute,

Anuppanadi,

Madurai – 625009.

*nm*  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.

*Subject: Request for Approval to Conduct Children's Health and Nutrition Workshop at Velammal Vidhyalaya.*

Respected Sir,

We, in the Department of Biochemistry, are planning to conduct an extension activity titled **"Children's Health and Nutrition Workshop: Promoting Balanced Diets and Wellness"** at Velammal Vidhyalaya, Velammal Bodhi Campus, Annupanadi, 625009. Kindly permit us to conduct the program after getting permission from The Principal. The details of the program are as follows:

Energy Calculation and Balanced Diet — First MBBS Students.

Students' BMI and WHR Assessment — First MBBS Students and Postgraduates of Biochemistry.

Food Plate Activities for Participants (School Students).

We request your kind permission and approval for the above-mentioned extension activity.

Thanking you,

Yours sincerely,

*Dr. P. Hari Haran*  
15/05/2024  
1 Dr. P. HARI HARAN

*Dr. T. Thirunavukkarasu*  
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,  
Dean  
Velammal Medical College Hospital  
and Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.



# Velammal Medical College Hospital and Research Institute Anuppanadi, Madurai.

## Department of Biochemistry Extention Activity

Title: Children's Health  
and Nutrition  
Workshop.  
Promoting Balanced  
Diets and Wellness



### Date

24.05.2024

### Time

9.00 AM to 12.00  
NOON

### Venue

Velammal Bothi  
Campus

- **Chairman:**

Shri. M.V. Muthuramalingam

- **Director:**

Mr.M.S. Santhosh Kumar

- **Dean:**

Dr. T.Thirunavukkarasu

- **Medical Superintendent:**

Dr.S.C.Ganesh Prabhu

- **CAO:**

Er.R.Manivannan

- **Director Academics & Student  
Affairs:**

Dr.B.G.Mahesh Krichna

Programme Coordinator

Dr. Josephine Latha

Prof & HOD - Biochemistry

### Activity Planned:

- Energy Calculation and Balanced Diet — First MBBS Students.
- Students' BMI and WHR Assessment — First MBBS Students and Postgraduates of Biochemistry.
- Food Plate Activities for Participants (School Students).

Prof. T. THIRUNAVUKKARASU  
Velammal Medical College Hospital  
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# VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE

VELAMMAL VILLAGE, ANUPPANADI, MADURAI

## DEPARTMENT OF BIOCHEMISTRY

### Extension activity

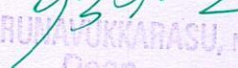
#### LIST OF FOOD WITH COMPOSITION OF CARBOHYDRATE, LIPID AND PROTEIN IN GRAMS

Food	Carbohydrate (g)	Protein (g)	Lipid (g)
Dosa (1 medium size)	29	3.9	3.7
Idly (2 in number-100g)	41	6	0
Sambar (1 cup)	26	7.1	0.7
Puri (1 in number – 44g)	12	2.3	9.8
Coconut chutney ( 2tsp)	4	2	2.5
Pongal (1cup-207g)	54	7.3	8.1
Vadai (1 in number)	25	4	5
Maggi noodle (1 pack – 566g)	52	9.9	15
Parotta (1 in number – 79g)	36	5	10
Chapathi (1 medium – 40g)	18	3.1	3.7
Panner butter masala (1cup- 198g)	6.9	8.2	16
Mushroom masala (1cup-238g)	8.4	5.1	7.7
Upma (1cup-155g)	21	3.5	4
Sambar rice (1 cup-207g)	39	6.5	4.5
Curd rice (1cup-225g)	38	6.1	3.2
Chicken biryani (1 cup-205g)	31	20	9.4
Mutton biryani (2cup-402g)	38	38	37
Fried potato (117g)	48	4	17
Potato curry (1cup-238g)	21	2.9	13
Vegetable curry (1cup-236g)	24	5.6	8.8
Mutton gravy (1cup-233g)	24	5.6	8.8
Chicken gravy (1cup-228g)	12	1.6	6
Boiled egg (1 in number)	0.6	6.3	5.3
Egg omelette (1 in number-122g)	0.9	14	17
Apple (1 medium size-200g)	27.6	0.5	0.3
Banana (1 medium size – 118g)	27	1.3	0.4
Grapes (1cup-92g)	16	0.6	0.3
Guava (1 in number-100g)	14.32	2.55	0.95
Papaya (1cup-145g)	16	0.7	0.4
Mango (1cup-165g)	24.7	1.4	0.6
Watermelon (154g)	12	0.9	0.2
Muskmelon (100g)	8.6	0.8	0.2
Milk (100ml)	5.1	3.4	3.3
Chana dal (100g)	42	13	4

### RDA FOR MINERALS AND VITAMINS

Boiled Rice (1cup-186g)	52.3	4.43	0.39
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Vitamins / Minerals		RDA
Calcium	Adults	500 mg/day
	Children	1200 mg/day
	Pregnancy and lactation	1500 mg/day
Phosphorus	All age group	500 mg/day
Iron	Adults	20 mg/day
	Children	20-30 mg/day
	Pregnancy	40 mg/day
Vitamin A	Children	400-600 µg/day
	Men	750-1000 µg/day
	Women	750 µg/day
	Pregnancy	1000 µg/day
Vitamin D	Children	10 µg/day
	Adults	5 µg/day
	Pregnancy and lactation	10 µg/day
	Above the age of 60 yrs	600 µg/day
Vitamin E	Male	10 mg/day
	Female	8 mg/day
	Pregnancy	10 mg/day
	Lactation	12 mg/day
Vitamin K	All age group	1 µg/kg
Vitamin C	All age group	75 mg/day
	Pregnancy and lactation	100 mg/day
Vitamin B1 (Thiamine)	All age group	0.5ng/1000 calories
Vitamin B2 (Riboflavin)	Adults	1.5 mg/day
	Pregnancy and lactation	1.7-1.9 mg/day
Vitamin B3 (Niacin)	All age group	20 mg/day
	During lactation	25 mg/day
Vitamin B5 (Pantothenic acid)	All age group	1-2 mg/day
	During pregnancy	2.5 mg/day
Vitamin B6 (Pyridoxin)	All age group	10 mg/day
Vitamin B7 (Biotin)	All age group	200-300 mg/day
Vitamin B9 (Folic acid)	All age group	200 µg/day
	Pregnancy	400 µg/day
	Lactation	300 µg/day
Vitamin B12 (Cobalamin)	Adults	2 µg/day
	Children	0.7-1.4 µg/day
	Pregnancy and lactation	2.2-2.6 µg/day

  
 Prof. T. THIRUNAVUKARASU, M.D., D.A.,  
 Dean  
 Velammal Medical College Hospital  
 and Research Institute  
 "Velammal Village"  
 Madurai-Tuticorin Ring Road  
 Anuppanadi, Madurai-625 009, T.N.



# Velammal Medical College Hospital and Research Institute

## Department of Biochemistry

### Report on Extension Activity

**Topic:** Children's Health and Nutrition Workshop: Promoting Balanced Diets and Wellness

**Date:** 24.05.2024

**Time:** 9.00 AM to 12.00 NOON

**Venue:** Velammal Vidhyalaya, Velammal Bodhi Campus, Anuppanadi.

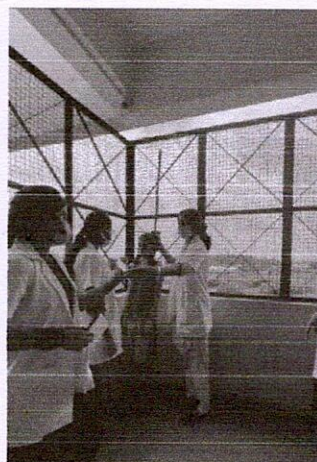
**Target audience:** 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> School students.

**Organizing team:** Faculties of Biochemistry, Post graduate students of Biochemistry, First year M.B.B.S., students (2023-2024 batch).

**Number of participants:** 74 school students (boys: 40 and girls: 34).

**Event Report:** The event began with the introduction of the National Nutrition Week Programme by Professor Dr. Josephin Latha in the presence of schoolteachers and Principal Mr. Bala Murugan. Following that, Dr. A. Hariharan conducted an interactive session on nutrition and the calculation of energy requirements for school children. He explained how to calculate BMI and WHR, using age and gender-specific reference values. Then, students were shown how to convert the calculated calorie intake into a daily food plan to create a meal plan. The weight, height, and WHR of all the participating students were measured with the help of first-year M.B.B.S. students. A food plate group activity was then conducted with the participating students for energy calculation, facilitated by Biochemistry faculty, postgraduates of Biochemistry, and first-year M.B.B.S. students. The session concluded with feedback from the participating students and a vote of thanks by a first-year M.B.B.S. student.

#### Photographs:



*9/3/24*  
ANAVUKKARASU, M.D.S.,  
Dean  
Velammal Medical College Hospital  
Research Institute  
"Velammal Village"  
Madurai-Tuticorin Ring Road  
Anuppanadi, Madurai-625 009, T.N.

From,

15.07.2024

The Senior Principal,  
Velammal Vidyalaya  
Bodhi Campus,  
Anuppanadi,  
Madurai – 625009.

To,

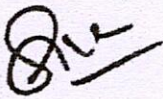
The Dean  
Velammal Medical College Hospital and Research Institute,  
Anuppanadi, Madurai – 625009.

Respected Madam,

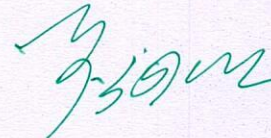
We appreciate the Department of Biochemistry, VMCH & RI for conducting Extension activity on title "Children's Health and Nutrition Workshop: Promoting Balanced Diets and Wellness" on 24.05.2024 at VELAMMAL BODHI CAMPUS. We congratulate the organizing team of faculties graduates and first year MBBS students. Also, we look forward for further Health Awareness Activity in future for our school students.

Thanking you,

Yours in Education



**SENIOR PRINCIPAL  
PRINCIPAL  
VELAMMAL VIDYALAYA  
ANUPPANADI  
MADURAI - 625 009**



**PROF. T. THIRUNAVUKKARASU, M.B.B.S.,  
Dean**

**Velammal Medical College Hospital  
and Research Institute**

**"Velammal Village", Madurai-Tuticorin Ring Road, Anuppanadi, Madurai – 625 009.**

**Phone : 0452 – 2698555, 2698942, 2697555, 2698941.**

**E-mail : velammalcbse.madurai@gmail.com Website : www.velammalvidyalayamadurai.com**

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