

**Loyola College (Autonomous)
Chennai – 600 034.**

Department of Outreach

Rangoli competition and Nutritional awareness for women

At Alaiammankoil street

The students of II year B.Com Corporate students are placed at Alaiammankoil street informal settlement (slum) for their service learning programme. The students have formed into various committees for their in-depth study and intervention. The women empowerment group organized a rangoli competition on 12th August, 2015 to build rapport with women at Alaiammankoil Street.



The students had discussed with them about the issues related to women. Most of the women shared about their livelihood and health issues. The students invited Mrs. Sathya Sarahgapani, Herbal Life Advising committee, as the resource

person. She spoke about the basic food habits, the consequences of skipping meals and also about the health facts of having healthy food and the types of food. She explained in detail about Herbal Life and invited the people to their nutrition centre for more references. She also stressed that human being are the need of the clean environment and needs of washing both the fruits and hands regularly in a brief way.

She enquired about the common health disease faced by the people residing there. Apart from discussion she also advised the people personally to keep healthy their surroundings and food habitation. She was the judge for the Rangoli competition and chose three women for prizes. She was impressed by the Rangoli



Competition held by the women empowerment team students and their organizing skill. She was quite impressed about the 17 women who not only willingly participated in the Nutritional awareness program, but also actively took part in Rangoli competition.