

## Women's Day celebration

Faculty of Education feels elated to share the report of Women's Day celebration on 11.03.2023 at 11:00am Phase-2 campus. The program began with a welcome dance, performed by our B.Ed. students followed by welcome address, guest introduction of the chief guest Mrs. S. Malika Badrinath. She is an Indian food writer, chef, cookbook author and host of cooking shows. She is the author of 29 cookery books in English and 30 books in Tamil, together containing more than 4,000 recipes. Some of her books have been translated into Telugu, Kannada and Hindi. Her books include the Tamil "Siru Dhaniya Samayal" series, containing recipes using traditional nutritious ingredients and millets such as Sirudhaniyangal Ragi, kambu, Saamai, thinai, varagu, cholam and kuthiraivali. The session was motivational and interactive. Her life and achievements made the gathering realize that "success is not easy yet not impossible. Hard work, passion and consistence leads one to the mountain top." Lastly, the audience cleared their doubts regarding diet plans, nutritious food intake, etc. for better lifestyles. Her answers showed her passion for cooking and healthy living. She has explained about healthy and nutritious food and how it will boost our daily dose of vitamins. Our skin depends upon nutritious foods to keep it vibrant. She has insisted a hot meal is more nutritious than sandwiches. Milk is widely promoted as an essential and nutritious food.







