

VILLAGE ADOPTION- WORLD HEALTH DAY





RAAK
NURSING AND PARAMEDICAL COLLEGE
 Affiliated to Pondicherry University, Approved by INC & Recognized by TNN & A
 (A Unit of Farouk Educational Trust)

7TH APRIL

— **WORLD** —
HEALTH DAY!



Theme : "Healthy Beginnings, Hopeful Futures."





DENGUE AWARENESS PROGRAMME:





Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:39 AM GMT +05:30



Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:29 AM GMT +05:30



Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:39 AM GMT +05:30



Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:30 AM GMT +05:30



Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:36 AM GMT +05:30



Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:35 AM GMT +05:30

WORLD BREAST FEEDING DAY - AWARENESS PROGRAMME (4/8/2025)



Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:41 AM GMT +05:30

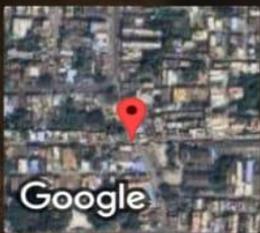


Puducherry, Puducherry, India
55, Arumparthapuram, Thiriveninagar, Marie Dulgaret, Puducherry 605110, India
Lat 11.918414° Long 79.772225°
04/08/2025 10:16 AM GMT +05:30



Arumparthapuram, Puducherry, India
15, Vinayagar Kovil St, Arumparthapuram, Puducherry 605110, India
Lat 11.918408° Long 79.772248°
04/08/2025 10:27 AM GMT +05:30

PULSE POLIO CAMPAIGN:



Villianur, Puducherry, India 🇮🇳
26, Subramani St, Thillai Nagar, Villianur, Puducherry
605110, India
Lat 11.912205° Long 79.756635°
Monday, 22/12/2025 09:07 AM GMT +05:30

GPS Map Camera





COOKING DEMONSTRATION- G.N PALAYAM

BREAKFAST	LUNCH
<p>▷ CHAPATI - 2 Nos</p> <p>→ CALORIES - 100 Kcal</p> <p>→ PROTEIN - 6g</p> <p>→ CARBS - 18-18g</p> <p>→ FIBER - 2g</p> <p>▷ VEGETABLE OMBVY 100g</p> <p>→ PROTEIN - 2g</p> <p>→ FAT - 4g</p> <p>→ POTASSIUM - 400mg</p> <p>→ VIT. C - 15mg</p>	<p>1. Dal Rice - 1serving = 1cup</p> <p>→ Energy - 300kcal</p> <p>→ Carbs - 40g</p> <p>→ Protein - 7g</p> <p>→ Fat - 4g</p> <p>2. Snacks Onhand - 100g</p> <p>→ Potassium - 200mg</p> <p>→ Calcium - 40mg</p> <p>→ Fiber - 4g</p> <p>→ Protein - 8g</p> <p>3. Lunch Finger (Cakes)</p> <p>→ Energy - 100</p> <p>→ Protein - 4g</p> <p>→ Fat - 4g</p> <p>→ Fiber - 2g</p>
SNACKS	DINNER
<p>▷ ONION - 2medium</p> <p>VIT. C - 20mg</p> <p>Fiber - 4g</p> <p>2 nos - 40-40g</p> <p>Calcium - 100mg</p>	<p>▷ Ragi Dosa - 2 medium</p> <p>Calories - 200kcal</p> <p>Protein - 6g</p> <p>Fat - 4g</p> <p>Carbs - 40g</p>

