

THIRUTHANGAL NADAR COLLEGE

CONSUMER CLUB REPORT 2023-2024



OBJECTIVE: To advise individual consumers and protect their rights. To ensure prices of goods are fair and appropriate with relevance to its quality and value. Consumer Awareness is a demonstration of ensuring the purchaser or buyer knows about the data and information about items, products, administrations, and buyers' privileges.

CHAIR PERSON: MR. S.JEEVABALAN

TITLE: CONSUMER AWARENESS YOGA NUTRITION

DATE: 19/10/2023

PARTICIPATE: 50 STUDENTS

CHIEF GUEST: DR. Y .DEEPA

Vision: Crucial for good vision, vitamin A helps protect the cornea and is essential for low-light vision. Vitamin C — an antioxidant that is believed to protect eyes from oxidative stress. Vitamin E — protects the eyes from free radicals and is vital for healthy skin and immune function.

