Monthly Programme Report

LITTLE FLOWER COLLEGE (AUTONOMOUS) GURUVAYOOR BMC

Institution Name: **LITTLE FLOWER COLLEGE (AUTONOMOUS) GURUVAYOOR**

BMC Code: **TSR/2010/13**

ProgrameTitle: **Ilamuttam**

Program Category: **Special/Innovative Programmes**	Activity Type: **Action Program**	No.of participants: **26**
Planned Date: **02-03-2026**	Renewed date: **-**	Program Date: **01-04-2026**
Budgeted Amount: **Rs 819/-**	Total expenditure: **Rs 3364/-**	Extra Amount: **Rs 2545/-**

Brief Report

Organized by the Post Graduate Department of Botany & Bhoomithrasena Club

Little Flower College, Guruvayoor

Programme Title: ILAMUTTAM – Experience the Rich Heritage of India through Traditional Foods

Date: 2–3 March 2026

Venue: Near Enquiry, Little Flower College Campus

Coordinator: Dr. Sr. Steffy Francis

The Post Graduate Department of Botany in association with the Bhoomithrasena Club of Little Flower College, Guruvayoor organized a traditional food programme titled **"ILAMUTTAM"** on 2nd and 3rd March 2026. The programme was conducted with the aim of promoting awareness about India's rich traditional food heritage and the knowledge systems associated with it.

The ILAMUTTAM programme showcased a variety of traditional food items prepared based on indigenous knowledge and local practices. Students actively participated in organizing and presenting different traditional dishes.

The event highlighted:

- Traditional recipes and preparation methods
- Nutritional value of indigenous foods
- Cultural significance of traditional Indian cuisine
- The connection between biodiversity and food diversity

Students and staff visited the stalls and experienced various traditional foods that reflect India's rich cultural heritage. The programme also served as a platform to revive interest in traditional food systems that are often replaced by modern fast foods.

The **ILAMUTTAM** programme conducted on 2–3 March 2026 was a meaningful initiative that celebrated India's traditional food heritage. The event helped students understand the value of traditional knowledge and its relevance in modern society while promoting sustainable and healthy lifestyles.

Expenditure Statement

Item	Expenditure	Remarks
things for buliding a small hut and gifts for bhoomithrasena Contests	Rs 3364	prizes and the expenditure for ilamuttam Programme

Budgeted Amount	**Rs 819**
Total Expenditure	**Rs 3364**
Extra Amount	**Rs 2545**

Photographs

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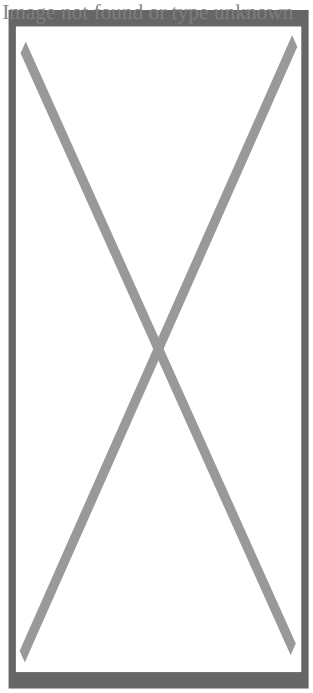


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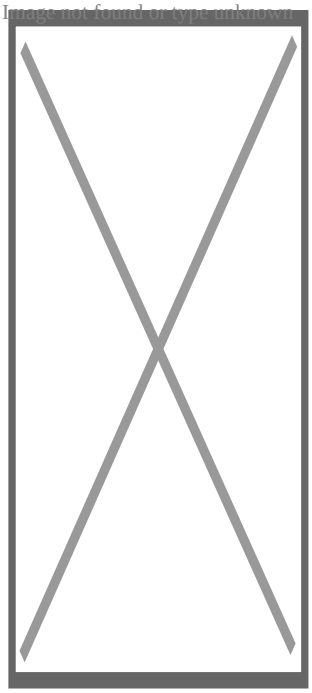


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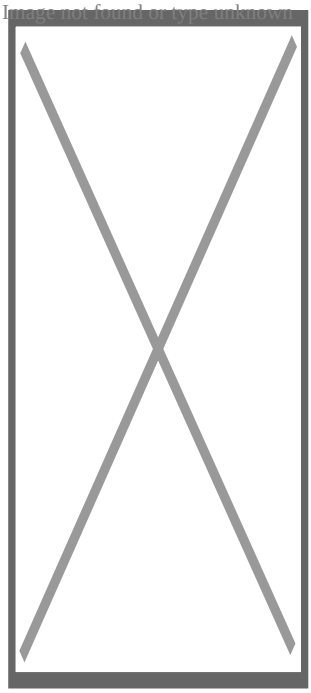


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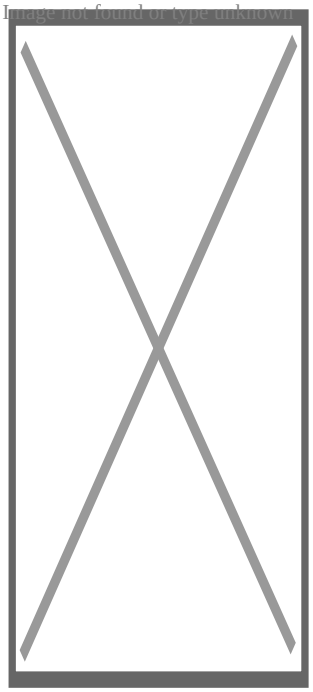


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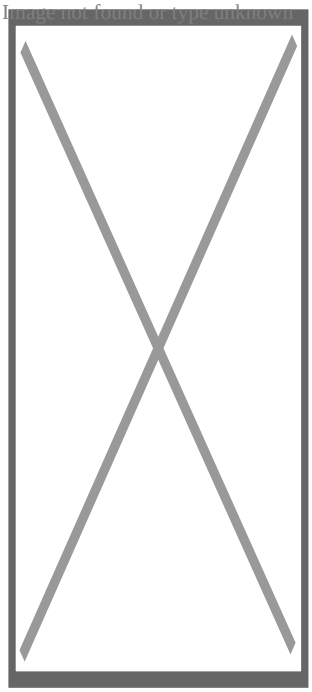


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