

## **DEPT. OF NUTRITION, FSM& DIETETICS- ASSOCIATION REPORT**

### **2018 - 2019**

1. The Department conducted Nutri -Exhibition, Healthy Lunch Box Contest and Grain carpet -“Nutrition for Healthy Life” On **08.10.2018**. Student exhibited their Charts, Models and Foods products.
2. The Department of Nutrition, FSM & Dietetics Organised Nutritional Awareness Programme on the topic “Eating Disorders in Adolescence” on **20.03.2019**. Our Guest Speaker Dr. Durga Devi from DKM College for Women gave a talk on the importance of food habits and educated on the various eating disorders of adolescence.

### **2019 - 2020**

3. The Department conducted Nutrition Awareness Programme for National Nutrition Week; students performed street play & traditional villupaatu on the topic Nutritious foods vs Un healthy food On **13.09.2019**.
4. The Department conducted Nutri- Exhibition Based on Nutrition for Healthy Life on **17.09.2019** in commemoration with National Nutrition Month. Students Exhibited Charts and Models.
5. The Department conducted activity on the theme “Nutri- Fest” on **27.02.2020**. We had organized Cookery and Powerpoint Presentations as competitions. Invited judges for the competitions Dr. B. Sasirekha, Head . Dept of Commerce and Dr. Punithavathi, Head, Dept. of Biotechnology.

### **2020 - 2021**

1. The Department conducted Online Webinar on “Dietary Management in Obesity” **05.03.2021**. Through Google Meet. Ms. Lavanya Sundaram (Sports Nutritionist, Chennai) was the Resource person for the Webinar.

### **2021 - 2022**

1. Department of Nutrition, FSM & Dietetics & YRC organised Nutrition Education Programme on World Breast Feeding Day **07.08.2021**. Mrs M. Kathy, Head & Assistant Professor, Department of Nutrition, FSM& Dietetics conducted Inter-Departmental Online Quiz Competition.

2. Department of Nutrition, FSM & Dietetics & YRC organised Quiz Competition on World First Aid Day **16.08.2021** @ 11.00am. Inter- Departmental Online Quiz Competition was conducted through Google forms.
3. In accordance with the National Nutrition Week -2021 Celebrations, Department of Nutrition, Food Service Management & Dietetics conducted the Online Webinar on “Medical Nutritional Therapy in Non-communicable Disease” **07.09.2021**. Through Google Meet. Mrs. Raja Lakshmi Senior Dietitian, (Apollo Hospitals, Chennai) was the Resource person for the Webinar.
4. Department of Nutrition, FSM & Dietetics & YRC organised World Food Day **16.10.2021**. Food Exhibition done by Students of Nutrition, FSM & Dietetics.
5. Nutrition Education Programme was conducted by the Department of Nutrition, FSM& Dietetics & YRC Unit for Non-Teaching Staffs on World Diabetic Day **14.11.2021**. Students participated in speech and skit.
6. Nutrition Awareness Programme was conducted by the Department of Nutrition, FSM& Dietetics & YRC Unit on World Aids Day **01.12.2021**. Students participated in speech and skit.
7. Department Activity conducted on the theme “Eat Right Bite by Bite” On **15.12. 2021**. We had quiz, cook without fire and speech competitions. The judges were Mrs. Shamila Sultana, Head, Department of B.Com (CA) and Mrs Rasul Begum, Head, Department of Tamil.
8. The Inauguration of Biochemistry Laboratory was commenced on **23.03.2022** at 11.30 AM with cutting of Ribbon and prayers by Dr. S. Ziauddeen Ahmed, General Secretary, along with our college correspondent Dr. Anees Ahmed, College Principal Dr. Freda Gnanaselvam, and IQAC Coordinator Dr. B. Sasireka. Head, Department of Commerce.
9. Department of Nutrition, FSM & Dietetics organised Nutrition Education Programme on World Tuberculosis Day- **24.03.2022**(11.00-12.30Noon). The key note speaker of the day was Mrs. Shanthanalakshmi, M.Sc., NET, Child Development Project Officer, Cheyyar Block, Tiruvannamalai.
10. Department of Nutrition, FSM & Dietetics & YRC organised Programme on World Health Day **07.04.2022**(10.30-12.30 Noon). Students of Nutrition, FSM & Dietetics prepared different Healthy Breakfast recipes and Exhibited.

## **2022 - 2023**

1. Department of Nutrition, FSM & Dietetics & YRC organised Inter- Departmental Quiz Competition on World Breast Feeding Week. It is an awareness programme to educate students about Breast feeding and its importance on **10.08.2022**.
2. Department of Nutrition, FSM & Dietetics & IQAC organised Onam Celebration on 08.09.2022. Onam Sadya Recipes prepared by the students of NFSMD and Displayed. Dr.Scholastica Mary Vithya, Department Of Chemistry, Auxillium College,Vellore, Visited and gave Suggestions.
3. Nutrition Awareness Outreach Programme was organized by the Department of Nutrition, Food service management and dietetics with the collaboration ICDS (Integrated child development scheme), Mrs.Vasanthi District Programme Officer, and Mrs.Girija, CDPO Officer,Ranipet. Students were divided and sent to three villages for Nutrition Education Programme on 23.09.2023 for National Nutrition Month.
4. Department of Nutrition, FSM& Dietetics and YRC organized competitions like Powerpoint presentation, poster presentation, quiz and cookery on commemoration of World Diabetes Day 16.11.2022.
5. Department of Nutrition, FSM& Dietetics organized Nutrition Awareness Programme on the topic “Nutrition in Cancer” on commemoration of World Cancer Day,04.02.2023. Mrs. B. Manimegalai, Senior Lecturer & Incharge, Dept. of Dietetics, CMC, was the Guest Speaker.
6. Department of Nutrition, FSM& Dietetics Students went to Industrial Visit to Ooty for 2 days on 10.03.2023 & 11.03.2023. Students visited Tea and chocolate factory.
7. Department of Nutrition, FSM& Dietetics in collaboration with SMH Hospitals, Ranipet, organized Nutrition Awareness Programme on commemoration of World Tuberculosis Day on 24.03.2023.

## **EXTENSION ACTIVITY 2022-2023**

<b>Date</b>	23-09-2022
<b>Event</b>	Extension activity of the department
<b>Topic</b>	<b>NUTRITION AWARENESS PROGRAMME</b>
<b>No. of. Participants</b>	Outreach Programme
	128 students of Department of Nutrition, Food Service Management & Dietetics
<b>Staff Incharge</b>	Mrs. M. Kathy, Head &Assistant Professor, Mrs. V. Fathima Thaskin,Assistant Professor, Ms. S. Nuzra Sultana, Assistant Professor, Department of Nutrition, Food Service Management & Dietetics
<b>Place</b>	Nandiyalam, Arapakkam, Manguppam, puttuthaku, Vellore, TamilNadu-632517
<b>No. of. Beneficiaries</b>	60 “Hundred Days” Workers
<b>Brief Report</b>	The students of Nutrition, FSM& Dietetics along with Mrs. M. Kathy, Head &Assistant Professor, Mrs. V. Fathima Thaskin,Assistant Professor, Ms. S. Nuzra Sultana, Assistant Professor, Dr. Anbukkarasi, , Assistant Professor, Visited Nandiyalam, Arapakkam, Manguppam, puttuthaku, Vellore to mark the occasion of National Nutrition Month and organized Awareness Program. Our student’s depicted skit, villupattu and mime show to hundred day workers. They also interacted with the people and gave nutritional counseling.

