

## **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.

## 2023 - 2024

1. On 7<sup>th</sup> August 2023, Department of Nutrition, FSM & Dietetics organised Nutrition Awareness Programme on World Breastfeeding Week. It is an awareness programme to educate students about the Importance of Breastfeeding and its advantages to the mother and child. The key note speaker of the day was Mrs. Jayalakshmi. K., Senior Dietitian, CMC, Vellore.
2. On 14<sup>th</sup> September 2023, Department of Nutrition, FSM & Dietetics organised Nutrition Awareness Programme in commemoration with national nutrition month. It is an awareness programme to educate students about the Importance of millets in preventing anaemia. We had two eminent judges Mrs. Vasanthi Anandan, District Programme Officer, ICDS & Mrs. Girija, Child Development Project Officer, Arcot for poster and cookery competitions.
3. On September 26<sup>th</sup> 2023, Our Department Organised field visit for III year Students to KH Bio solutions- Life science research Lab, Arcot.
4. On 11<sup>th</sup> January 2024, Department of Nutrition, Food Service Management & Dietetics Organized one day International Seminar on the topic “Nutrition- Role in food service management and its contribution to food system”. We had two eminent speakers Dr. Hilda Vasanthakalam, Nutrition Senior Advisor, GAIN- Global Alliance for Improvement of Nutrition, Rwanda and Dr. Anna Rangini Chellapa, Associate Professor and Head, Dept of Home Science Nutrition, Food Service Management & Dietetics, Dr. Ambedkar Govt. Arts College, Chennai.
5. On 9<sup>th</sup> February 2024, Department of Nutrition, Food Service Management & Dietetics in collaboration with KH Bio-solutions Organized Workshop on the topic “Potential Avenues in Food Entrepreneurship” Guest Speaker - Dr. Kangavalli, Director, KH Bio solutions.

## 2024 – 2025

1. **On 24<sup>th</sup> June 2024**, Department of Foods & Nutrition organised an Alumni Talk on “**Scope and Opportunities in the field of Nutrition**”. The event aimed to provide the students with valuable insights, experiences and guidance from a successful professional in their field. The key note speaker of the day was **Ms. Faiza Suman., Food Safety Officer, Bahrain.**

2. **On 6<sup>th</sup> August 2024**, Department of Foods & Nutrition and health and wellness club jointly organised Awareness programme in commemoration of **“World Breast Feeding Week”**. It is an awareness programme to educate nursing mother about the Importance of Breastfeeding and its advantages to the mother and child, at public health centre, Melvisharam.
3. **On 8<sup>th</sup> August 2024**, Department of Foods & Nutrition & IDD jointly organized one day **International Seminar** on the topic **“Improving Nutrition through Interior Design”**. We had two eminent speakers **Mrs. Shahida Shamsuddeen, Lecturer, Department of Clinical Nutrition University of Hail, Saudi Arabia** and **Prof. Asha Jyothi U H, Principal, Government Home Science College for Women, Holenarsipura, Karnataka**.
4. **On 2<sup>nd</sup> October 2024**, the Department of Foods and Nutrition celebrated World Coconut Day. This event aims to promote the importance of coconuts and raise awareness about their multifaceted significance in various aspects of life. Principal Mam Dr.Freda Gnanaselvam was invited for the World Coconut Day Celebration and she addressed the students about the importance and health benefits of coconut.
5. **On 16<sup>th</sup> September 2024** Department of Foods and Nutrition celebrated **Onam Sadhya**. The event aimed to revive and honour the traditional spirit of Onam, providing students with a platform to showcase their talents and enjoy the festive season with a deep sense of joy and unity.
6. **On 19<sup>th</sup> September 2024** Department of Foods and Nutrition & Health and wellness club jointly organized an **“Awareness Workshop on Women’s Wellness”**. The awareness program was convened by our chief guest **Mrs. Uma Maheswari , Evita Life Science, Madurai**.
7. **On 23<sup>rd</sup> September 2024** Department of Foods and Nutrition and Health and Wellness club jointly organised **Interdepartmental Quiz Competition”** in commemoration of **“National Nutrition Month 2024**.
8. **On 29<sup>th</sup> September 2024** Department of Foods and Nutrition Health and Wellness Club and Diet Counselling Cell jointly organised **World Heart Day** to raise awareness about cardiovascular diseases (CVDs), their prevention, and global impact.
9. **On October 5<sup>th</sup> 2024** department of foods and nutrition organized one day **Industrial Visit to Britannia Industries Ltd. plant in Pondicherry**. The primary objective of this visit was to gain practical insights into the manufacturing processes of biscuits and other

confectionery products, understand the importance of quality control, and observe the application of industrial engineering principles in a real-world setting.

10. **On 29<sup>th</sup> of October, 2024** The Department of Foods and Nutrition, in collaboration with the **Health & Wellness Club, IQAC, and SMH Hospital, Ranipet**, organized a **Diabetes Awareness Programme** in commemoration of **World Diabetes Day**. The key note speaker on that day was **Mrs. Suganthi J & Ms. Sweety Agnes from SMH, Ranipet**.
11. **On 11<sup>th</sup> January 2025** Department of Foods and Nutrition, IIC & IQAC jointly organised **National Youth Day** an Interactive Session with Start-up Founders.
12. **On 4<sup>th</sup> February 2025** Department of Foods and Nutrition, in collaboration with the Health and Wellness Club, Diet counseling Cell, and IQAC, organized a **World Cancer Day Awareness Programme**. Poster presentation and power point presentation competitions were conducted for students.
13. **On 28<sup>th</sup> February 2025**, Department of Foods & Nutrition organised **Workshop** on the topic **“Hands on Training on current analytical techniques in Food Science”** Guest Speaker - Dr. Kangavalli, Director, KH Bio solutions.

Mrs. B.Anbarasi and Mrs. V.Fathima Thaskin Assistant professor department of foods and nutrition attended workshop on the topic **THE PATH TO PUBLICATION: BEST PRACTICES IN SCIENTIFIC RESEARCH** organized by **MANGALMAY INSTITUTE OF MANAGEMENT AND TECHNOLOGY, NOIDA, UTTAR PRADESH**

In the month of june Mrs. B.Anbarasi and Mrs. V.Fathima Thaskin Assistant professor department of foods and nutrition attended 3 faculty development programmes

In the minth of july Mrs. B.Anbarasi and Mrs. V.Fathima Thaskin Assistant professor department of foods and nutrition attended national level workshop and online webinar.