



## **ISLAMIAH WOMEN'S ARTS AND SCIENCE COLLEGE**

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# **PG DEPARTMENT OF FOODS AND NUTRITION REPORTS 2023-2024**

## **INDUSTRIAL VISIT REPORT**

**Date: 10.8.2023**

PG Department of Foods and Nutrition students of UG & PG final year students have visited to Ahmedia Hotel, NH Road Vaniyambadi on 10.08.2023. Ms. A. Rajalakshmi and Ms. D Jansi Rani accompanied the students. It is included in the syllabus to enhance the students knowledge and application of the course Food and Nutrition.

## **NUTRITION AWARENESS PROGRAM**

**TOPIC OF THE EVENT: Breastfeeding Nutrition and More**

**Date: 18.8.2023**

**Venue: Seminar Hall**

PG Department of Foods and Nutrition students organized Nutrition Awareness Program on the topic Breast Feeding-Nutrition and more on 18.08.2023. Dr. N. Sindhu, MD General Medicine, Consultant Internal Medicine, Government Hospital, Vaniyambadi, the, chief guest of the awareness program presented on the Breastfeeding Nutrition and More on the importance, composition of Breast Milk and benefits of breast feeding for the baby and the mother too. The Complete session was interactive, informative and helped everyone imbibe knowledge about the importance of breast feeding.

## **DEPARTMENT BEST PRACTICE REPORT**

**Date: 12 August, 2023**

PG Department of Foods and Nutrition students of UG II, III and PG Final year students have visited to Panchayat Primary School, Melkuppam Madhanur Block Vaniyambadi on 22.08.2023 to give the Awareness on Nutrition and Healthy Supplementation. Ms. A. Rajalakshmi, Ms. D Jansi Rani and Ms. A Suganthi accompanied the students. The main motto of this practice was to give awareness to the School Going Children on Nutritious food, Hygiene and Sanitation to make the society healthy on forthcoming days.

## **INDUSTRIAL VISIT REPORT**

**Date: 15.9.2023**

Department of Nutrition Food Service Management and Dietetics students of UG II, III year & PG final year students have visited to Nigress Hotel, Yelagiri on 15.09.2023 as part of the syllabus to gain the knowledge on Hotel and Catering Management. Ms. A. Rajalakshmi, Ms. D Jansi Rani and Ms. A. Suganthi accompanied the students.

## **NUTRITION AWARENESS PROGRAM**

**TOPIC OF THE EVENT: Healthy Affordable Diet for All**

**Date: 16.9.2023**

Department of Nutrition Food Service Management and Dietetic organized Seminar on the account of National Nutrition Month on the topic Healthy affordable Diet for all on 16.09.2023. Ms. Sonia Velarsan, Program Coordinator and Registered Dietitian, University of Trans-Disciplinary Health Sciences & Technology & IAIM Healthcare Centre, Bengaluru, deliver a valuable talk on the topic Healthy Affordable Diet for All. She emphasized importance of Nutrition in health and development and also shared her views on eating healthy and being active

**TOPIC OF THE EVENT: World Pulses Day**

**Date: 10.2.2024**

**Venue: Seminar Hall**

Department of Foods and Nutrition were celebrated World Pulses Day on 10.02.2024. Ms. Karavatkar Maimuma Anam K III B.Se NFSMD who was the speaker of this program, She

emphasized the importance of pulses and also shared her views on Nutritional value of pulses. The speaker was also highlighted the beneficial of Pulses for both Soil and People.

### **FOOD STALL**

#### **TOPIC OF THE EVENT: Nutri Foodie-Food Stall**

**Date: 15.2.2023-16.2.2023**

**Venue: Seminar Hall**

PG Department of Foods and Nutrition were organised a Student Self Help Group Nutri Foodie-Food Stall from 15.02.2023-16.02.2024 in the Auditorium. Total 7 stalls were kept by the students with the variety of delicious food The Students were benefitted with the profit.

**2022-2023**

### **HEALTH AWARENESS PROGRAMME**

#### **TOPIC OF THE EVENT: Lactogogues and Lactating Women**

**Date: 5.8.2022**

**Venue: Seminar Hall**

PG Department of Foods and Nutrition organized an Health Awareness Programme. Dr.ZAHIDA PERVEEN M.B.B.S., DGO A.R. Hospital, Vaniyambadi, was the chief guest. Around 130 students form our departments participated and gained knowledge.

### **SCHOOL VISIT**

**TOPIC OF THE EVENT: School visit**

**DATE: 29.08.2022-30.08.2022**

PG Department of FOODS AND NUTRITION students of III B.Sc. NFSM&D 52 students and II M.Sc. F&N 3 students visited Arishya Fathima Matriculation School Ramanayakanpet, Vaniyambadi, on 29.08.2022 to 30.08 2022 to aware the students about healthy nutrition and to provide healthy supplementation. A school visit to ASSESMENT OF NUTRITIONAL STATUS CREATING NUTRITIONAL AWARENESS AND SUPPLEMENTATION nutritional knowledge involved observing students understand varying nutritional concepts such as balance diet, food groups, portion size, the importance of healthy eating habits, and the importance of nutrition education and awareness of personal hygiene.

## **YUMMY FEST**

### **TOPIC OF THE EVENT: Yummy Fest**

**Date: 22.2.2023-23.2.2023**

**Venue: Auditorium**

PG Department of Foods and Nutrition organized the Yummy Fest on 22/02/2023 To 23.02.2023 at the Auditorium. Nearly 400 students visited enthusiastically and tasted various delicious foods. The food prepared by the students was rich in taste and highly nutritious. The students thoroughly enjoyed the diverse flavors.

## **CULTURAL DAY**

**Date: 27.05.2023**

**Venue: Nutrition Lab**

PG Department of Foods and Nutrition organized cultural day on 27.05.2023 in Nutrition Lab: The following five events were conducted. Poster Presentation, Essay Writing, Best out of Waste, Rubic Cubes, Drawing. 31 students participated, among them 15 students won prizes and received certificates.

## **CERTIFICATE COURSE**

**TOPIC: BAKERY AND CONFECTIONERY**

**Date: 21.2.2023-9.3.2023**

PG Department of Foods and Nutrition organised 30-Hour Certificate Course on Bakery and Confectionery from 21.2.2023-9.3.2023 for the student of III B.Sc NFSMD. The main objective was to educate the students on the skill and information required for baking and pastry entrepreneurship. This course helped the students to prepare themselves as to be skilled professionals through hands on experience. The course also emphasized on the development of competency based skills, management and creativity, 51 students actively participated in this course.

**2021-2022**

**CULTURAL DAY**

**Date: 01.07.2022**

**Venue: Nutrition Lab**

PG Department of Foods and Nutrition organized cultural day on 01.07.2022 in Nutrition Lab. The following five events were conducted. Poster making, Poetry, Wall Decoration, Whisper Challenge, Greeting Card Making. Best out of Waste, Calligraphy. 41 students participated, among them 22 students won prizes and received certificates.

**INTERNATIONAL COFFERENCE**

**TOPIC OF THE EVENT: Methodological Challenges And Research Methods**

**Date: 29.09.2022**

**Venue: Seminar Hall**

Department Of Foods and Nutrition has organised One Day International Conference on 29.09.2022 on the topic Methodological Challenges And Research Methods, Resource Person Dr.Hajee Zahera Jabeen. Ph.D. Senior Scientist At Exxon, Mobil Research and Engineering, New Jersey, USA the chief guest of this program highlighted the concise statement of the specific goals and aims of a research study and also she encouraged and motivated the students to accomplish the research work Around 156 students were very actively participated on this conference: The Complete session was interactive, informative and helped everyone imbibed knowledge about the research.

**2020-2021**

**VALUE ADDED COURSE REPORT**

**TOPIC OF THE EVENT: Continental and Oriental Cuisine**

**Date: 29.1.2021-16.2.2021**

**Venue: Seminar Hall**

PG Department of Foods and Nutrition organized Value Added Course, Chef.P.Kalaivanan, Academy of Carving, Chennai was the resource person. He shared his experience on the above mentioned topic. Around 66 students participated in the Value Added Course. Every student has gained a very good knowledge on "Continental and Oriental Cuisine",

## **CERTIFICATE COURSE**

### **TOPIC OF THE EVENT FOOD TECHNOLOGY AND SAFETY**

**Date 01.2.2022-18.2.2022**

**Venue: Nutrition Lab**

PG Department of Foods and Nutrition organised 30-Hour Certificate Course on Food Technology and Safety from 1.2.2022-18.2.2022 for the student of III B.Sc NFSMD. The course main objective was to make the students to gain the knowledge on the technology and safety on the food and also to learn the innovative methods of food preparation, processing. storage of food products which is very applicable in day-to-day life. Around 55 students were very actively participated on this course and at last we received positive feedback from the student.

**2019-2020**

### **INTERNATIONAL CONFERENCE**

**TOPIC OF THE EVENT: Current perspective of material science in biology**

**Date: 9.1.2020**

**Venue: Seminar Hall**

PG Department of Foods and Nutrition organized one day International Conference, the first session was handled by Dr. Prithiviraj Nagarajan, Senior Scientists, Toxicology and pharmacology, School of Medicine, China. He briefed on about his research paper on Stem cells regeneration of Star fish, he also talked about regeneration of salamander. He enlightened us on generatio of various organisms. The second session was handy by Dr. Senthil Kannan, Director (R&D), Vice Principal, G.S.Pillay Arts and Science College, Nagapattinum, lectured on "Application of Material Science in Biology". He explained about nanoparticles in elaborate, study on crystals, radiography and thin film is explained.

The program was concluded by distributing certificates to the participants. Around 250Students participated in the event.

### **SMALL SCALE INDUSTRIAL VISIT**

Industrial visit provides the essential components of academic updating of the students It is included in syllabus as it enhances the students regarding emerging branches and applications of the Course foods and nutrition. Industrial visat organized for the Department of Nutrition

(133) and Biochemistry (44) students to visit different places like AVR Dairy Industry and AVM Jaggery Industry, Vellakuttai, Tirupattur District.

### **MEDICAL CAMP**

**Date: 15.2.2020**

**Venue: Auditorium**

Free Medical Camp organized by Nutrition Department on February 15th 2020 for the public at Islamiah Women's Arts and Science College, Vaniyambadi. A Team of doctors (Cardiologist) visited from Madras Medical Mission, Chennai to our college to provide free medical checkup.

### **INTERNATIONAL CONFERENCE**

**TOPIC OF THE EVENT: 3D - Diabetes, Diet, and Drug**

**Date: 25.2.2020**

**Venue: Seminar Hall**

PG Department of Foods and Nutrition organized one day International Conference, Resource Person A. T. Shanthi Cauvery, founder and Managing Director of Elif Studio, ECR, Vettuvankani, Chennai. Around 450 students from Nutrition and Biochemistry participated and benefited very much through this one day International Conference.

### **INTERNATIONAL WEBINAR**

**TOPIC OF THE EVENT: IMMUNITY AND IMMUNE BOOSTER**

**Date: 10.4.2020**

**Venue: Seminar Hall**

PG Department of Foods and Nutrition organized one day webinar. Resource Persons, Dr. Suriyavathana, Associate Professor, Department Biochemistry, and Ms. A. T. Shanthi Cauvery, founder and Managing Director of Elite Studio, ECR, Vettuvankani, Chennai. Around 450 students from Nutrition and Biochemistry participated and benefited very much through this one day International Webinar.

**2018-2019**

**TOPIC OF THE EVENT: Food Corner**

**Date: 27.8.2018**

**Venue: Auditorium**

Department of Foods and Nutrition has conducted Food Corner on 27.8.2018 in Auditorium. This event showcased a variety of nutritious food items prepared and sold by student-run food stalls. The Food Corner was deemed a resounding success, with enthusiastic participation from both students and attendees alike. The event provided a platform for students to showcase their culinary skills. I

**TOPIC OF THE EVENT: Fruits Vegetable and Ice Carving**

**Date: 20.1.2019-24.1.2019**

**Venue: Auditorium**

PG Department of Foods and Nutrition has organized 5 days (30 Hours) Workshop on Fruits, Vegetables and ice carving from 20.01.2019-24.01.2019 in Association with Mr.Chef. P. Kalaivanan, MBA, Chennai. He trained our students with skill on Fruits, Vegetables and Ice Carving with full of dedication. The workshop was very useful and very interactive session, We receive a very positive and good feedback from our students, and also he has engaged the students completely with various carving activities, for about 157 students were participated.