

CO-CURRICULAR ACTIVITIES, OUTREACH PROGRAM, EXTENSION ACTIVITIES

| Industrial visits | Awareness and outreach programs |
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| <p>Industrial visits are organized every year to facilitate outbound learning, understand the nuances of industrial techniques and to be in par with the current standards.</p> <ul style="list-style-type: none"> ○ Aavin dairy factory, Sholinganallur ○ Marry Brown, Chennai ○ London Bakery, Kottivakkam ○ Hotel Radha Regent, Koyambedu ○ Christian Medical College, Vellore ○ Madhuranthagam Co-Operative Sugar Factory ○ SPAARC Institute, Anna Nagar – One day internship ○ Brakes India Private Limited, Padi ○ Le Royal Meridian, Guindy ○ Sundaram Medical Foundation ○ Jallikattu Milk Factory, Chengalpet | <p>Extension activities, nutrition awareness and outreach programs are inbuilt with our curriculum to provide exposure to students as well as to give back to the society. We have been visiting these institutions every year.</p> <ul style="list-style-type: none"> ○ Achariya Bala Siksha Mandir, Chromepet to understand the developmental aspects of children. ○ Nutrition education programme in E-Chaithanya Techno school, Jaffer Khanpet ○ SOS Children's Village, East Tambaram – Nutrition education to women and children ○ Also organized an awareness event in collaboration with Indian Dietetic Association, Chennai Chapter. ○ Community Nutrition Education Programme in Karma Corps, Chetpet ○ Nutrition Education Program to inculcate healthy eating habits for 8th grade students of Government High School, Old Pallavaram. ○ Women's Day Medical Camp along with DORAI Foundation at Chinna Neelangarai Kuppam for fishermen community |
| <p>CO-CURRICULAR ACTIVITIES – Various activities are organized by the department to enhance the skill sets and employment potential of the students.</p> <ul style="list-style-type: none"> ● Training program in “Garment Construction” for the final year students. ● One-day workshop on ‘Pattern Drafting for Beginners’ ● Demonstration cum workshop on “Flower arrangement and bouquet making” ● Demonstration on Food Adulteration by food safety officers from Food Safety and Standards Authority of India ● Participated in LAHUYATRA – Eat Right India Movement organized by Tamil Nadu Food Safety and Drug Administration Department, Food Safety Wing, Kanchipuram. | |

Activities of Prominence Topics and Speakers

| S.No | Name of the event (including Conferences/Webinar/invited talks/Workshop/ International/national collaboration) | Date with year | Name of the Speaker with designation |
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| | Current Trends & Concepts in Dietary Management of Diabetes – A Seminar in association with Mohan's Diabetes Specialty Centre & Safola | 12 th December, 2014 | <ul style="list-style-type: none"> • Dr. Geethaa Loganathan, Academic Officer • Dr. Vidhya, Diabetologist • Ms. Pavithra Venkateswaran, Senior Food Engineer • Ms. Bhavani Sundari B, Diabetic Educator |
| | World Breast Feeding Week Seminar along with the prestigious Signature Campaign that was proudly recorded in the World Alliance for Breastfeeding Action (WABA) | 5 th August, 2016 | <ul style="list-style-type: none"> • Dr. Chanda Balaji, Obstetrician & Gynecologist • Dr. Mala Venkatesan, Consultant Neonatologist • Ms. Rekha Sudharsan, IBCLC Internationally Certified Lactation Consultant • Dr. Nirmala Jesudasan, Consultant Dietician |
| | Coming age of Nutrigenetics – Invited Talk | 23 rd June, 2017 | <ul style="list-style-type: none"> • Mrs. Janani Tamilvanan, Founder, Genobe Wellness, Nutrigenetic Expert. |

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| | Intervention Program for Cardiovascular Diseases – Seminar | 4 th October, 2017 | <ul style="list-style-type: none"> • Dr. Dharini Krishnan, Nutrition Consultant, Former President of Indian Dietetic Association, Chennai Chapter • Dr. V. Chockalingam Senior Cardiologist, Director, Mind your Heart, Chennai • Dr. Sheeba Sangeetha Jeyaraj, Assistant Prof., Department of Home Science, Women's Christian College, Chennai |
| | National Nutrition Week Celebrations - Seminar on "Health for all- A Holistic Approach" | 6 th September, 2018 | <ul style="list-style-type: none"> • Mr. P. Krishnamurthy, Senior Registered Dietician, • Treasurer – Indian Dietetic Association, Chennai Chapter • Dr. Gomathi Shivaji, Former Head, Department of Home Science, Women's Christian College • Mrs. M. Bamini, Senior Registered Dietician, Sundaram Medical Foundation. • Dr. N. Shalini, Psychiatrist, Chief Nurturing Officer, Inner Temple, Chennai |
| | Nutrition support in critical care - Workshop | 12 th July, 2019 | <ul style="list-style-type: none"> • Mrs. B. Manimegalai, Chief Dietitian, Christian Medical College, Vellore • Mrs. K.Jayalakshmi, Senior Dietitian, Christian Medical College, Vellore |
| | Heart Champs – Workshop cum Seminar | 18 th September, 2019 | <ul style="list-style-type: none"> • Dr. Priya Chockalingam, Cardiologist, Founder and Clinical Director, Cardiac Wellness |

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| | | | Institute <ul style="list-style-type: none"> • Ms. S. Tharani, Dietitian, • Mr. Vaishnav Natarajan, Chief Physiotherapist, Cardiac Wellness Institute |
| | <i>'Healthy food for healthy life- Eat right to nourish you'</i> - Seminar | 4 th June, 2020 | <ul style="list-style-type: none"> • Mrs. Mallika Badrinath, Celebrity Chef, Food Writer and Cookbook Author. • Mrs. Shiny Surendran, Holistic Nutritionist, Author and Entrepreneur. |
| | Brain foods – Invited Talk | 3 rd April, 2021 | <ul style="list-style-type: none"> • Dr. Preethi Raj, Chief Nutritionist & Co-Founder |
| | Guest lecture on 'Nutrition And Product Development -Future of Food innovation' | 21 st March, 2021 | <ul style="list-style-type: none"> • Dr. G. Nagamaniammai, M. Tech, Ph.D., Associate Professor, Food Process Engineering, SRM Institute of Science and Technology. |
| | The Kick start workshop on Nutritional Assessment Techniques for future Dieticians | 20 th November, 2021 | <ul style="list-style-type: none"> • Dr V Supriya, RD Sri Ramachandra Institute of Higher Education and Research |
| | A road map to Nutripreneurship from campus to consumers | 11 th December, 2021 | <ul style="list-style-type: none"> • Ms. Dhanupriya S Food Tech Business Consultant, DPRO Food Consult, Chennai |
| | Eat Right Eat Healthy Eat Safe Awareness Campaign | 19 th January, 2022 | <ul style="list-style-type: none"> • Dr. Anuradha T, MBBS, District Designated Officer, Food safety department, Kanchipuram& Chengalpattu District • Mr. Manivannan, Director, KMK Enterprises President, Association of Food Scientist and Technologists India |

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| | | | (AFSTI), Chennai Chapter. <ul style="list-style-type: none"> • Ms. Reshma Aleem, Senior Dietician, Dr. Rela Hospital |
| | Novel Nutri-Bakes | 08 th January, 2022 | <ul style="list-style-type: none"> • Mrs. Krithika Radhakrishnan CEO Of Arkay Cravings N Richyumm Bakes |

Nutri-contest 2021

The department of Home Science, organized Nutri-contest 2021, under which 3 multifarious competitions like quiz-a brain teaser competition conducted online on basic nutrition, Art from waste and drawing competitions were conducted during the month of March 2021 for young girl children who belong to standards 11 and 12. Dr. Preethi Raj, Chief Nutritionist & Co-Founder was invited to announce the winners of the competitions and also, we had a talk on brain foods by the madame speaker.

During lockdown, students were encouraged to create varied awareness through social media by creating mindfulness video and posters on awareness of COVID 19, Independence Day, National Nutrition Month, National girl child day, world cancer day, World Pulse Day, National deworming day, international day of women and girls in science, and National science day, World water day and National Vaccination Day through out the year. Thus, students wisely used social media platform to show case and build their talent.