

**2018-2019**

**Government Arts and Science College for Women, Barugur- 63510**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**“BREAST FEEDING AWARENESS PROGRAM”**

Date:10-09-2018



# “NUTRITION WEEK CELEBRATION”

Date:08-09-2018



# FOOD FEST -2019

15.02.2019



# EDP - BAKERY

13.02.2019



**Department activity- *Breastfeeding week celebration 02.08.2019***



Out reach program 11-7-2019



**2019-2020**

**Government Arts and Science College for Women, Barugur- 63510**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**OUT REACH PROGRAM Date:11.07.2019**





# DEPARTMENT OF NUTRITION AND DIETETICS

BREAST FEEDING WEEK - 13.8.2019









**WORLD SCHOOL DAY CELEBRATION**

**DATE:16.07.2019**





# VERMI COMPOSTING

DATE:24.10.2019





**2020-2021**

**Government Arts and Science College for Women, Barugur- 63510**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**FOOD AS A WEAPON IN THE WAR AGAINST  
CORONA**

**21 MAY 2020**



5:48



82%



4:12 PM

REC (0+) LIVE **CYTOKINE STORM SYNDROME**

An inflammatory cytokine or pro-inflammatory cytokine is a type of signaling molecule that is secreted from immune cells like helper T cells (Th) and macrophages, and certain other cell types that promote inflammation.

The rapidly increased cytokines attract an excess of immune cells

"Infiltration of these cells into lung tissue and thus cause lung injury"

High fever - excessive leakiness of blood vessels

Blood clotting inside the body, extremely low blood pressure, lack of oxygen and acidity of the blood, "pleural effusion"

WBC attack and inflame even healthy tissue, leading to MODS & ARDS .....

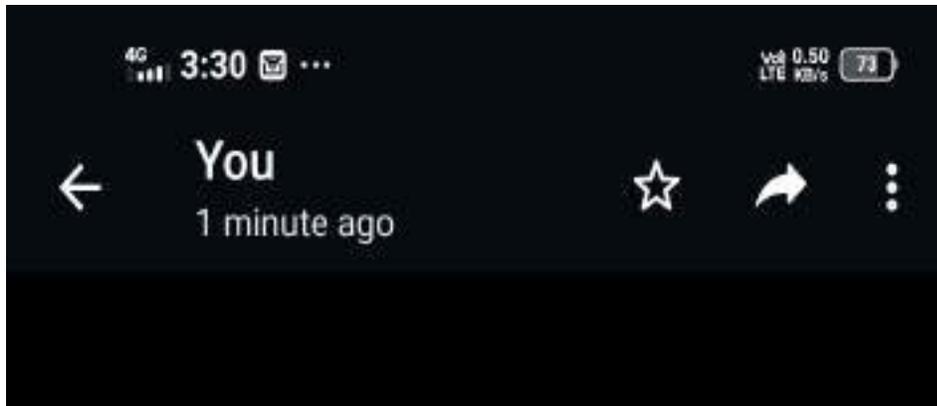
Tropical Cyclone Amphan SOS Alert • Bay of Bengal

You

Zunyi Medical University, China April 2020



From Tamarasi to All  
thank you so much mam



**Government Arts and Science College for Women**  
Banagar - 635 034, Krishnagiri District  
(Affiliated to Periyar University, Salem)

Department of Home Science  
Organizes a Webinar on

**“Food as a weapon  
in the war against CORONA”**

**Resource Person**  
Dr.A.Ananthalakshmi,  
Associate professor,  
Department of Home  
Science,  
Queen Mary's College,  
Chennai - 600 004

E-Certificates will be provided

31 MAY 2020  
05:00 - 05:45 pm

Zoom ID: 533 547 9568  
Password: welcome

The poster features a background of various fresh fruits and vegetables. The text is arranged in a structured layout, starting with the college name and location, followed by the organizing department. The main title of the webinar is highlighted in a green box. Below the title, the resource person's name and affiliation are listed. A note about e-certificates is provided. At the bottom, the date, time, Zoom ID, and password are clearly stated.

mxu-bdfm-rea



Siddhartha



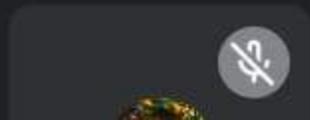
Siddha...



Swapna



gayathri



4:12 PM

REC

LIVE

# CYTOKINE STORM SYNDROME

An inflammatory cytokine or pro-inflammatory cytokine is a type of signaling molecule that is secreted from immune cells like helper T cells (Th) and macrophages, and certain other cell types that promote inflammation.

The rapidly increased cytokines attract an excess of immune cells



"Infiltration of these cells into lung tissue and thus cause lung injury"



High fever - excessive leakiness of blood vessels

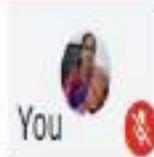


Blood clotting inside the body, extremely low blood pressure, lack of oxygen and acidity of the blood, "pleural effusion"



WBC attack and inflame even healthy tissue, leading to MODS & ARDS .....

Tropical Cyclone Amphan SOS Alert  
• Bay of Bengal





**2021-2022**

**Government Arts and Science College For Women-Bargur**

**Department of Nutrition and Dietetics**

**OUT REACH PROGRAM-NSS**

**Date:24-02-2022**

**HEALTH AND HYGIENE**



**“LET FOOD BE THY MEDICINE – COLLECTION OF HEALTHY FACTS ABOUT  
FOOD**

**BOOK RELEASE FUNCTION -2022”**

**10.05.2022**





**Oppathavadi, Tamil Nadu, India**  
G9MW+M94, NH 48, Vathiyarkottai, Oppathavadi, Tamil  
Nadu 635104, India  
Lat 12.534003°  
Long 78.396181°  
10/05/22 11:42 AM

© 2022 Mapbox

# NATIONAL GIRL CHILD DAY – 2022

DATE:10.01.2022



# CAREER GUIDANCE PROGRAM

DATE:24.05.2022



# PTA MEETING-09.04.2022



# SKILL DEVELOPMENT PROGRAM

DATE:30.03.2022





**Oppathavadi, Tamil Nadu, India**

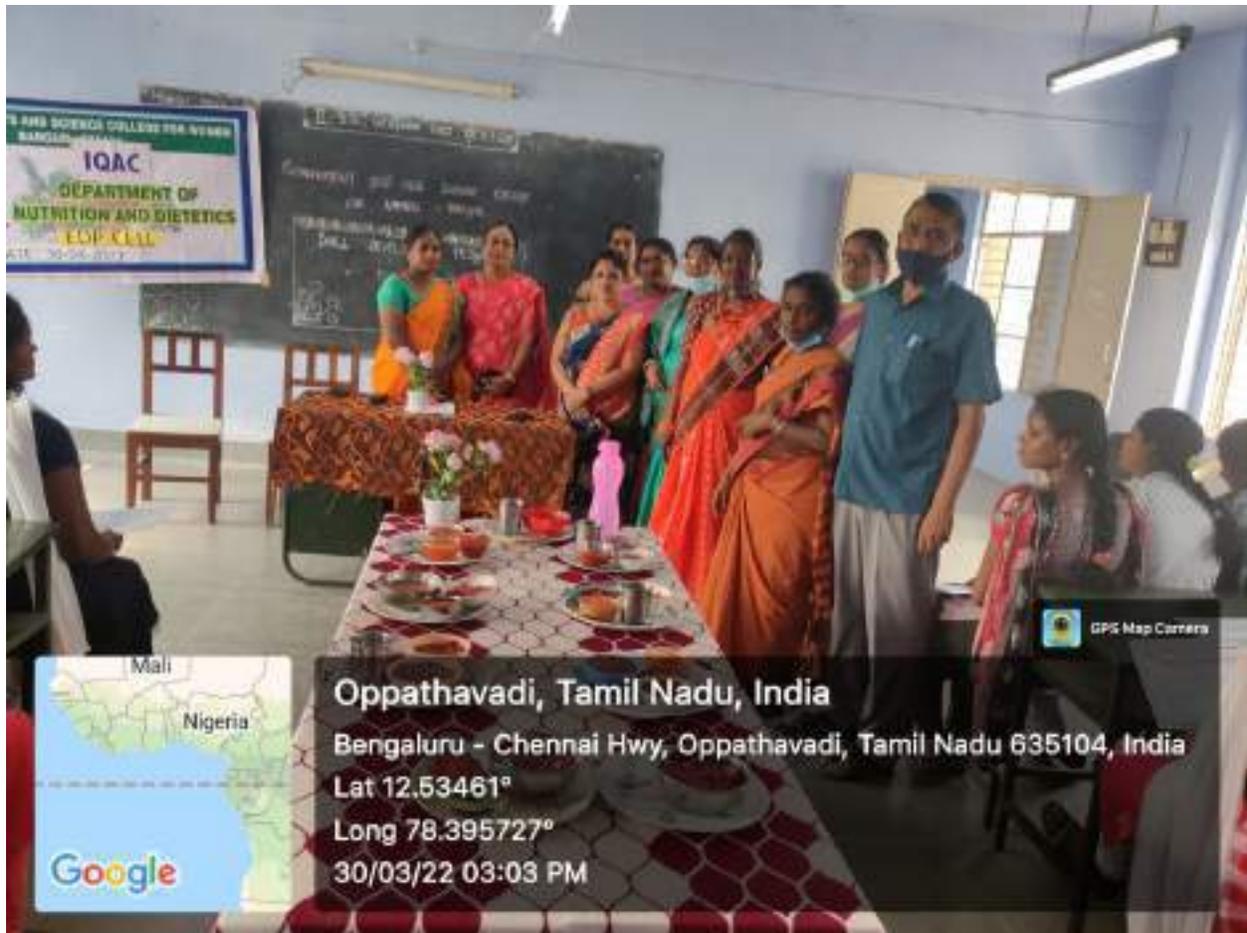
Bengaluru - Chennai Hwy, Oppathavadi, Tamil Nadu 635104, India

Lat 12.534556°

Long 78.395813°

30/03/22 11:54 AM

GPS Map Camera



**Oppathavadi, Tamil Nadu, India**

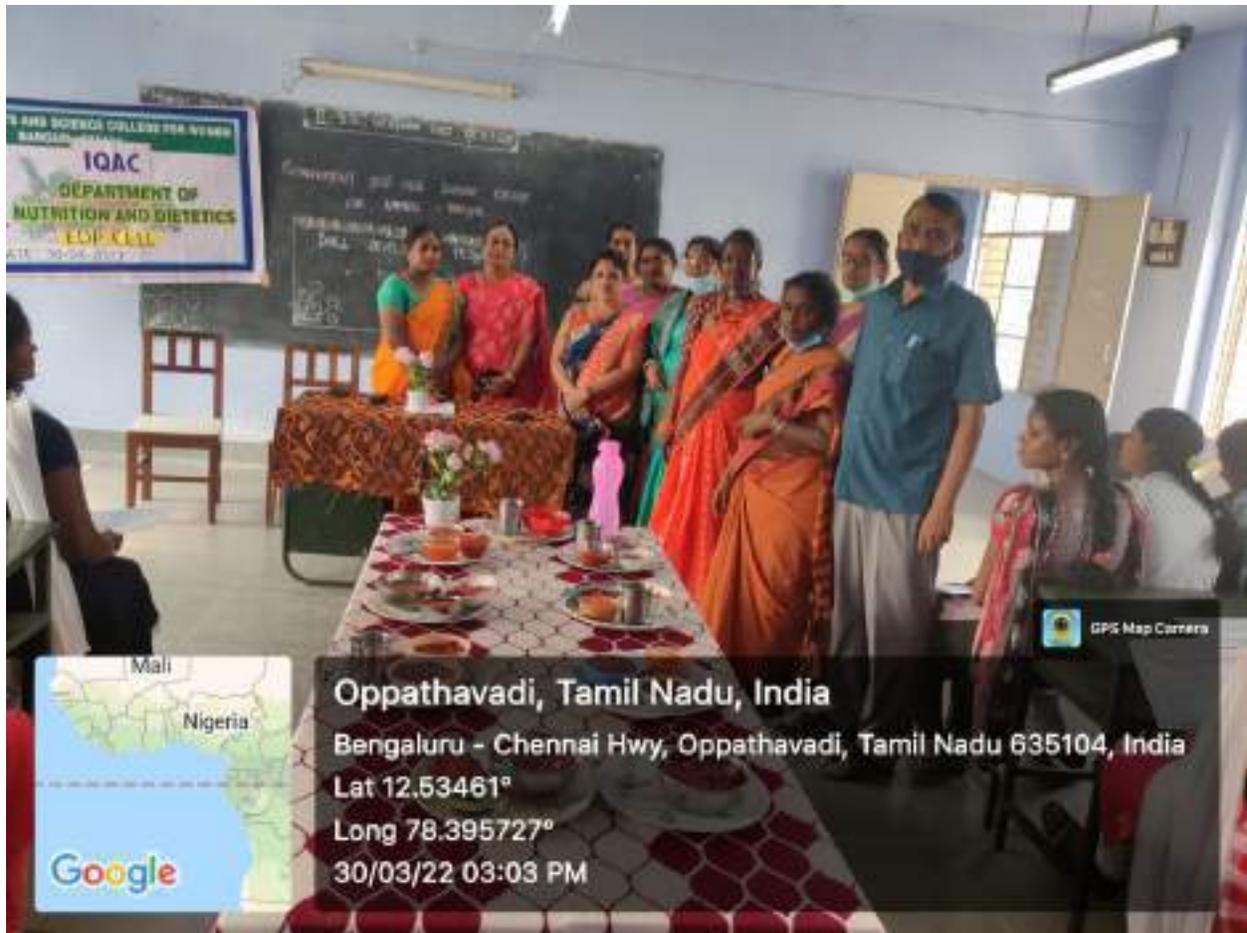
Bengaluru - Chennai Hwy, Oppathavadi, Tamil Nadu 635104, India

Lat 12.53461°

Long 78.395727°

30/03/22 03:03 PM

GPS Map Camera



**Oppathavadi, Tamil Nadu, India**

Bengaluru - Chennai Hwy, Oppathavadi, Tamil Nadu 635104, India

Lat 12.53461°

Long 78.395727°

30/03/22 03:03 PM

GPS Map Camera

**DEPARTMENT OF NUTRITION AND DIETETICS**

**“SCIENCE DAY-2021”**

**05.03.2021**



**2022-2023**

**Government Arts and Science College for Women, Barugur- 635104**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**“Awareness program on breast feeding to pregnant women and lactating mothers”**

**Date : 02.09.2022**



**“Awareness program on the importance of right nutrition to school children”-**

**Date-15.09.2022**



## National Science Day 2023 – 28.02.2023





GPS Map Camera

**Oppathavadi, Tamil Nadu, India**

G9MW+M94, NH 48, Vathiyarkottai, Oppathavadi, Tamil Nadu 635104, India

Lat 12.534378°

Long 78.395952°

28/02/23 12:19 PM GMT +05:30

Google

**INTERNATIONAL WOMEN'S DAY IYoM -2023 8-3-2023**



“International Seminar on Opportunities for Nutritionists at Global level” 10.11.2023





GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN

BARUGUR – 635 104

DEPARTMENT OF NUTRITION AND DIETETICS

IMG-20210904-WA0003.jpg

**GOVERNMENT ARTS AND SCIENCE COLLEGE  
FOR WOMEN, BARUGUR-635 104**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**"NUTRITION WEEK CELEBRATION -2021"**

**"FEEDING SMART RIGHT FROM START"**



**RESOURCE PERSON  
DR.S.THILAGAVATHI,  
ASSISTANT PROFESSOR,  
DEPARTMENT OF FOOD  
SCIENCE AND TECHNOLOGY,  
PERIYAR UNIVERSITY,  
SALEM-11**



**Date : 07.09.2021**

**Time : 11.00AM-12.30PM**

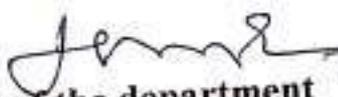
**Open with the link:<https://meet.google.com/noq-xwoj-smy>**

**GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN  
BARUGUR-635104**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**NUTRITION WEEK -2021**

The department of Nutrition and Dietetics of this college celebrated "Nutrition Week-2021" on 07-09-2021. On this occasion, our department organized an online webinar in the topic "Feeding Smart Right From Start" which is the theme of the year for nutrition week celebration. Dr. S. Thilagavathi, Assistant Professor, Department of Food Science and Technology, Periyar University, Salem-11 was the resource person who highlighted the history of nutrition week and stressed the importance of right nutrition and ways of achieving it using power point presentation. Nearly 92 students and faculty members participated in this online event. Participants felt that it was a very informative, useful and essential program in the current situation.

  
Head of the department 7.9.2021

**S.GAYATHRI DEVI**  
Associate Professor and Head  
Department of Home Science  
Govt. Arts and Science College for Women  
BARGUR - 635 104

  
Principal 7.9.2021

**S.GAYATHRI DEVI**  
Associate Professor and Head  
Department of Home Science  
Govt. Arts and Science College for Women  
BARGUR - 635 104

### National Nutrition Week 2021: Quotes

1. Diet is the most powerful tool for disease prevention. Without a properly balanced diet, the effect of medical treatment for chronic diseases is limited. - Michael F. Jacobson
2. Good nutrition will prevent 90 percent of all diseases. - Dr. Dean Ornish
3. To run is a necessity, but to eat intelligently is an art. - Forran de la Rochelle
4. Water is the most neglected nutrient in your diet, but one of the most vital. - Jay D'Elia
5. Diet is the essential key to successful healing. - Dr. Bruce S. Wilson
6. Your skin is your body's only place you need to live. - Tom Green
7. Nutrition is the only remedy for a chronic fat disease and can be used with any treatment. Remember, food is our best medicine. - Bruce Jensen
8. The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. - Alan Watts
9. Exercise is king, nutrition is queen, put them together and you've got a kingdom. - Jack LaLanne
10. "When in doubt, eat more vegetables." - Dr. Michael Greger

Chandramohan is presenting



Chandramohan



Swapna



You



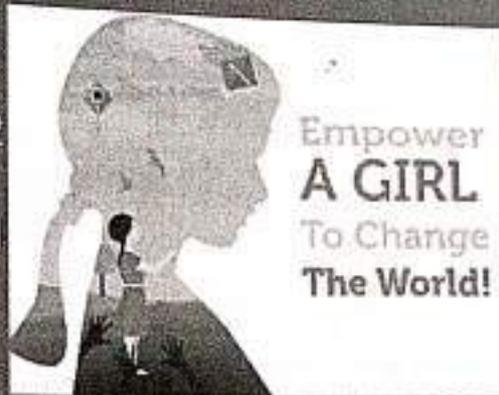
Kiruthika 62 others



GOVERNMENT ARTS AND SCIENCE  
COLLEGE FOR WOMEN, BARGUR-635 104  
DEPARTMENT OF NUTRITION AND DIETETICS

NATIONAL GIRL CHILD DAY - 2022

DATE:10.01.2022  
PAPER  
PRESENTATION



DATE:11.01.2022  
SPECIAL LECTURE  
TIME:11.00AM-12.00PM

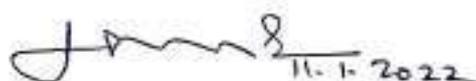
CHIEF GUEST  
Dr Yamini Siddhartha  
MBBS,MS  
Assistant Professor,  
Dept of General surgery,  
Govt Medical college,  
Krishnagiri & Consultant  
Surgeon Padma Poly clinic,  
Krishnagiri

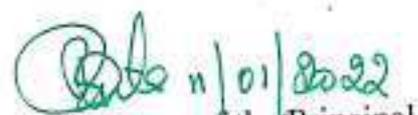
open with the link: <https://meet.google.com/dwt-zgzx-wez>

GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN  
BARUGUR – 635 104  
DEPARTMENT OF NUTRITION AND DIETETICS

“National Girl Child Day-2022”

The department of Nutrition and Dietetics organized two days event to celebrate ‘National Girl Child Day’ on 10<sup>th</sup> and 11<sup>th</sup> of January 2022. On day one (10.01.2022), intra departmental competition was conducted in ‘Paper Presentation’ in the topic “Empower a girl to change the world”. Nine students from all undergraduate and postgraduate classes participated with enthusiasm and presented their views through power point presentations. On day two (11.01.2022), a special lecture program was organized in the topic “Empower a girl to change the world” for which Dr. Yamini Siddhartha, MBBS., MS., Assistant Professor, Department of General Surgery, Government Medical College, Krishnagiri was the resource person. She highlighted the problems faced by girl children, malnutrition, menstrual hygiene, infections, emerging health issues like cancer and infertility, schemes of state and central government for the empowerment of girl children etc. Our college principal Dr.B. Pramila delivered the presidential address. The head of the department Dr.S. Gayathri Devi welcomed the gathering. Dr.D. Dhanalakshmi, guest lecturer of this department introduced the guest and Mrs. V. Tamilarasi, guest lecturer, delivered vote of thanks. The entire event was compiled and presented by Mrs.C. Prabhavati and Mrs. S. Swapna, guest lecturers of this department. Students and faculty members of not only our department but also other departments like chemistry and commerce also participated in this online program and made it a grand success.

  
Signature of HOD 11.1.2022

  
Signature of the Principal

GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN  
BARUGUR - 635104  
DEPARTMENT OF NUTRITION AND DIETETICS

CELEBRATION OF 75<sup>TH</sup> YEAR OF INDEPENDANCE OF INDIA

Circular

30.10.2021

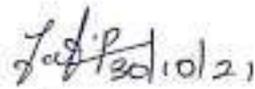
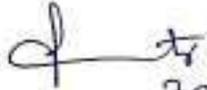
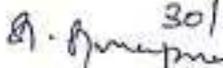
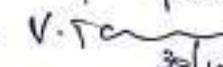
We all know that our country is celebrating 75<sup>th</sup> year of independence. To mark the celebrations, the department of Nutrition and Dietetics is planning to conduct a series of activities. The first one in the list is to compile and publish "75 nutrition tips" which are essential for healthy life. I request all the students and faculty members of our department to contribute one valuable nutrition tip which is scientifically proven and taken from reference books or reputed journals. Your entries must have a title, content (minimum 5 to maximum 10 sentences) and reference typed in Times New Roman font with 1.5 line spacing and in justified alignment. Hard copy of the entry has to be submitted to the department on or before 8<sup>th</sup> November 2021. Soft copy has to be submitted when it is asked for.

Your cooperation is very essential to make this celebration a grand success.

  
Head of the department  
30.10.2021

  
Principal  
30.10.2021

signature

- I - B.Sc N&D -  30/10/21
- II - B.Sc N&D -  30/10/21.
- III - B.Sc N&D -  30/10/2021
- I } M.Sc F&N -  30/10/2021
- II }  30/10/2021

**GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN  
BARUGUR – 635104**

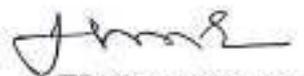
**Internal Quality Assurance Cell & Entrepreneur Development Cell  
With  
Department of Home Science  
Skill Development Training Program – I (Food Preservation)**

**Date : 30.03.2022**

The IQAC, EDC and the department of Home Science jointly organized a "One Day Skill Development Training Program in Food Preservation" to our college students on 30.03.2022. This skill development training was imparted to the students with the objective of developing the entrepreneurial skill in the students. This training program, which was conducted in two sessions consisted of preparing value added products of tomatoes such as tomato pickle and tomato ketchup in first session and preparing pineapple squash and mixed fruit jam in the second session. The benefit of seasonal availability of ingredients was enjoyed as the main ingredients chosen were seasonally available at a cheaper rate now. The products were chosen for preparation in such a way that they were liked by people of all age groups.

Totally, 42 students from various departments had registered and participated in this program. This was coordinated and conducted by the faculty members of department of Home Science. All the products prepared by the students came out well and liked by all. At the end of the training program, certificates were distributed to all the participants by our principal Dr. B. Pramila madam. The participants thanked the organizers for arranging such a useful program and requested to conduct many such skill development trainings in future.

  
IQAC coordinator &  
HOD of Home Science

  
EDC coordinator

  
Principal

**GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN, BARUGUR-635104**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**"SKILL DEVELOPMENT TRAINING PROGRAM I ( FOOD PRESERVSTION ) -2021"**  
**30.03.2022**



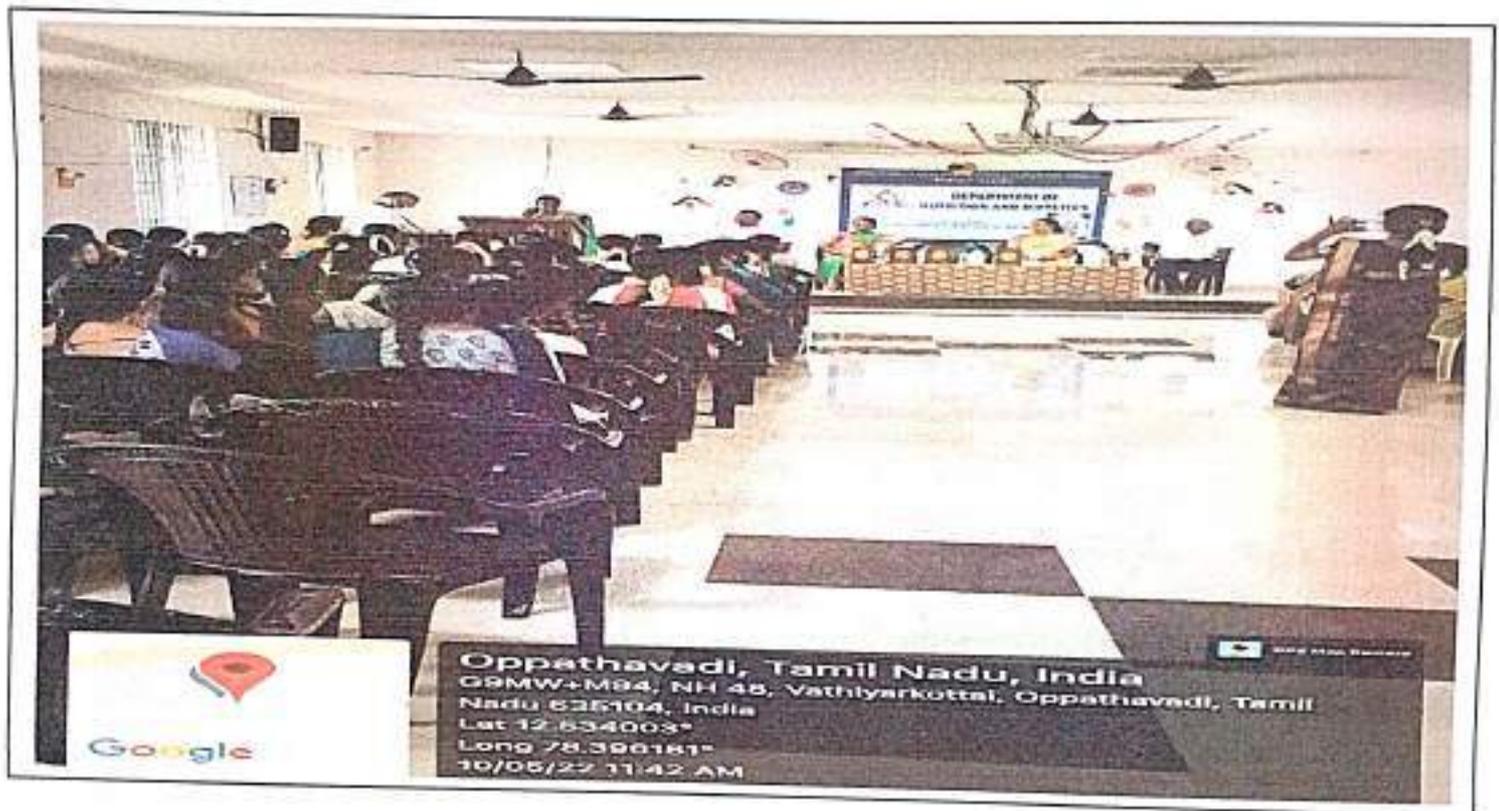
GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN, BARUGUR-635104

DEPARTMENT OF NUTRITION AND DIETETICS

“LET FOOD BE THY MEDICINE – COLLECTION OF HEALTHY FACTS ABOUT FOOD

BOOK RELEASE FUNCTION -2022”

09.05.2022





GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN  
BARUGUR - 635 104  
DEPARTMENT OF NUTRITION AND DIETETICS

Event: Inter Collegiate Cookery Competition  
Theme: **Traditional recipes of Tamil Nadu**  
Date: 05.05.2022 Time: 10.30 AM

As our country is proudly celebrating her 75 years of independence, the department of Nutrition and Dietetics planned to add some aroma and taste to the event and organized an intercollegiate cookery competition in the theme "**Traditional recipes of Tamil Nadu**". This was conducted on 5<sup>th</sup> of May, 2022. Invitation was sent to all the Government colleges in and around the district and also to the private colleges offering the program 'Nutrition and Dietetics'. As a coincidence with the celebration of 75 years of independence, there were 75 participants who included participants from our own department, participants from other departments of our college and also participants from other colleges. There were eye catching displays depicting the traditional recipes most of which were cereal based and pulse based. The exhibits included main dishes, fermented food preparations, sweets, savories, snacks etc. Along with the dish, its method of preparation and its nutritional importance were also displayed by the contestants. The taste, flavor, color and health benefits of our traditional recipes were well captured by the participants. The entries were judged by 3 judges using 5 criteria namely, traditional recipe, presentation, creativity & novelty, nutritional aspect and taste & flavor, each category carrying 10 marks each, making the total to 50 marks. The best entries were selected for the award of prizes. Totally, 2 first prizes, 2 second prizes, 3 third prizes and a consolation prize were given away by the principal madam Dr. B. Pramila along with the other judges Dr. K. Kannaki, Head of physics department of our college and Mrs. Sri Devi Lakshmi, Lecturer from Puratchi Thalaivar Bharatha Rathna Dr. M.G.R. Government Arts and Science College, Palacode. The event came to an end with the national anthem.

  
HOD, Dept. of N&D

  
Principal



*Final activity*

**GOVERNMENT ARTS AND SCIENCE COLLEGE FOR WOMEN  
BARUGUR - 635104**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**CAREER GUIDANCE PROGRAM (2021-22)**

The department of Nutrition and Dietetics organized a "Career guidance program" to the final year undergraduate and postgraduate students of the department on 24.05.2022 in English language lab at 11.00A.M. In that program, Mrs. Sharona Stalin, Corporate Dietitian from Proodle Hospitality Services (P) Limited, Chennai was invited to advice the students about various opportunities available in the field of Dietetics and the means of creating their own opportunities in today's scenario. Ms.R.Suganthi, who is one of our proudest alumni, having a successful career in medical coding, was also invited to introduce the field of medical coding as a wonderful career available to our students. She also explained about the training programs essential and other essential things needed to enter into the field of medical coding. Nearly 110 students and 6 staff members participated in this very useful and informative program. All the students were interested and enthusiastic to get exposed to diverse job openings available to them as soon as they complete the program in the college.

**Signature of HOD**

**Signature of the Principal**

