

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY -18

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

DIET COUNSELLING CELL ACTIVITY 2024-2025

S.NO	DATE	ACTIVITY	RESOURCE PERSON
1.	06.09.2024	Awareness Programme on “Dietary Approaches for Adolescents: A Guide to Healthy Eating Habits”	Staff In charge: Ms. T.R. Revathi, Department of Food Service Management and Dietetics Cauvery College for Women (Autonomous), Trichy -18 Beneficiaries: 38 -Students Govt. Higher Secondary School, Thuvakudi, Trichy-15
2.	29.09.2024	Awareness Program on “Mindful Eating for Weight Management among Middle Aged Adults”	Staff In charge: Ms. L. Gayathri, Assistant Professor, Department of Food Service Management and Dietetics, Cauvery College for Women, (Autonomous), Trichy-18. Beneficiaries: 35 NGO Members, NGO- People’s Action Service Society, Gandhipuram,Pettavaithalai, Trichy.
3.	17.12.2025	Awareness Programme on Nutrition Education for Government and Private School Going Children (5- 12 Years)	S.Sivashree, II MSc.,FSM&D, Cauvery College for Women, Autonomous, Trichy Beneficiaries Govt school students:50 Private school students:50


4.	25.01.2025 to 30.01.2025	Awareness on Plant Based diet	Lathasri.S II MSc.,FSM & D, Dept of FSM & D Cauvery College for Women, Autonomous, Trichy Beneficiaries General Public: 100
5.	25.02.2025	Nutrition Intervention Programme for Adolescent Girls (16 - 18 Years)	Harini.K Sasikala.A Subhanu Sri.S Yashwanthi Devi.K.G III BSc., N&D, Dept of FSM & D, Cauvery College for Women, Autonomous, Trichy Beneficiaries I B.Com students - 45 Dept of Commerce, Cauvery College for Women, Autonomous, Trichy

ANNEXURE

ACTIVITY – 1

To commemorate the National Nutrition Week Sep1-7, Department of Food Service Management and Dietetics –Diet Counselling Cell, Cauvery College for Women (Autonomous), Trichy -18 organized an Awareness Programme to give insight knowledge on healthy inclusion of proper food habits among adolescent on 06.09.2024. 38 students of the higher secondary school students showed their interest in incorporation of healthy eating habits thereafter.

INVITATION



Cauvery College for Women (Autonomous), Trichy - 18
Nationally Accredited with "A" Grade by NAAC

**Department of Food Service Management
and Dietetics
&
Diet Counselling Cell
Organizes**

**Awareness Programme on
"Dietary Approaches for Adolescents: A
Guide to Healthy Eating Habits"**

**To Commemorate National Nutrition Week
(September 1 - 7, 2024)**

**Resource Person: Ms. T. R. Revathi,
Asst. Professor,
Dept of FSM&D
Govt.Higher Secondary
School,Thuvakudi, Trichy.15.**

Venue:
Date
Time

**: 06.09.2024
: 11.30 am to 12.30 pm**

ATTENDANCE

**CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY – 18.
DEPARTMENT OF FOOD SERVICE MANAGEMENT**

**&
DIET COUNSELLING CELL
ORGANIZES
AWARENESS PROGRAMME
ON**

**“DIETARY APPROACHES FOR ADOLESCENTS: A GUIDE TO HEALTHY
EATING”**

**DATE & VENUE: 06.09.2024, GOVT.HIGHER SECONDARY SCHOOL,
THUVAKUDI, TRICHY-15
ATTENDANCE SHEET**

S.NO	NAME OF THE PARTICIPANT	SIGNATURE
1	A. Hariharan.	A. Hariharan
2.	M. Gurusu devan	M. Gurusu devan
3.	M. Mathukumar	M. Mathukumar
4.	K. Tamil selvan	K. Tamil selvan
5.	M. Chandru	M. Chandru
6.	M. Mohammad Dhilshath	M. Mohammad Dhilshath
7	S. Auneesh	S. Auneesh
8.	B. Vinubakaran	B. Vinubakaran
9.	M. Parthiborn	M. Parthiborn
10.	P. Nivas	P. Nivas
11.	A. Muvinesh	A. Muvinesh
12.	K. Sabari Dhinaran	K. Sabari Dhinaran
13.	M. Harish	M. Harish
14.	S. Mithu Saravanan .	S. Mithu Saravanan .
15.	A. Akash	A. Akash
16 .	R. Withish Kumaran	R. Withish Kumaran
17.	R. Alwin	R. Alwin

S.NO	NAME OF THE PARTICIPANT	SIGNATURE
18	A. Sugumar	Sugumar.
19	A. Jivitha Kumari	A
20.	M. Parameshwaran	M
21.	R. Harshan	R
22.	B. Soundarya.	B
23.	V. Divya Sri	V
24.	R. Lakshana.	R
25.	B. Thiagarathi	B
26	C. Ramya	C
27)	V. Hasini	V
28)	P. Priya dharshini	P
29)	M. Vaishnavi	M
30,	S. Dharmasri	S
31)	J. Joshlin Suresha	J
32,	S. Meekala	S
33.	S. Karishka	S
34.	B. Anvisha.	B
35	K. Jeyalakshmi	K
36.	K. Vidhya	K
37.	M. Dharshini	M
38.	R. Muganitha	R



V. Vijayarani
Principal
Cauvery College For Women
(Autonomous)
Annamalai Nagar,
Tiruchirappalli - 620 018,
Tamilnadu.

PHOTO



REPORT

DATE

06.09.2024

ACTIVITY

I

TITLE

AWARENESS PROGRAMME ON
DIETARY APPROACHES FOR ADOLESCENTS
A GUIDE TO HEALTHY EATING

(To Commemorate National Nutrition Week)
(Sep 1-7, 2024).

BENEFICIARIES

IX Students (Boys & Girls)
38 students.

VENUE

GOVT. HIGHER SECONDARY SCHOOL,
THUVAKUDI
TRICHY - 15.

SIGNATURE


கலைமையாசிரியர்
அரசு மேல்நிலைப்பள்ளி
தருவகுடி, திருச்சி-620 015.

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY-18
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
DIET COUNSELLING CELL ACTIVITY REPORT

Name of the Activity : To commemorate National Nutrition Week

(September 1- 7,2024)

An Awareness Programme on

“Dietary Approaches for adolescents: A guide to
Healthy Eating Habits”

Date & Time : 06.09.2024 & 11.30 AM -12.30 PM

No. of Participants : 38 participants

Venue : Govt. Higher Secondary School, Thuvakudi, Trichy-15.

Resource Person : Ms. T.R. Revathi

Asst. Professor,

Department of Food Service Management and Dietetics,

Cauvery College For Women (Autonomous), Trichy-18

Out Come of the Event:

The Department of Food Service Management and Dietetics and Diet Counselling Cell, organized an Awareness Programme on “Dietary Approaches for adolescents: A guide to Healthy Eating Habits” to commemorate National Nutrition Week. The programme was conducted from 11.30am. The programme was attended by students of Govt. Higher Secondary School, Thuvakudi with 38 participants. During the session, participants gained ample of knowledge regarding the importance of the nutrition and their relationship to health. Finally, the session was concluded by confabulate interactive session and students were enthusiastically participated, they also ensured the intake of nutritious food. The session ended at 12.30 pm.

Signature
06/09/2024



V. Vignathe
Principal
Cauvery College For Women
(Autonomous)
Annamalai Nagar,
Tiruchirappalli - 620 018,
Tamilnadu.

In commemoration of National Nutrition Week, an awareness programme on proper food habits for adolescents was organized. 38 higher secondary students attended and showed keen interest in improving their eating habits.

ACTIVITY - 2

An Awareness programme was conducted to ensure the mindful eating for the rural women, Entitled “Mindful eating for weight Management among Middle Aged Adults”, at Pettavaithalai, Trichy on 29.09. 2024, as a part of Ruby celebration of Cauvery College for Women, organized by the Department of Food Service Management and Dietetics –Diet Counselling Cell.

INVITATION



CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)
TRICHY - 18
Nationally Accredited (III Cycle) with 'A' Grade by NAAC

**DEPARTMENT OF FOOD SERVICE MANAGEMENT
AND DIETETICS**

&
DIET COUNSELLING CELL

Organizes

An Awareness Program on
“Mindful Eating for Weight Management among
Middle aged Adults ”

To Celebrate CCW's 40 years of Academic Excellence
1984-2024



Ruby Jubilee

Resource Person : Ms. L. Gayathri
Assistant Professor,
Department of Food Service Management
and Dietetics,

Venue : NGO - Peoples Action Service Society,
Gandhipuram, Pettavaithalai, Trichy

Date : 29.09.2024

Time : 4.00 P.M to 5 P.M

PHOTOS



ATTENDANCE

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS & DIET COUNSELLING CELL
AWARENESS PROGRAM ON " Mindful eating for weight Management among Middle aged Adults"
on 29.09.2024

S.NO	NAME OF THE PARTICIPANT	CONTACT NUMBER	SIGNATURE
1.	P. Jeyarajamani	7708564739	P. Jeyarajamani
2.	G. Manikavalli	6369680634	G. M. Manikavalli
3.	D. Uma Maheswari	6380453638	D. Uma
4.	S. Hema	8825608276	S. Hema
5.	K. Jeyarajamani	8825608276	K. Jeyarajamani
6.	M. Sundaravalli	6381305156	M. Sundaravalli
7.	S. Sridhar	9518312251	S. Sridhar
8.	S. Sridhar	9976610102	S. Sridhar
9.	J. Srinatha	9865606077	J. Srinatha
10.	M. MANI	7708955238	M. Mani
11.	M. Neshika Laxmi	9865074529	M. Neshika Laxmi
12.	M. Anitha	8861049372	M. Anitha
13.	B. Tharmalingam	9626037859	B. Tharmalingam
14.	A. Sridhar	8926378510	A. Sridhar
15.	B. Manikavalli	6312465895	B. Manikavalli
16.	Janaki	7338955073	Janaki
17.	Mahalakshmi. V	6381394454	Mahalakshmi
18.	Vijay	9500351220	Vijay
19.	Kalaivani	9843413392	Kalaivani
20.	Sridhar	6380102013	Sridhar
21.	Indrapriyadharshini	9159470122	Indrapriyadharshini
22.	S. Prabha	8778977878	S. Prabha
23.	M. Vithya	7418245852	M. Vithya
24.	C. Koushika	9865866077	C. Koushika

on 29.09.2024

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REPORT

DATE & DAY :- 29.09 2024 , SUNDAY

ACTIVITY :- II - AWARENESS PROGRAM - TO
CELEBRATE CCW'S RUBY JUBILEE

TITLE :- "MINDFUL EATING FOR WEIGHT
MANAGEMENT AMONG MIDDLE AGED
ADULTS"

VENUE :- NMD- PEOPLES ACTION SERVICE
SOCIETY, UANDHIPURAM,
PETTAVAITHALAI, TRICHY.

BENEFICIARIES :- 25 NMD MEMBERS

RESOURCE PERSON :- Ms. L. MAYATHRI
ASSISTANT PROFESSOR
DEPT. OF FSMED
CAUVERY COLLEGE FOR WOMEN (A),
TRICHY-18

SIGNATURE :-



C. V. V. V.
29/9/2024

SECRETARY,
PACS

674, Sangli Randapuram,
Pettavaithalai (Po) - 539 112.
Trichy (Dt), Tamilnadu, India.

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
DIET COUNSELLING CELL REPORT

Name of the Program : Awareness Program on "Mindful Eating for Weight Management Among Middle Aged Adults"

Date : 29.09.2024

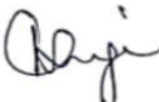
Venue : NGO - People's Action Service Society,
Gandhipuram, Pettavaithalai, Trichy.

Beneficiaries : 35 NGO Members


Resource Person : Ms. L. Gayathri,
Assistant Professor,
Department of Food Service Management and Dietetics
Cauvery College for Women (Autonomous), Trichy-18

Outcome of the Event

The Department of Food Service Management and Dietetics and Diet Counselling Cell, organized an Awareness Program titled "Mindful Eating for Weight Management among Middle-Aged Adults". The participants gained valuable insights into techniques for managing their weight through mindful eating practices. The program emphasized promoting a healthy lifestyle by fostering a better relationship with food, encouraging mindful choices.


HEAD
DEPARTMENT OF FOOD SERVICE
MANAGEMENT AND DIETETICS
CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)
TRICHY - 620 018




Principal
Cauvery College For Women
(Autonomous)
Annamelai Nagar,
Tiruchirappalli - 620 018,
Tamilnadu.

An awareness programme on "Mindful Eating for Weight Management Among Middle-Aged Adults" was conducted as part of the Ruby Celebration of Cauvery College for Women. The session aimed at educating rural women on mindful eating practices to support healthy weight management. The programme covered topics such as the importance of eating slowly, listening to hunger cues, and making healthier food choices. The event was well-received, with attendees actively engaging in discussions and demonstrating keen interest in applying the strategies shared.

Awareness Programme on Nutrition Education for Government and

Private School Going Children (5-12 Years)

Invitation



CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY-18
Nationally Accredited by NAAC with 'A+' Grade

DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND DIETETICS

&

DIET COUNSELLING CELL
ORGANISES
AWARNESS PROGRAMME
ON
NUTRITION EDUCATION
FOR GOVERNMENT AND PRIVATE
SCHOOL GOING CHILDREN (5-12 YEARS)

RESOURCE PERSON
S.SIVASHREE

II-M.SC FOOD SERVICE
MANAGEMENT AND DIETETICS
CAUVERY COLLEGE FOR WOMEN
(AUTONOMOUS)
TIRUCHIRAPPALLI - 18
TAMIL NADU, INDIA.

UNDER THE GUIDANCE OF
T.R.REVATHI M.SC.,NET

ASSISTANT PROFESSOR,
DEPARTMENT OF FOOD SERVICE
MANAGEMENT AND DIETETICS
CAUVERY COLLEGE FOR WOMEN
(AUTONOMOUS)
TIRUCHIRAPPALLI - 18
TAMIL NADU, INDIA.

DATE : 17.12.2024
VENU : Panchayat Union Primary
School, Trichy.
TIME : 1:00 PM TO 2:00PM

DATE : 17.12.2024
VENU : Seval Shanthi Matric
Hr.Sec.School , Trlchy.
TIME : 2:30 PM TO 3:30 PM

DATE & DAY : 17/12/2024. Tuesday.

ACTIVITY : I & II

TITLE : Nutrition Education programme
for Government and Private
School Going Children (5-12 years).

VENUE : Panchayat Union primary School, Trichy
Serai Shanthi Matric Hr. Sec. School, Trichy

BENEFICIARIES: Government School - 50 students
Private School - 50 students.

RESOURCE PERSON: S. SIVASHREE
II M. Sc Food Service
Management and Dietetics
Cauvery College for women
(Autonomous), Tiruchirappalli-18.

SIGNATURE :

S. Sivashree

Attendance

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
DIET COUNSELLING CELL ACTIVITY REPORT

S.NO	NAME	CLASS	SIGNATURE
1.	S. Arinathan	VI	S. Arinathan
2.	R. Dharsan	VI	R. Dharsan
3.	B. Jegan	VI	B. Jegan
4.	S. Rohith	VI	S. ROHITH
5.	V. Tokith	I	J. Tokith
6.	C. Rathish	I	C. Rathish
7.	S. Dharanya	II	S. Dharanya
8.	M. Eniyashree	II	M. Niyas Shree
9.	R. Niyashini	II	M. Eniyashree
10.	R. Nikilraj	II	R. Nikilraj
11.	M. Ruthran	II	M. Ruthran
12.	G. Sarvesh	II	G. Sarvesh
13.	B. Mahasri	II	B. Mahasri
14.	G. Rithaya	II	G. Rithaya
15.	B. Subasree	II	Subasree . B
16.	V. R. Santhoshika	II	V. R. Santhoshika
17.	S. B. Anulmasi	II	S. B. Anulmasi
18.	M. Sarvesh	II	M. Sarvesh
19.	K. K. Nilavan	II	Nilavan K. K
20.	Akshitha . B	II	Akshitha . B
21.	G. Dhansri	II	Dhansri

22.	R. Abdul Ajees	III	R. Abdul Ajees.
23.	R. A Jay	III	R. A Jay.
24.	R. Dhashwin	III	Athashwin
25.	C. Kamugaraj	III	C. Kamugaraj
26.	S. Kumaravel	III	Kumaravel.S
27.	S. Lalith kumar	III	S. Lalithkumar,
28.	M. Sabari	III	M. Sabari
29.	G.N. Sri Harish	III	Sri Harish
30.	R. Dhanshika	III	R. Dhanshika
31.	R. Deethikasri	III	R. DEETHIKASRI
32.	B. Dharani	III	dharani.B
33.	T. Jivitha	III	T. Jivitha
34.	S. Karishma	III	S. Karishma
35.	S. Kumbashini	III	Kisubhashini
36.	K. Monikasri	III	Monikasri
37.	S. Akilesh	IV	S. Akilesh
38.	S. Dharshan	IV	S. Dharshan
39.	D. Dharun	IV	Dharun
40.	K. Haritharan	IV	K. Haritharan
41.	B. Magilan	IV	B. Magilan
42.	K. Nares h	IV	K. Nares h
43.	S. Prajan	IV	S. Prajan
44.	S.K. Roobesh	IV	S.K. Roobesh
45.	P. Siddharath	IV	Siddharath

46.	B. Harrshinee	V̂	Harrshinee
47.	A. Jayasri	V̂	A. Jayasri
48.	S. Jeenika	V̂	Jeenika
49.	R. Kaniksha	V̂	R. Kaniksha
50.	R. Navya Sri	V̂	R. Navya Sri
1.	D. Methayan	I	D. Methayan
2.	H. Yuralakshmi	I	yuralakshmi
3.	V. Mageshen	I	V. Mageshen
4.	H. Sabana	II	H. Sabana
5.	H. Harini	I	H. Harini
6.	P. Divya Sree	I	P. Divya Sree
7.	N. Hari	I	N. Hari
8.	J. Shagiri	I	Shagiri
9.	S. Abinash	I	S. Abinash
10.	D. Thirumaran	I	Thirumaran
11.	K. Thirumuran	II	K. Thirumuran
12.	K. Tejasri	II	Tejasri
13.	K. Shamuthra	II	Shamuthra
14.	M. Gopika	II	M. Gopika
15.	S. Kanishka	II	Kanishka
16.	G. Gajushree	II	Gajushree
17.	S. Magasri	II	S. Magasri
18.	S. Sidharth	II	S. Sidharth
19.	K. Pornik	IV	K. Pornik

20.	K. Mukesh	III	K. Mukesh
21.	A. Vanmathik	III	Vanmathi
22.	V. Yogethi	III	Yogethi
23.	N. Dhesanth	IV	Dhesanth
24.	P. Sai Saran	IV	Sai Saran
25.	S. Karin	IV	சகரீன் - E
26.	S. Yafiya	IV	Yafi
27.	D. Hamrisha	IV	Hamrisha
28.	P. Mugul	IV	முகுல - II
29.	T. Sumaiya	III	Sumaiya
30.	S. Monika	III	Monika
31.	K. Ramiya	III	Ramiya
32.	R. Deepshi	III	R. Deepshi
33.	M. Sumaiyamaiya	III	Sumaiyamaiya
34.	D. Gopika	V	D. Gopika
35.	S. Jaisudhan	V	சைசுதன்
36.	A. Mohamad Amijan	V	Mohamied
37.	D. Harish Raj	V	Harish
38.	V. Pranav Venkat	V	Pranav Venkat
39.	S. Tyappan	V	தையப்பன்
40.	A. Harisabjith	V	A. Harisabjith
41.	K. Karthik	V	KARTHIK
42.	S. Gagan	V	S. ககன்
43.	P. Monisha	V	Monisha P

44.	S. Dharmikasri	\bar{v}	Dharmikasri
45.	C. R. Devika	\bar{v}	Devika. E
46.	K. Vasini	\bar{v}	Vasini. K
47.	M. Gunasri	\bar{v}	M. Gunasri
48.	P. Karthika	\bar{v}	Karthika. P
49.	P. Kaniya	\bar{v}	Kaniya. P
50.	P. Lekhasree	\bar{v}	Lekhasree. P

20/11

20/11/2020

Report

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
DIET COUNSELLING CELL ACTIVITY REPORT

NAME OF THE ACTIVITY : Awareness program

Topic: Nutrition Education "For Government and Private School going Children (5-12 Years)".

DATE AND TIME : 17/12/2024, 1:00 PM TO 2:00PM (Government School)
17/12/2024, 2:30 PM TO 3:30PM (Private School)

NO.OF.PARTICIPANTS : 50 (Government School) & 50 (Private School)

VENUE : Panchayat Union Primary School, Trichy Dt, Tamilnadu
Sevai Shanthi Matric Hr.Sec.School, Trichy Dt,
Tamilnadu

DONE BY : S.Sivashree
II – M.Sc Food Service Management and Dietetics
Cauvery College for Women (Autonomous)
Trichy – 18.

OUTCOME OF THE EVENT:

The speaker for the event was S.Sivashree, II M.Sc student from the Department of Food Service Management and Dietetics, Cauvery College for Women (Autonomous). As part of the study on the "Comparative Nutritional Status of School-Going Children (5-12 years) in Government and Private Schools in Tiruchirappalli," I conducted an assessment of the children Height and Weight at their respective schools. An interview schedule was conducted which included anthropometric measurements, dietary assessment, and knowledge evaluation to understand the differences in nutritional status between government and private school children. And educational through pamphlets on healthy eating, to prevention of malnutrition, and balanced diets were distributed to enhance awareness among children, parents, and teachers.

Signature

S.Sivashree
3/3/25

Photos



As a Part of Extension work,Nutrition Education was given to Government and private school to create awareness on nutrition during school going age is given to overcome the Malnutrition in this particular age

Awareness Programme on Nutrition Education on Plant Based Diet Among Adults

Invitation



**CAUVERY COLLEGE FOR WOMEN
(AUTONOMOUS),
NATIONALLY ACCREDITED BY NAAC
WITH 'A+' GRADE
TRICHY-18**

**DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND
DIETETICS
&
DIET COUNSELLING CELL**

ORGANISES
AWARENESS PROGRAMME
ON

**NUTRITION EDUCATION ON
PLANT BASED DIET AMONG ADULTS**

UNDER GUIDANCE OF

**Ms.N.GANGA DEVI
M.Sc.,M.Phil.,SET
ASSISTANT PROFESSOR
DEPARTMENT OF FOOD SERVICE
MANAGEMENT AND DIETETICS**

RESOURCE PERSON

**S.LATHA SRI
II M.Sc FOOD SERVICE MANAGEMENT
AND DIETETICS**

LOCATION:ARIYALUR

DATE:25 Jan to 30 Jan

DATE & DAY : 25/01/2025 TO 30/01/2025

ACTIVITY : IV

TITLE : Nutrition Education On
Plant Based Diet Among Adults.

VENUE : Ammakulam, Min Nagar,
Ethiraj Nagar of Ariyalur District

BENEFICIARIES : Young Adults

RESOURCE PERSON : S. Latha Sri.
II. M.Sc. Food Service
Management and Dietetics.

SIGNATURE :

S. Latha Sri.

Attendance

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
DIET COUNSELLING CELL ACTIVITY REPORT

S.NO	NAME	SIGNATURE
1.	K. Natchiya	K. Natchiya
2.	V. Kaman	V. Kaman
3.	B. Subin Das	B. Subin Das
4.	S. Harish	S. Harish
5.	S. Kavipriya	S. Kavipriya
6.	G. Senthosh	G. Senthosh
7.	Dhananisha	Dhananisha
8.	Kobangi S	Kobangi S
9.	K. Kalai	K. Kalai
10.	Rose Andolina	Rose Andolina
11.	N. Divakar	N. Divakar
12.	Kavin	Kavin
13.	S. Vennila	S. Vennila
14.	S.J. Dhiviya	S.J. Dhiviya
15.	P. Tamil Selvan	P. Tamil Selvan
16.	B. Yogitha	B. Yogitha
17.	V. Devaki	V. Devaki
18.	J. Iniya	J. Iniya
19.	Meena	Meena
20.	Jenny Mary	Jenny Mary
21.	Marjola K	Marjola K
22.	Lekha Sreety	Lekha Sreety
23.	K. Priya	K. Priya
24.	Chitra V	Chitra V
25.	S. Kavitha	S. Kavitha

26.	P. DEVI	Al.
27.	P. DEVI	Devi.
28.	D. Saraswathi	Saras.
29.	M. Gugaravshan	M. Gugaravshan.
30.	G. VSagan	G. Vagan
31.	M. Sijitha	M.S.
32.	B. Sivakumar	K. S. V. Kumar.
33.	Atchaya. C.	Atchaya.
34.	A. Dhikshitha	A. Dhikshitha.
35.	A. Malathi	A. Malathi.
36.	Rajakumar P. K.	Rajakumari. K.
37.	Ketsy Abika. S	K.S.
38.	H. Siva	Siva.
39.	Rithika Parmod Kumar	Rithi.
40.	Anushya	Anushya.
41.	Mahalakshmi. B	Mahalakshmi.
42.	R. Gayathri	R. Gayathri.
43.	Neha. K.	Neha.
44.	L. Desiya	L. Desiya.
45.	Ranya	Ranya.
46.	G. Harish	G. Harish.
47.	M. Vadhya	M. Vadhya.
48.	Nirmala	Nirmala.
49.	D. Hemasri	D. Hemasri.
50.	A. Mani	A. Mani.
51.	N. Logeshwari	Logeshwari.
52.	V. kumara Shankar	V. kumara Shankar.
53.	Pavikumar	Pavikumar.
54.	R. DHINESH	R. Dhinesh.

55.	Maheshwaran. M	M. Maheswaran, M
56.	M. Bhuvaneshwaran	M. Bhuvaneshwaran
57.	Suganya R	R. Suganya
58.	Lavanya.	Lavanya
59.	P. Balaji	P. Balaji
60.	Ponnan. K.	Ponnan.
61.	Kanimoghi. K.	K. Kani.
62.	Saranya	Saranya.
63.	M. Kalavathi	M. Kalavathi.
64.	P. Dai	P. Devi
65.	Menaga	Menaga
66.	Dreetha. M.	Deetha.
67.	Revathi.	Revathi
68.	P. Abitha	Abitha.
69.	Sinthil. M	Selvar. M
70.	Ishwariya. A	Ishwariya. A
71.	Hemachandrika. V	Hemachandrika.
72.	Jayanthi	Jayanthi
73.	M. Riya Sri	M. Riya Sri
74.	L. Bhuvaneshwari.	Bhuvaneshwari.
75.	Flavish. Kumar. A	A. Harishkumar.
76.	Mademitha.	Mademitha.
77.	M. Mahadevan	M. Mahadevan.
78.	S. Rajeshwari	S. Rajeshwari
79.	S. Narmadha.	Narmadha.
80.	K. Samayendhran	K. Samayendhran.
81.	P. Maheshwari	P. Maheshwari
82.	S. Muthulakshmi	S. Muthulakshmi
83.	S. Purnitheswarar.	S. Purnitheswarar.

84.	S. Murugesan	S. Murugesan
85.	S. Sumithra	S. Sumithra
86.	V. Kaviya.	V. Kaviya.
87.	Paulasri	Paulasri
88.	K. BAVANI	K.B.
89.	N. Subanusi	N. Subanusi
90.	K. Sathya	Sathya
91.	B. Suburamani	B. Subu
92.	K. Harini Sri	K. Harini Sri
93.	S. Abinaya	Abi.
94.	Daya P	Daya P.
95.	J. Caroline	J. Car.
96.	Vanshini	Vanshini
97.	Ranjith. A	R.
98.	R. Praseetha.	Praseetha.
99.	Krishnamoorthi K	Krishnamoorthy. K.
100.	Sangavi. A.	Sang. A.

Chand

Author/c
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Report

CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

DIET COUNSELLING CELL ACTIVITY REPORT

NAME OF THE ACTIVITY : Awareness Program

TOPIC : Nutrition Education on Plant Based Diet

DATE : 25/01/2025 to 30/01/2025

NO.OF.PARTICIPANTS : 100

LOCATION/

AREAS COVERED : Ammakulam, MIN Nagar, Ethiraj Nagar of Ariyalur District.

DONE BY : S.Latha Sri

II-M.Sc Food Service Management and Dietetics

Cauvery College for Women (Autonomous)

Trichy-18.

OUTCOME OF THE EVENT:

The speaker for the event was S. Latha Sri, II M.Sc. student from the Department of Food Service Management and Dietetics, Cauvery College for Women (Autonomous). As part of the study on "Plant-Based Diet Awareness and Chronic Disease Risk Among Adults," I conducted direct visits to various areas in Ariyalur from 25/01/2025 to 30/01/2025 to assess awareness levels and educate individuals on the role of plant-based nutrition in preventing chronic diseases.

Knowledge assessment were conducted to evaluate dietary habits, misconceptions, and awareness levels on Plant Based Diet. Awareness was given through pamphlets and E-content :

- Health benefits of a plant-based diet.
- Role in preventing chronic diseases.
- Practical tips for adopting plant-based nutrition.

The program successfully reached a diverse audience, encouraging healthier dietary choices through interactive discussions and visual learning. Many participants showed enthusiasm for incorporating more plant-based foods into their daily lives, reinforcing the effectiveness of community-based nutrition education initiatives.

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Photos






Awareness of Plant based diets was initiated to give a insight knowledge about the available plant sources to their daily food pattern

Nutrition Intervention Programme for Adolescent Girls (16 - 18 Years)

Invitation



CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)
NATIONALLY ACCREDITED IN CYCLE WITH 'A.' GRADE BY NAAC
ANNAMALAI NAGAR, TIRUCHIKAPALLI-620018

**DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
&
DIET COUNSELLING CELL**
Organizes

**NUTRITION INTERVENTION PROGRAMME
FOR
ADOLESCENT GIRLS (16-18) YEARS**

'EMPOWERING GIRLS, ENRICHING LIVES'

RESOURCE PERSON:
HARINI K.
SASIKALA A.
SUBANUSRI S.
YASHWANTHI DEVI K.G.
III B SC NUTRITION AND DIETETICS,
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS,
CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS),
TRICHY-18

UNDER THE GUIDANCE:
DR.B THANUJA, M.SC., M.PHIL., SET., PH.D.,
ASSOC. PROFESSOR AND HEAD,
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS,
CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS),
TRICHY-18

VENUE: FG
DAY: TUESDAY
DATE: 22.02.2022
TIMING: 11.00AM-12.00PM

DATE & DAY : 25.02.2025, Tuesday

ACTIVITY : V

TITLE : Nutrition Intervention programme
for adolescents girls [16-18] years.

VENUE : F6

BENEFICIARIES : 45 students

RESOURCE PERSON : Harini K,
Sasikala A,
Subanusri S,
Yashwanthi Devi K.G.,
[I]I-B.Sc. Nutrition & Dietetics,
Sauvery college for women
[Autonomous], Trichyapalli-18.

SIGNATURE :

Harini
25/2/25

Y.G. Yashwanthi D.
25/2/25

Attendance

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

ATTENDANCE SHEET

DATE: 25.02.2025

VENUE: F6

TITLE: Nutrition Intervention Programme for adolescent girls [16-18] years.

S.NO	NAME	REGISTER NUMBER	CLASS	SIGNATURE
1.	V. KRISHNAPRIYA	24111061	I - B.COM	V. Krishnapriya
2.	S. Nishanthini	24111074	T. B.com	S. Nishanthini
3.	T. Pavithra	24111079	T. B.com	T. Pavithra
4.	J. JUMABDH BEGUM	24111053	I - B.com	J. Jumabdh Begum
5.	K. Nivetha	24111076	T. B.com	K. Nivetha
6.	M. Jayanarshini	24111049	T. B.com	M. Jayanarshini
7.	G. Priyadharsini	24111087	D. B.com	G. Priyadharsini
8.	P. Priyadharsini	24111091	T. B.com	P. Priyadharsini
9.	S. Madhumitha	24111064	T. B.COM	S. Madhumitha
10.	B. Priyadharsini	24111089	T. B.COM	B. Priyadharsini
11.	B. Nagalakshmi	24111070	D. B.com	B. Nagalakshmi
12.	V. Priyadharsini	24111092	I - B.com	V. Priyadharsini
13.	R. poornima	24111083	T. B.COM	R. poornima
14.	S. Nagaraj	24111071	T. B - Com	S. Nagaraj
15.	C. PRIYA	24111086	I - B.com	C. Priya

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25/02/2025
SIGNATURE OF STAFF INCHARGE

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25/02/2025
SIGNATURE OF HOD

[Signature]
31/3/25
SIGNATURE OF PRINCIPAL 1/c

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

ATTENDANCE SHEET

DATE: 25.02.2025

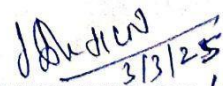
VENUE: F6

TITLE: Nutrition Intervention Programme for adolescent girls [16-18] years.

S.NO	NAME	REGISTER NUMBER	CLASS	SIGNATURE
16.	M. Nivetha	24111077	I Bcom - B	M. Nivetha
17.	P. Nishanthi	24111073	I. B. Com-B	P. Nishanthi
18.	V. Radhika	24111093	I. B. Com-B'	V. Radhika
19.	M. Prayadharshini	24111090	I BCOM-B'	M. Pr.
20.	P. Keerthana	24111058	I. B. Com-B'	P. Keerthi
21.	A. Preethy	24111084	I. BCOM-B'	A. Preethy
22.	R. Leena	24111062	I. B. Com-B'	R. Leena
23.	A. Kirubha	24111059	I. B. Com-B	A. Kirubha
24.	P. Mahasri	24111066	I Bcom-B"	P. Maji
25.	S. Mathubala	24111068	I Bcom-B"	S. Mathubala
26.	V. Jaganya	24111046	I-Bcom-B"	V. Jaganya
27.	G. Pothanthy	24111080	I-Bcom-B"	G. Pothanthy
28.	R. Maalini	24111063	I-B. Com-B'	R. Maalini
29.	S. Jeyarathi	24111050	I B. com B	S. Jeyarathi
30.	S. Nithisha	24111076	I B. Com B	S. Nithisha


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SIGNATURE OF PRINCIPAL 1/c

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

ATTENDANCE SHEET

DATE: 25.02.2025

VENUE: F6

TITLE: Nutrition Intervention Programme for adolescent girls [16-18] years.

S.NO	NAME	REGISTER NUMBER	CLASS	SIGNATURE
31.	B. Jerlin	24111052	IB.Com-B	Jerlin.B
32.	M. Mageswari	24111065	I.B.Com-B	M. Mageswari
33.	K. Priya	24111088	I.B.Com-B	K. Priya
34.	R. Piruthika	24111082	I.B.Com-B	Piruthika.R
35.	Karthika Sri A	24111054	IB.COM-B	Karthika
36.	Jaya Sree D	24111048	IB.COM-B	D. Jaya Sri
37.	Moharambal T	24111069	IB.COM-B	T. Moharambal
38.	Keerthana K	24111057	I.B.Com-B	Keerthana K
39.	Periyakkal K	24111081	I.B.Com-B	K. Periyakkal
40.	S. Jenet Jerina Mary	24111051	I.B.Com-B	S. Jenet Jerina Mary
41.	K. Kiruthika	24111060	I.B.Com-B	K. Kiruthika
42.	R. Kaviyadharsini	24111056	I.B.Com-B	R. Kaviyadharsini
43.	S. Parvathavarshini	24111078	I.B.Com-B	S. Parvathavarshini
44.	S. Nandha	24111067	I.B.Com-B	S. Nandha
45.	K. Srijali Devi	22124002	I-B.Com-B	K. Srijali Devi

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25/02/2025
SIGNATURE OF HOD

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SIGNATURE OF PRINCIPAL 1/c

Report

CAUVERY COLLEGE FOR WOMEN AUTONOMOUS TRICHY
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
AND
DIET COUNSELLING CELL
NUTRITION INTERVENTION PROGRAMME REPORT

Name of the activity : Nutrition Intervention Programme

Date & Time : 25.02.2025

Venue : F6

Outcome of the event :

The third year students of B.Sc. Nutrition and Dietetics—K. Harini, A. Sasikala, R. Subanusri, and K.G. Yashwanthi Devi were doing a project work under the guidance of Dr. B. Thanuja, professor and Head, Department of Food Service Management and Dietetics, related to project work, they successfully conducted a Nutrition Intervention Program.

The program targeted 1st-year B.Com. students and aimed to enhance their awareness of adolescent health and well-being, dietary habits, balanced diet, and the nutritional benefits of ragi pancakes. Various interactive tools such as power point presentation, chart work, and pamphlets were utilized to effectively communicate key nutritional concepts.

The session provided valuable insights into the importance of balanced nutrition and encouraged students to adopt healthier dietary practices. The event was well-received, fostering a deeper understanding of nutrition among the participants.

Dr. B. Thanuja
25/02/2025

J. B. Thanuja
3/3/25

Photos



Nutrition intervention programme, helped to create awareness on the basic knowledge of foods to be included and avoided, to overcome nutrient deficiency like anemia, early obesity and eating disorder.