

## Department of Food Service Management and Dietetics

### Diet Counselling Cell 2021-2022

S.No.	DATE	TITLE OF THE PROGRAMME	VENUE	RESOURCE PERSON	NO.OF BENEFICIARIES
1	06/08/2021 at 12.00 PM to 1.00 PM	Nutritional Awareness Program – Nutritional care during pregnancy (Through virtual mode)	Online	Ms. E. Agalya, Assistant Professor, Cauvery College for Women (Autonomous), Trichy – 18	Pregnant & Lactating Women - 60ICDS, Krishnarayapuram, Karur
2	07.09.2021 03:00 to 04:00 PM	Webinar o – “Converging Towards a Healthy Walk through life	Online	Ms. V. KuralSelvi, Child Development Project Officer, Department of Social Welfare and Women Empowerment, Krishnarayapuram, Karur and Ms.S.Nithyapriya, Block Coordinator, Krishnarayapuram Block, ICDS, Karur	80 – Students of III B. Sc Nutrition & Dietetics, II M. Sc Food Service Management and Dietetics
3	06.10.2021 07.10.2021 08.10.2021	Training for Teaching and Non teaching faculty on “Dietary guidelines and menu planning for Pregnant and Lactating Women”	Cauvery College for Women (Autonomous), Trichy -18	Ms. S. Fathima and Ms. E. Agalya (Assistant Professors, Department of FSM & D) - Physiological changes during Pregnancy and Lactation, Dietary guidelines for Pregnancy and Lactation Ms. M. Vinothini and Ms. S. Agalya (Assistant Professors, Department of FSM & D) - Menu Planning for Pregnant Women (Practical Demo) Ms. B.Thanuja (Department Head, FSM&D) and Ms. T.R. Revathi (Assistant Professors, Department of FSM & D) - Menu Planning for Lactating Women (Practical Demo)	11 – Pregnant & Lactating Teaching and Non Teaching Faculty Members of Cauvery College for Women (Autonomous), Trichy.

4	01.03.2022	Awareness Program on Nutrition for Adolescent Girls and Adult Women	Elementary School, Seerathoppu, Trichy	Ms. M. Vinothini, Ms. T. R. Revathi, Assistant Professors, Dept of FSMD, NSS, Cauvery College for Women (Autonomous), Trichy	School Going Children & Adolescent -150 at
5	14.03.2022	Awareness Program - Combating on Malnutrition	Cauvery College for Women (Autonomous), Trichy -18	Ms. S. Fathima, Ms. M. Vinothini, Assistant Professors, Dept of FSMD, NSS and Department of Social Work (Students-Group Project), Cauvery College for Women (Autonomous), Trichy	Adolescent Girls - 74

## Activity 1

### Invitation



## CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)

Nationally Accredited (III Cycle) with “A” Grade by NAAC

ISO 9001:2015 certified

Annamalai Nagar,  
Tiruchirapalli – 620 018

### DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

### DIET COUNSELLING CELL

Organizes

## **Nutritional Awareness Program - Nutritional Care During Pregnancy**

**Speaker:**

**E.Agalya**

Assistant Professor,

Department of Food Service Management and Dietetics

Cauvery College for Women (Autonomous),

Trichy-18

**DATE : 06.08.2021**

**TIME : 11.00 am - 12.00pm**

**Beneficiaries:**

Pregnant & Lactating  
Women  
ICDS,  
Krishnarayapuram,  
Karur



<https://meet.google.com/kws-qcop-cua>

## Screenshots

Meet - kws-qcop-cua

meet.google.com/kws-qcop-cua?authuser=2

REC fsm dept is presenting

**Causes**

ELDERLY  
Aerosols spread

ADULTS  
Aerosols spread

CHILDREN  
Aerosols spread

Droplets (SARS-CoV-2)

CONTAMINATION

PREGNANT WOMAN

12:51 PM | kws-qcop-cua

Type here to search

35°C AQI 52

12:51 PM 06-08-2021

Meet - kws-qcop-cua

meet.google.com/kws-qcop-cua?authuser=2

REC fsm dept is presenting

**I'm pregnant.  
How can I protect myself  
against COVID-19?**

Wash your hands frequently

Avoid touching your eyes, nose and mouth

Put space between yourself and others

Cough or sneeze into your bent elbow or a tissue

If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.

World Health Organization

#COVID19 #CORONAVIRUS

12:53 PM | kws-qcop-cua

Type here to search

35°C AQI 52

12:53 PM 06-08-2021

## **Report**

The Department of Food Service Management and Dietetics in association with Diet Counselling Cell organized a “**Nutritional Awareness Program - Nutritional Care During Pregnancy**” to create awareness how to cope up in this pandemic situation. The talk was given by **E.Agalya**, Assistant Professor, Department of Food Service Management and Dietetics, Cauvery College for Women (Autonomous), Trichy-18. The program was conducted in Google Meet platform at 12.00pm. The program was attended by the Pregnant & Lactating Women, ICDS, Krishnarayapuram, Karur, counting 60 participants in total. During the session, participants gained ample knowledge regarding how important and crucial period pregnancy is for the growth and development of infants, diets which could enhance their milk production, COVID issues in related to pregnancy and lactation. The session ended at 1.00 pm.



## Activity 2

### Invitation



## CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)

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ISO 9001:2015

Annamalai Nagar, Trichy-18.

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS  
&  
DIET COUNSELLING CELL

*Celebrates*



*"National Nutrition Month"*

Webinar

On

**"Converging  
Towards a Healthy Walk through Life"**

### Resource Persons



Ms.V.Kural Selvi,  
Child Development Project Officer,  
Department of Social Welfare and  
Women Empowerment,  
Krishnarayapuram,  
Karur.

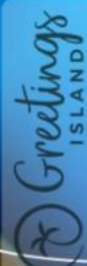
&

Ms.S.Nithyapriya,  
Block Coordinator,  
Krishnarayapuram Block,  
ICDS,  
Karur.

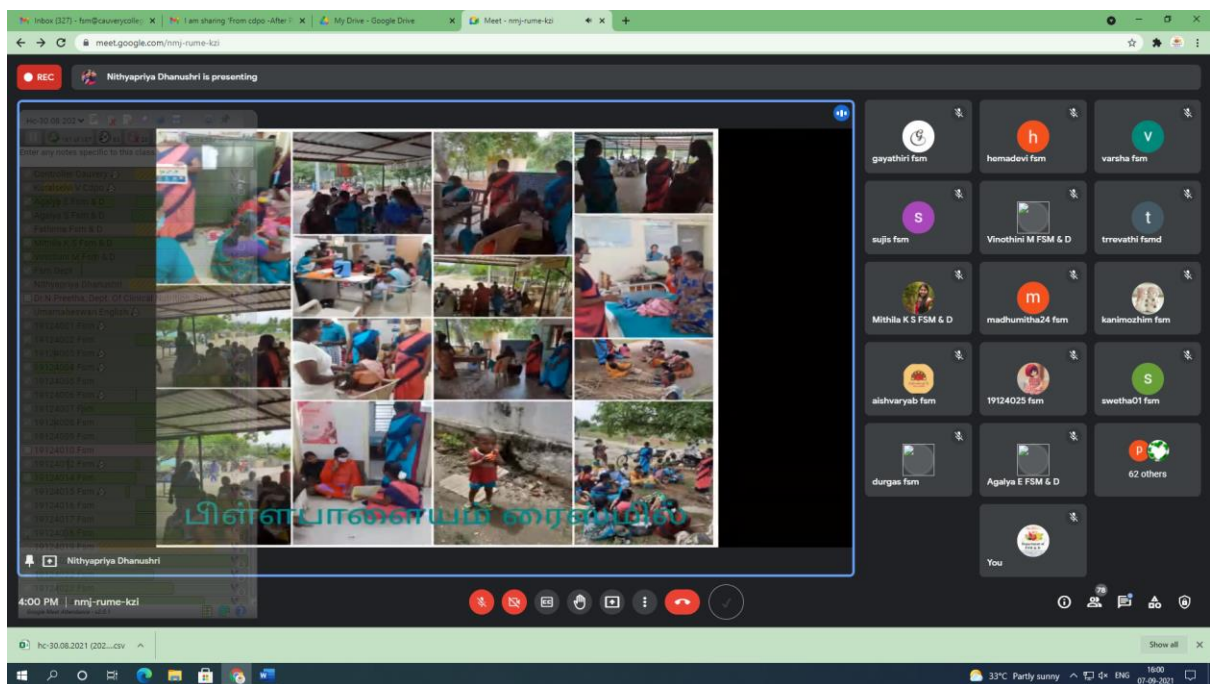
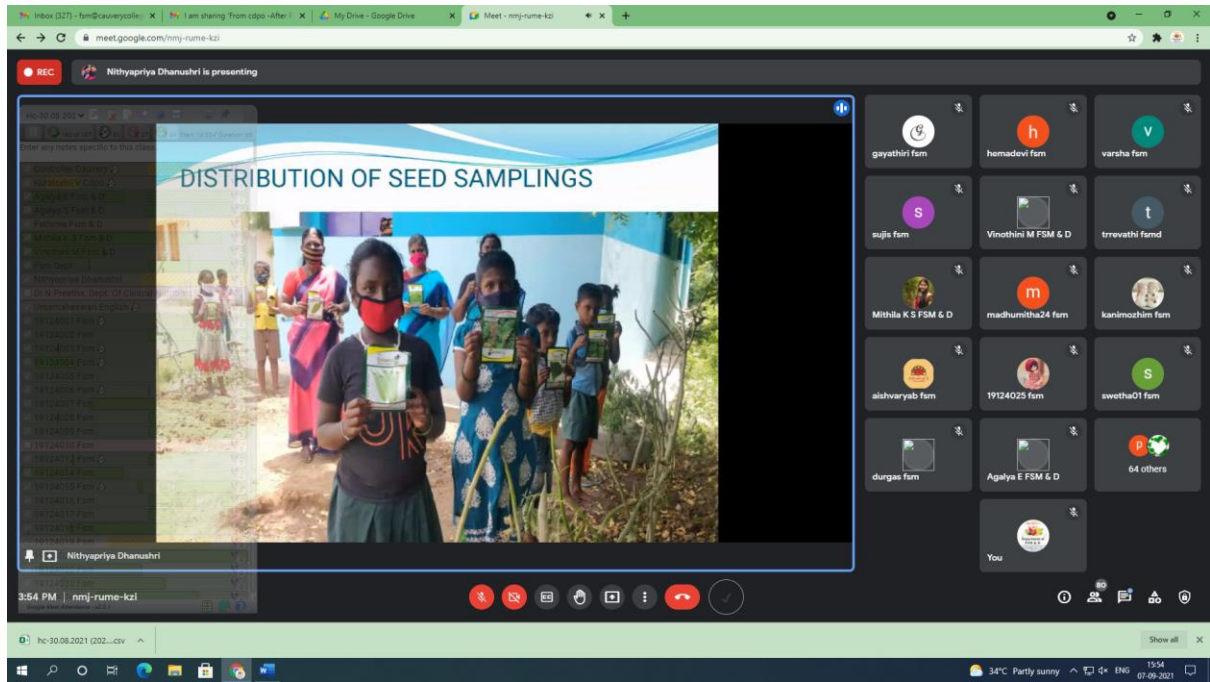
Date : 07/09/2021

Time : 03.00 to 04.00 pm

Mode: Google Meet



## Screenshots



## **Report**

The Department of Food Service Management and Dietetics & Diet Counselling Cell organized a webinar on “**CONVERGING TOWARDS A HEALTHY WALK THROUGH LIFE**” in order to celebrate National Nutrition Month (September)- 2021. The Resource persons **Ms. V. Kural Selvi**, Child Development Project Officer, Department of Social Welfare and Women Empowerment, Krishnarayapuram, Karur and **Ms. S. Nithyapriya**, Block Coordinator, Krishnarayapuram Block, ICDS, Karur presented and walked us through the entire process of how ICDS works. Topics including Poshan Abhiyan, Poshan Mah, Poshan Vatika, Programs for Pregnant and Lactating women were explained and demonstration of the application that is meant for the public was also made. The program was conducted on Googlemeet platform. The program started at 3:00 PM and was attended by students and faculties of Cauvery College for women (Autonomous), Trichy, counting 80 participants in total. The Welcome Address was delivered by Ms. B. Thanuja, Head of the Department, the Resource persons were introduced by one of the department faculties, Ms. E. Agalya. During the session, participants gained ample knowledge regarding the National Nutrition Month and various other projects and programs that have been implemented by the Central Government of India. Questions were answered by the resource persons at the end of the session. The vote of thanks was delivered by Ms. T.R.Revathi. The session ended at 4.30 PM.



## Activity 3

### Invitation



**CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)  
TRICHY-18**

**Nationally Accredited by NAAC with "A" Grade  
ISO 9001:2015 Certified**

### **Department of Food Service Management & Dietetics**

**and**

### **Diet Counselling Cell**

**Organizes**

**Training for Teaching and  
Non - Teaching Faculty**

**On**

**" DIETARY GUIDELINES AND MENU  
PLANNING FOR PREGNANT AND  
LACTATING WOMEN"**

**DATE : 06/10/2021 TO 08/10/2021**

**TIME : 12.15 TO 01.15 PM**

**VENUE : FOOD SCIENCE AND DIETETICS LAB**

**Training for Teaching and**

**Non - Teaching Faculty**

**On**

**DIETARY GUIDELINES AND MENU  
PLANNING FOR PREGNANT AND  
LACTATING WOMEN"**

### **Programme Schedule**

Date	Time	Topic	Staff handling the session
06.10.2021	12:15-1:15 PM	Physiological changes during Pregnancy and Lactation, Dietary guidelines for Pregnancy and Lactation	Ms. S. Fathima & Ms.E.Agalya
07.10.2021	12:15-1:15 PM	Menu Planning for Pregnant Women ( Practical demo)	Ms. M.Vinothini & Ms.S.Agalya
08.10.2021	12:15-1:15 PM	Menu Planning for Lactating Women ( Practical demo)	Ms. B.Thanuja & Ms.T.R.Revathi

Photo



## **Report**

### **Day 1 (06.10.2021):**

Ms. S. Fathima and Ms. E. Agalya (Assistant Professors, Department of FSM & D) presented on the topic “Physiological Changes during Pregnancy and Lactation”. They also discussed the dietary guidelines for pregnancy and lactation. This was done to create awareness about the role of nutrition in pre and postnatal care. During the session, participants gained ample knowledge on the importance of nutrition during pregnancy and lactation. Also, questions were raised by the participants which were answered and addressed at the end of the session by the staff incharges.

### **Day 2 (07.10.2021):**

Ms. M. Vinothini and Ms. S. Agalya (Assistant Professors, Department of FSM & D) demonstrated on how to plan a menu for Pregnant Women. This session was carried out to provide hands-on experience on making easy yet healthy recipes. During the session, dietary guidelines were recommended to overcome the physiological changes and complications during pregnancy. Food and lifestyle modifications required during pregnancy were also discussed. Participants tasted the recipes that were prepared and they had exposure to menu planning principles during pregnancy. The session was found to be informative and helpful.

### **Day 3 (08.10.2021):**

Ms. B.Thanuja and Ms. T.R. Revathi explained about the importance of nutrition during lactation. This session was done to encourage the participants to understand healthy recipes can be tasty too. Recipes were chosen in such a way that the ingredients were galactogogues which help in enhancing the milk production during lactation. The recipes prepared were oats soup, Groundnut salad, Fenugreek kichadi, Fruit custard, Nuts bar and Apple Tart. Functions of galactogogues and foods rich in them were explained. Foods to be included and restricted were also briefed during the session. In this practical demonstration session, participants tasted the prepared recipes. They found the session useful and liked the dishes that were prepared during the session. Total number of participants benefited from this training session were 11.

## Activity 4

### Invitation

01.03.2022 செவ்வாய்க்கிழமை

- காலை : "நாட்டு நலப்பணித்திட்ட மாணவிகளுக்கான  
கலந்துரையாடல் மற்றும் விழிப்புணர்வு உரை"
- தலைப்பு : "வளர் இளம் பருவத்தினருக்கு /  
பெண்களுக்கான ஊட்டச்சத்து"
- தலைமை : திருமதி. **M. வினோதினி**  
திருமதி. **T.R. ரேவதி**  
உதவிப் பேராசிரியர்கள்,  
உணவுப்பணி மேலாண்மை  
உணவு முறையியல் துறை,  
காவேரி மகளிர் கல்லூரி (தன்னாட்சி), திருச்சி.
- மதியம் : "நாட்டு நலப்பணித்திட்ட மாணவிகளுக்கான  
கலந்துரையாடல் மற்றும் விழிப்புணர்வு உரை"
- தலைப்பு : "மாதவிடாய் சுகாதார மேலாண்மை"
- தலைமை : திருமதி. **G. கனகா,**  
முன்னாள் மாணவிகள் புலத்தலைவர் &  
பேராசிரியர், சமூகப்பணித்துறை,  
காவேரி மகளிர் கல்லூரி (தன்னாட்சி), திருச்சி.
- மாலை : "விழிப்புணர்வு உரை"
- தலைப்பு : "நீர் மூலம் பரவும் நோய்கள்"
- தலைமை : திரு. **A. மனோகர்,**  
திருமதி. **சுஜாதா**  
ஆரம்ப சுகாதார நிலையம், சுப்ரமணியபுரம்.
- இடம் : மல்லியம்பத்து.



Photo





## **Report**

Ms.M. Vinothini and Ms.T.R.Revathi, Assistant Professors, Department of Food Service Management and Dietetics, Cauvery College for Women (Autonomous), Trichy-18 provided nutrition education on 'Nutrition for Adolescent girls and Adult Women' as a part of the program organized by NSS & PG Research Department of Social Work Cauvery College for Women (Autonomous) at Elementary School, Seerathoppu, Trichy on 01.03.2022. The participants of the session were adolescent girls and young women with a total of more than 100 participants. After the core session, the question and answer session followed which was very interactive. The resource persons incisively clarified all the queries with relevant answers. The beneficiaries found the session to be very useful.

## Activity 5

## Invitation

# CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)



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ISO 9001-2015 Certified  
Annamalai Nagar - Trichirapalli- 620018



**NSS**

**&**

**PG & RESEARCH DEPARTMENT OF SOCIAL WORK**

cordially invite you for the Awareness Programme  
(Group Project)

On

**COMBATING MALNUTRITION**

**RESOURCE PERSONS**

**DR.B.BABY SHAKILA**  
**DIRECTOR OF PHYSICAL EDUCATION**  
**CAUVERY COLLEGE FOR WOMEN**

**MRS.S.FATHIMA,MRS.M.VINOTHINI**  
**ASSISTANT PROFESSOR**  
**DEPARTMENT OF FOOD SERVICE**  
**MANAGEMENT & DIETETICS**  
**CAUVERY COLLEGE FOR WOMEN**



**14/03/2022**  
**1:30 PM**



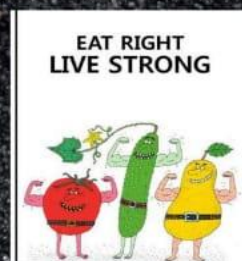
**VENUE: RAMESHWARI NALLUSAMY HALL**

**FACULTY INCHARGE**

**DR.G.KANAGA**  
**PROFESSOR , DEAN-OF ALUMNAE RELATIONS**  
**PG & RESEARCH DEPARTMENT OF SOCIAL WORK**  
**CAUVERY COLLEGE FOR WOMEN**

**ORGANIZERS**

**BANUMATHI-R, DEVADHARSHINI-M,**  
**ELAKKIYA-N, MEGALAKSHMI-K, MUTHULAKSHMI-G,**  
**NARMATHA-P,PARASAKTHI-D**  
**III BSW**





Photo



## **Report**

Ms. S.Fathima and Ms. M. Vinothini, Assistant Professors, Department of Food Service Management and Dietetics, Cauvery College for Women (Autonomous), Trichy-18 delivered a talk on 'Combating Malnutrition' as a part of the program organized by NSS & PG Research Department of Social Work Cauvery College for Women (Autonomous) at KRT Hall, Cauvery College for Women (Autonomous), Trichy-18 on 14.03.2022. The participants of the session were the students of Cauvery College for Women with a total of approximately 50 participants. During the session, participants gained ample knowledge regarding the various categories of malnutrition, different factors contributing to malnutrition and the key to combat them efficiently. During the session, participants engaged in a productive discussion on the topic and found the session very useful