

**DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS****DIET COUNSELLING CELL****2022-2023**

<b>S.NO</b>	<b>DATE</b>	<b>ACTIVITY</b>	<b>RESOURCE PERSON</b>
1.	06.08.2022 Venue - Bishop Heber College Ground, Trichy	“Eat Right Walkathon” Organized by Tamil Nadu Food Safety and Drug Administration Department & Food Safety and Standards Authority of India.	Staff In-charge Ms.S.Agalya, Assistant Professor, Department of Food Service Management and Dietetics & Dr.M.Neela, Assistant Professor, Department of Business Administration Cauvery College for Women (Autonomous), Trichy – 620018
2.	07.08.2022 Venue - Bishop Heber College Ground, Trichy	Eat Right Mela – Exhibition Organized by Tamil Nadu Food Safety and Drug Administration Department & Food Safety and Standards Authority of India.	Staff In-charge Ms.S.Agalya, Assistant Professor, Department of Food Service Management and Dietetics
3.	11.08.2022 Venue Government Model Higher Secondary School, Ayyampalayam.	Nutrition Intervention for the Prevention of Anemia among Adolescent Girls	Resource Person Ms.C.Nivetha, Assistant Professor, Dept.of FSM&D, Cauvery College for Women (Autonomous), Trichy- 18.
4.	12.08.2022 Venue – Elementary School, Seerathoppu, Woraiyur, Trichy.	Exhibition and Programme on “Importance of Tricolour Nutritious Foods”	Resource Person Ms.S.Fathima Ms.M.Vinothini Ms.T.R.Revathi Assistant Professor,

			Dept.of FSM&D, Cauvery College for Women (Autonomous), Trichy-18.
5.	12.08.2022 Venue – Elementary School, Seerathoppu, Woraiyur, Trichy.	Nutrition Awareness Programme on “Health and Hygiene”	Resource Person Ms.S.Agalya & Ms.E.Agalya Assistant Professor, Dept.of FSM&D, Cauvery College for Women (Autonomous), Trichy-18.
6.	12.08.2022 Venue – Elementary School, Seerathoppu, Woraiyur, Trichy.	Nutrition Games	Organizer Ms.S.Fathima Ms.M.Vinothini Ms.T.R.Revathi Assistant Professor, Dept.of FSM&D, Cauvery College for Women (Autonomous), Trichy-18.
7.	17.08.2022 Venue – Auditorium, Cauvery College for Women(Autonomous), Trichy-18	Assessment of BMI & Counselling	M.Shanmuga Sundari, S.Poornima, S.Devi Bala, S.Revathi M.Ponnarasi II M.Sc., FSM&D, Dept.of FSM&D, Cauvery College for Women (Autonomous), Trichy-18.

**“Eat Right Walkathon” Organized by TamilNadu Food Safety and Drug  
Administration Department & Food Safety and Standards Authority of India.**

**INVITATION**



CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)  
NATIONALLY ACCREDITED (III CYCLE) WITH “A” GRADE BY NAAC  
ISO 9001:2015 CERTIFIED TIRUCHIRAPALLI – 620018

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS,  
DIET COUNSELLING CELL,  
NATIONAL SERVICE SCHEME IN  
ASSOCIATION WITH  
TAMILNADU FOOD SAFETY AND DRUG ADMINISTRATION DEPARTMENT &  
FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA  
*Organizes*

**“EAT RIGHT WALKATHON”**

**Date:** 06.08.2022

**Venue:** Bishop Heber College Ground, Trichy.



**Staff Coordinator**  
**Ms. S. Agalya**  
**Dept of FSM&D**  
**Dr. M. Neela**  
**Dept of BBA**  
**&**  
**NSS Volunteers**

DATE : 06/08/2022

ACTIVITY : I

TOPIC : FAT RIGHT WALKATHON

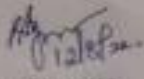
VENUE : BISHOP HEBER COLLEGE GROUND, TRICHY

ORGANISERS : FSSAI, TRICHY

DEPARTMENT OF FOOD SERVICE  
MANAGEMENT AND DIETETICS,  
CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)  
TRICHY - 18

BENEFICIARIES :

SIGNATURE OF  
INCHARGE :

  
MS. S. AGALYA  
NODAL OFFICER (FSSAI)  
&  
ASSISTANT PROFESSOR,  
DEPARTMENT OF FOOD SERVICE  
MANAGEMENT & DIETETICS  
CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)  
TRICHY - 18

  
MR. M. NEELA  
ASSISTANT PROFESSOR,  
DEPARTMENT OF  
BUSINESS ADMINISTRATION  
CAUVERY COLLEGE FOR  
WOMEN (AUTONOMOUS)  
TRICHY - 18



## PHOTOS



## **REPORT**

To promote food safety practices and safe food handling among consumers and trades, walkathon event was organized on 06/08/2022 by Food Safety Department of Tamil Nadu and FSSAI, Trichy. There were 1500 participants representing various colleges in and around Trichy. Cauvery College for Women was represented by NSS volunteers, NSS Coordinator and Staff in charge from Department of Food Service Management and Dietetics. The walkathon rally was flagged off by Mr.M.Pradeep Kumar, I.A.S, District Collector, Tiruchirappalli. The event was commenced from collector office, Trichy to Bishop Heber College (Ground), Trichy.





DATE: 07/08/2022

ACTIVITY: II

TOPIC: "EAT RIGHT MELA - EXHIBITION"

VENUE: BISHOP HEBER COLLEGE GROUND, TRICHY

ORGANISERS: ESSAI, TRICHY.

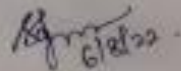
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DEPARTMENT OF FOOD SERVICE  
MANAGEMENT AND DIETETICS,  
CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS),  
TRICHY - 18.

BENEFICIARIES:

SIGNATURE OF

INCHARGE:

 6/8/22

MS. S. AGALYA,  
NODAL OFFICER (ESSAI)

&

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













## REPORT

The event was organized by Food Safety Department, FSSAI, Trichy and represented by Department of Food Service Management and Dietetics at Bishop Heber College (Ground), Trichy on 07/08/2022. To commemorate WHO declared year Millet 2022-2023, a food stall operated by our department displayed food products of millet. The exhibition was supported with charts and models. Mainly the focus was given on the concepts such as balanced diet, no food waste, no plastic waste, how to read food labels, checking adulterants and food safety. Millet based recipes exhibited were thattuvadai, bajra bhel, bajra thothal, barnyard murukku, barnyard burfi, ragi burfi, ragi oats crackers, foxtail millet cupcake, foxtail millet nuts cup, little millet chocolate, little millet pakoda, varagu nachos and varagu chocolate bar. Public appreciated the awareness created by students about the health benefits of the millets and enjoyed the recipes in our food stall.

Nutrition Intervention for the Prevention of Anemia among Adolescent Girls  
INVITATION



**CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)**

Nationally Accredited (3<sup>rd</sup> Cycle) with 'A' Grade by NAAC

ISO 9001:2015 Certified

Annamalai Nagar, Tiruchirappalli-620018.

**DEPARTMENT OF FOOD SERVICE MANAGEMENT AND  
DIETETICS**

In Association with

**NATIONAL SERVICE SCHEME**

75 Programmes to Commemorate the 75 Years of Independence –  
“Azadi Ka Amrit Mahotsav”

Nutrition Awareness Program on

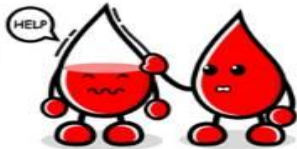
**Nutrition Intervention for the prevention of Anemia among  
Adolescent Girls**

Venue: Government Model Higher Secondary School,  
Ayyampalayam.

Date : 11.08.2022

Time: 10.00 am to 11.00 am

**All are Cordially Invited**





DATE : 11. 08. 2022

ACTIVITY : III

TOPIC : NUTRITION INTERVENTION FOR THE PREVENTION OF ANEMIA AMONG ADOLESCENT GIRLS

VENUE : GOVERNMENT MODEL HIGHER SECONDARY SCHOOL, AYYAMPALAYAM.

RESOURCE PERSON : Ms. C. NIVETHA  
ASSISTANT PROFESSOR,  
DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS,  
CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY-18

BENEFICIARIES : 55 ADOLESCENT GIRLS

SIGNATURE OF THE  
RESOURCE PERSON :

C. Nivetha  
11/08/22

SIGNATURE OF THE  
HEAD MASTER :

S. Nivetha  
11/8/22  
தலைமையாசிரியர்  
அரசு மாநில மேல்நிலைப்பள்ளி  
அய்யம்பாளையம் - 621 202.  
நுதலி வட்டம், திருச்சி மாவட்டம்.





## **REPORT**

To Prevent Anemia among Adolescent girls, Nutrition Intervention Program was organized on 11.08.2022 by Department of Food Service Management and Dietetics & Diet Counselling Cell in Association with National Service Scheme. There were 55 adolescent girls participated. Department of Food Service Management and Dietetics organized an activity 'Azadi Ka Amrit Mahotsav' to commemorate 75 years of independence, Nutrition Awareness Programme on Nutrition Intervention for the prevention of Anemia among Adolescents girls. In this event, Awareness given about Anemia and complications & it's prevention and also about common eating problems of Adolescents. All the students were participated with fully enthusiasm, interested and all interacted about Nutrition.



## Exhibition and Programme on “Importance of Tricolour Nutritious Foods”

### INVITATION



## CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)

ANNAMALAI NAGAR ,TIRUCHIRAPALLI - 620018

NATIONALLY ACCREDITED (III CYCLE) WITH 'A' GRADE BY NAAC

ISO 9001 : 2015

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS & DIET COUNSELLING CELL

### IN ASSOCIATION WITH NATIONAL SERVICE SCHEME



75 PROGRAMMES TO COMMEMORATE  
THE 75 YEARS OF INDEPENDENCE - "AZADI KA AMRIT MAHOTSAV  
EXHIBITION AND PROGRAMME ON  
"IMPORTANCE OF TRICOLOUR NUTRITIOUS FOODS"

#### RESOURCE PERSON :

Ms. S. Fathima Asst.Prof, Dept of FSM & D  
Ms. M.Vinothini Asst.Prof, Dept of FSM & D  
Ms. T.R. Revathi Asst.Prof, Dept of FSM & D

&

I Msc.,FSM & D Students

DATE : 12.08.2022  
VENUE : Govt. School, Seerathoppu ,Trichy  
TIME : 10.00AM - 12.00PM

ALL ARE CORDIALLY INVITED



Date : 12/02/2022

Activity : IV

Topic : Exhibition and Programme on "Importance of Tricolour Nutritious Foods"

Venue :

Seerattoppu

Resource Person

Ms. S. Fathima

Ms. M. Vinodhini

Ms. T. R. Resathi

Assistant Professor

Dept. of F&N

Cauvery College for Women (Autonomous)

27 Students of I M.Sc F&N - 25

Beneficiaries

School Students - 35

Signature of the  
Resource Person

*[Signature]*  
12/2/22

*[Signature]*  
12/2/22

*[Signature]*  
12/2/22

*[Signature]*  
Principal  
Cauvery College for Women  
(Autonomous)  
Seerattoppu, Coimbatore - 642012



## Nutritional Awareness Programme on Health and Hygiene

### INVITATION



### CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)

Nationally Accredited (3<sup>rd</sup> Cycle) with 'A' Grade by NAAC

ISO 9001:2015 Certified

Annamalai Nagar, Tiruchirappalli-620018.

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

In Association with

### NATIONAL SERVICE SCHEME

75 Programmes to Commemorate the 75 Years of Independence

"Azadi Ka Amrit Mahotsav"

Nutrition Awareness Program

on

**Health and Hygiene**



Resource Persons

Ms. S. Agalya & Ms. E. Agalya

Assistant Professor,

Department of Food Service Management & Dietetics

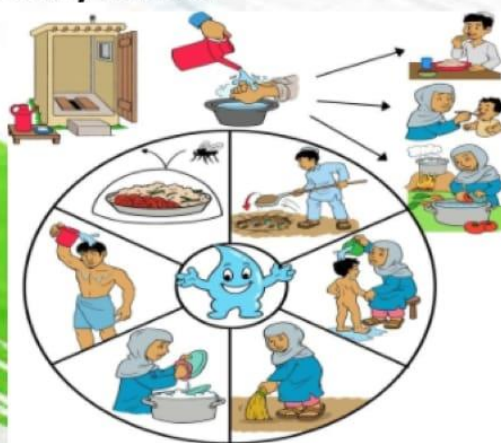
&

II M. Sc FSM&D Students

**All are Cordially Invited**

**Venue:** Government  
School,  
Seerathoppu

**Date :** 12.08.2022  
**Time:** 10.00 am to  
11.00 am





Date : 12/08/2022.

Activity : V

Topic : Nutrition Awareness Program on "Health and Hygiene"

Venue : Seerathoppu.

Resource person: Mrs. S. Agalya & Mrs. E. Agalya.

Assistant Professor.

Dept. of Farm Q.D.

Cauvery College for Women (Autonomous)

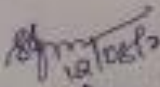
Tiruchy-18.

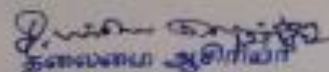
II. M.Sc. Farm Q.D. Students - 5

Beneficiaries :

School Students - 35

Signature of the  
Resource person

-   
12/08/22.  
E. Agalya  
12/08/22

  
P. V. S. Srinivas  
Asst. Prof. (Farm Q.D.)  
Cauvery College for Women  
Tiruchy-18



## PHOTOS



## NUTRITION GAMES

### INVITATION



#### **CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS)**

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ISO 9001:2015 Certified

Annamalai Nagar, Tiruchirappalli-620018.

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

In Association with

#### **NATIONAL SERVICE SCHEME**

75 Programmes to Commemorate the 75 Years of Independence

**"Azadi Ka Amrit Mahotsav"**

Nutrition Awareness Program

on

### ***Nutrition Games***



Resource Persons

Ms. S. Fathima & Ms. M. Vinothini

Assistant Professor,

Department of Food Service Management & Dietetics

&

II M. Sc FSM&D Students

**All are Cordially Invited**

**Venue:** Government  
School,  
Seerathoppu

**Date :** 12.08.2022

**Time:** 10.00 am to  
11.00 am



## PHOTOS



## **REPORT**

The Diet Counselling Cell of Department of Food Service Management and Dietetics in association with National Service Scheme of Cauvery College for Women organized an activity to commemorate 75<sup>th</sup> Independence Day celebration on 12-08-2022. The activity was conducted at, Government Primary School, Seerathoppu by the students of I M.Sc. Food Service Management and Dietetics. Through this activity games were conducted to school going children on “Nutrition Games” related to healthy and unhealthy foods. Around 35 students participated enthusiastically in games activity and gained knowledge. Gifts were distributed among the winners and participants.