

# DEPARTMENT OF HOME SCIENCE

## ACTIVITIES 2020-2021

### 1. NUTRITION EDUCATION PROGRAMS - PG HOME SCIENCE, WCC

The IIInd M. Sc. Home Science students conducted Nutrition Education Programs virtually as part of their Community Nutrition Project course curriculum, which was coordinated by Dr. Annette Beatrice and Dr. Sona. As of 26.10.2020, a total of 5 different programs were conducted, out of which 4 programs were planned and presented in collaboration with Integrated Child Development Services – Tamil Nadu (ICDS-TN). The Topics, aids and the Target Audience are presented below with Pictures attached.

#### Coordinated Nutrition Education Programs in collaboration with ICDS

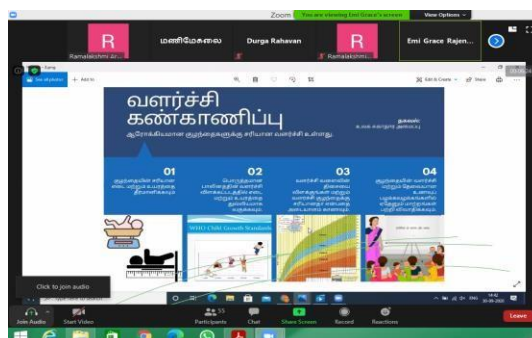
##### 1. NUTRITION EDUCATION PROGRAM ON SEVERE ACUTE MALNUTRITION (SAM) –

Project 12 (Vyasarpadi). Date: 30.09.2020 &

Project 15 (Madhavaram Urban – Chennai District). Date: 06.10.2020.

This Program was conducted as part of National Nutrition Month – “*POSHAN Maah*” under the Ministry of Child and Women Welfare on 30th September, 2020 between 2-4 pm on ZOOM platform. The beneficiaries under of the program were the 95 Anganwadi Workers of Vyasarpadi under Project 12 mothers of children aged between 0-5 years. This Program was also repeated again for the Anganwadi Workers in Egmore on 6th October, 2020 between 10:30-12 pm on Google Meet Platform.

The participants were made aware of & educated on the topics: SAM & MAM prevalence, Growth Monitoring, Nutrition & Deficiencies between 0-5 years, Breastfeeding & Complementary feeding & Immunisation Schedules, Home Gardening, Low-cost recipes with demonstration done and prepared in Tamil. All the aids were Prepared and presented by the students, which included: Powerpoint slides, Posters, Flash Cards, Videos, Puppet Show, Recipe booklet and Recipe demo. Some of the clippings are attached below:



2. **GLOBAL HAND WASH DAY** – Project 12 (Vyasarpadi). Date: 13.10.2020.

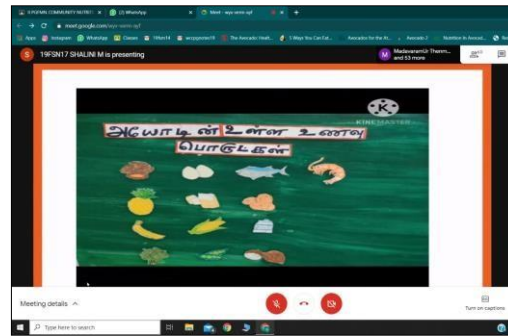
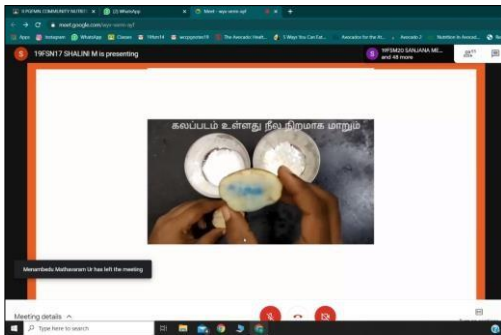
This was done on 13th October, 2020 between 10:30-11:30 am on Google Meet for the Target group in Vyasarpadi. It comprised of almost 90 Anganwadi workers under the project 12 area of ICDS. Through the program, the students explained the Importance of Handwashing & steps, Hygiene & Sanitation especially in COVID19 pandemic times. The program included aids like: PowerPoint slides, Posters, Video and Demonstrations.



### 3. **NATIONAL IODINE DAY** - Project 15 (Madhavaram) and Project 11 (Mylapore). Date: 20.10.2020.

This Program was conducted on 20th October, 2020 between 10-10:40 am & 10:45-11:30 am in Google Meet for the target group of nearly 70 Anganwadi Workers in Madhavaram- Project 15 and Mylapore-Project 11. The main objective was to create awareness on the importance of Iodine in diet.

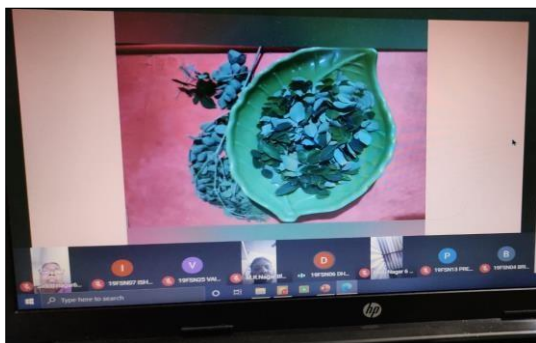
The aids used were: Powerpoint slides, short skit, Cartogram, Flipcharts, Animated video, Puppet show, Flannel board, Mime video, Placards and Recipe demo video. These were used to better propagate the significance of Iodine in the diet and make people aware of the adverse consequences of its deficiency.



### 4. **ANEMIA** – Project 7 (Perambur) and Project 12 (Vyasarpadi). Date: 20.10.2020.

This program was conducted on 20th October, 2020 between 10-10:45 & 10:45- 11:30 am on Google Meet. The beneficiaries of the program were about 75 Anganwadi Workers, Adolescent, Pregnant and Lactating mothers of Perambur- Project 7 and Vyasarpadi- Project 12.

The aids used were: Villupattu, Puppet show, Powerpoint slides, Video and Placards. This was presented to create awareness about Iron and its importance in the life of women. A recipe pamphlet was also prepared comprising the iron rich recipes to be consumed. All these important messages were conveyed in Tamil to the audience in an effective way using eye-catching interactive aids.



## 5. NUTRITION EDUCATION PROGRAM ON ANEMIA IN ADOLESCENT GIRLS (ENGLISH):

This was conducted in the Assembly Hour in Women's Christian College on 17<sup>th</sup> October between 11:45-12:45 pm in ZOOM platform. The target audience were all 3 year UG students from Shift I. The importance of the Micronutrient iron, the alarming aids included: Powerpoint slides, Flyers, Poster, Gifs, Video, Flash cards, Puppet show, Recipe booklet and Mime. The topics covered were: Importance of Iron for girls, causes, symptoms, Nutritional management, forms to consume, inhibitors for absorption, recipe demo and iron rich foods.



## NATIONAL NUTRITION WEEK 2020 – REPORT

### Inauguration:

The Department of Home Science, Women's Christian College, celebrates the National Nutrition Week in the first week of September from 1<sup>st</sup> to 7<sup>th</sup> every year and conducts various events throughout the week pertaining to the key theme that is chosen for the week in that year. The theme that was decided for the year, 2020 was – ***“Battle against COVID-19: Stay Alert ! Step Up Your Immunity ! Stop the Spread !”***. The faculty coordinators for the National Nutrition Week 2020 were Dr. Shajini Judith Diana and Dr.S.Sona, Assistant Professors of the Department of Home Science, WCC.

The inauguration of the National Nutrition Week was held on 1<sup>st</sup> September, 2020, through the Google Meet platform. The welcome address was delivered by Dr. Nancy Angeline Rani, Head of the Department, UG -Department of Home Science. The special address was delivered by Dr. Sheila John, Vice Principal & Head of the PG – Department of Home Science who highlighted the relevance of this year's theme and emphasized on leading a healthy, hygienic lifestyle with adherence to the precautionary rules and regulations in this pandemic. The special address succeeded the virtual lamp lighting ceremony.

This was followed by the wonderful performances from the II PGs which included:

- A Placard Holding Photo collage video highlighting the theme of the year,
- Immune boosters video,
- A mime video on Do's and Don'ts during the COVID-19 pandemic &
- A casual corona dance.

The competitions conducted during the Nutrition week are enumerated below in chronological order

#### 1. Slogan Writing:

The Slogan writing Competition was conducted by the PG Department of Home Science held on 1<sup>st</sup> September, 2020 and was open to all students of WCC. The slogans had to be submitted online before the 1<sup>st</sup> September 2020. Slogan writing competition team: Ms. Pollam Sheeba , Ms. Venmani and Ms. Malini.

The theme for Slogan writing was "Battle Against Covid-19". The participants were asked to submit their slogans in the google forms created. About 38 students participated in the contest. The judges chosen were Dr.Nora Vigasini and Ms.Veena Rajkumar, Assistant Professors from the Department of Home Science.

1<sup>st</sup> place: Ms. Vishalam.R , Department of Home Science

2<sup>nd</sup> place, Ms. Shirley Robert, B.Com

3<sup>rd</sup> place: Ms. Afrah Hasanara, Department of Home Science

#### 2. Quiz:

The quiz competition was open to all the students of the college. The competition was held on September 2<sup>nd</sup>, 2020 Wednesday from 8:00 am to 8:00 pm and was conducted online via Google Forms Ms. Lakshitha R (2<sup>nd</sup> FSN) along with the committee members, Ms. Gospelin S and Ms. Sharon George (2<sup>nd</sup> FSM) were the team members who organized the quiz competition. A set of 20 questions were prepared based on the concepts on Nutrition, Immunity and Covid-19, with each question carrying 5 points. A total of 654 students from various departments of the college participated in the Quiz, out of which 23 participants scored 100 %. E-Certificates were provided to participants who scored above 50% in the quiz.

#### 3. Connexions: Nutri@Connect

Connexions, a photo quiz was an online event organized with a tagline – “Nutri@Connect” to highlight the theme & topics on which the National Nutrition week celebrations were based on. The questions were designed based on the given topics. The event was conducted on **2<sup>nd</sup> September, 2020** from 4.00 pm to 5.00 pm in Zoom platform. Dr. S. Sona & Dr. Shajini Judith Diana, Assistant Professors from the Department of Home Science, were the panelists for the final round. The three winners of the Connexions: Nutri@Connect event were announced at the end after scores consolidation. The participants gave positive feedback that they found the event engaging & interesting.

#### 4. E- Recipe card Making:

The topic for E-recipe card competition was immune boosting foods. The team members who conducted this event were Ms. Priyadarshini.M, Ms. Angeline Maria D'vaz and Ms. Shalini.M of 2<sup>nd</sup> PG, Department of Home Science. The total number of participants were 30 (29 students; 1 faculty). The judges for this competition were Dr. Annette Beatrice and Dr. Mary Pramela, Associate Professors of the Department of Home Science.

The winners of the E- recipe card competition were

- 1<sup>st</sup> Place – Ms. S. Rukmani Sindhuja 20PSY28 ( Beetroot smoothie )
- 2<sup>nd</sup> Place – Ms. BanshikaChhetri 18 PBB07 ( Mushroom , spinach dumpling )
- 3<sup>rd</sup> Place – Ms. Devadharshini . K 20 NUT 18 (Green smoothie bowl )

#### **5. Just – A - Minute (JAM):**

In order to create awareness among people about COVID, the competition was named as “JUST A MINUTE with COVID”. It was conducted virtually on zoom platform on September 3<sup>rd</sup> from 4 pm to 6 pm. Totally 19 participants from various departments actively participated and various questions based on the theme was sent to the participants 10 mins prior to the competition through Whatsapp. Once the topic was allotted, participants were called and given 1 minute to speak, parallelly their name and the questions allotted were projected on the screen. The panelists Dr. Gowri Ramesh (Associate Professor, Dept of Home Science) and Dr. Mary Pramela (Associate Professor, Dept of Home Science), judged the participants based on the criteria decided. The winners were

- 1<sup>st</sup> Place – Ms. PON MARGRET A (20PSY23)
- 2<sup>nd</sup> Place - Ms. SADHANA KALLAT (20PSY36)
- 3<sup>rd</sup> Place : Ms. SANJNA MATHEW (19NUT38)

A take home message was displayed. All the participants received their certificates.

#### **6. Video making:**

Video making competition was organized by Ms. Subha Rakshana.P, Ms. Nivethitha.V, Ms. Sandhiya.R from II MSc. Food Service Management. This competition was open to WCC students.

The theme chosen for video making was,

1. Eat right, bite by bite
2. Immuno nutrition

The total number of students who participated in the competition was 14. The submitted videos were judged by Dr. Jasmine and Dr. Janaki Priya, Assistant Professors, Department of Home Science.

The winners of this competition were,

1. Ms. Dhanya. D 20CSC08
2. Ms. Sureka Fathima. M 20NUC24
3. Ms. Durga Priyadarshini 19PDH02

All the participants were given e-certificates.

#### **7. Cross word puzzle:**

The event “CROSSWORD PUZZLE” was conducted by Ms. Dharshana, Ms. Roshni, Ms. Nikitha Rachel, Ms. Emilyya Anisha Mary J , Ms. Hormipei , Ms. Dakkamalla Susmitha Paul, Ms. Shaima Mohiddeen Ahmed, Ms. Aysha Begum and Ms. Ishrathunnissa of II MSc. There were a total of 34 participants with 17 teams, each team consisting of 2 members. The event was held on 4<sup>th</sup> September, 2020 at 3pm in Zoom platform. The judges for the event were Dr. S. Sona and Dr. Shajini Judith Diana, Nutrition Week coordinators. The first prize was awarded to Ms. Karen Preethi and Ms. Princy Jaya Sofia. S from I BSc. Chemistry. They solved 12 questions in 5 minutes. The second prize winners were Ms. Jennifer W and Ms. Meenakshi M of II BSc. Mathematics who solved 8 words in total. The third prize was given to Ms. Angel and Ms. Krithiga G.R of I BSc. Advanced Zoology and Biotechnology. They solved 7 words in total.

#### **8. Shipwreck:**

The Shipwreck Competition was conducted on 4<sup>th</sup> September, 2020 between 5-6 pm on ZOOM Online Platform. About 15 students from the college participated. The judges for this event were: Dr. Suneeta Saghayam, Dr. Shajini Judith Diana & Dr. S. Sona, Assistant Professors, Dept of Home Science. The topics were based on the theme: “Battle against COVID-19”.

The participants were asked to choose their topics on the day of competition before 15 minutes. They were allowed to defend based on their topic on why they are eligible to get the life jacket amongst the others in the Ship. Each participant were given 2 minutes to present their defending point to the Judges. The results were announced on the same day.

Winners:

I place- Ms. Harini. S (18BBA21)

II place- Ms. P. L. Sowmyaa Devi (18NUT45)

III place – Ms. J. Vanshitha (20PSY40)

Aishwerya. G (20BBA07)

### **9. Meme Creation:**

The meme creation competition was held on 5<sup>th</sup> September. The team members in charge for conducting this competition were Ms. Sharlin Elizabeth Philip, Ms. Sanjana Menon and Ms. Nivedha S.B. The participants were instructed to submit their memes based on “COVID-19 and Immune boosting foods”. A total of 32 entries were received for the competition. The judges Dr Sheila John and Dr Nancy Angeline Rani, Heads of the Department of Home Science decided upon four winners, Ms. Sweety Merlin Angel bagged the first prize, Ms. Sharon L. bagged the second prize and Ms. Sanjana Menon and Ms. Ramalakshmi A. shared the third prize.

### **Webinar & Valedictory**

#### **Webinar: (07/09/2020)**

The Nutrition Week Program came to an end with a Webinar on “The Impact of COVID-19 on Health Systems & Nutrition”, by the most eminent & renowned Speakers: Dr. Veena Sriram, Post Doctoral Scholar, Center for Health & Social Sciences, University of Chicago & Dr. Ramya Ambikapathi, Research Fellow, Department of Public Health, Purdue University on 7<sup>th</sup> September, 2020 in ZOOM Platform from 6:30- 7:30 pm. The Session started with a Powerful Prayer by Dr. Mary Pramela, Associate Professor from the Department of Home Science. The Welcome address was delivered by Dr. Nancy Angeline Rani, Head of the UG Department of Home Science, followed by the Dynamics of the Webinar highlighted by Dr. Sheila John, Vice Principal & Head of the PG Department of Home Science. The Speakers were then introduced by Dr. Sona & Dr. Shajini Judith Diana, Assistant Professors from the Department of Home Science & our Nutrition Week Faculty Coordinators. The Speakers shared their knowledge & insights on the topic with a presentation. The Question & Answer Session was taken over by Dr. Suneeta Saghayam, Assistant Professor from the Department of Home Science & was finally concluded with a Vote of Thanks rendered by Dr. Annette Beatrice, Associate Professor from the Department of Home Science & Dean of Student services. Around 400 participants registered for this Webinar. The MC for this event was done by Ms. R. Emi Grace Mary Gowshika, IInd M. Sc Food Service Management & Dietetics. The Feedback form was posted in the Chat Box of the meeting by Ms. Ramalakshmi. A, IInd M.Sc Foods & Nutrition & the certificates were posted immediately.

#### **Valedictory:**

The Valedictory Program was continued after the final Program- Webinar held as part of National Nutrition Week Celebrations. A short presentation was made to highlight the entire events prepared and executed successfully throughout the Nutrition Week (1<sup>st</sup> -7<sup>th</sup> September, 2020) by the II nd year M.Sc Students. The results & winners were also announced for every competition & few Best Entries were showcased to mark the successful end of the Nutrition Week Celebrations, 2020!

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# The Inauguration Invite & the list of rules for competitions:

**Women's Christian College**  
An Autonomous Institution affiliated to the University of Madras  
Re-Accredited by NAAC in July 2019 with Grade A+  
College with Potential for Excellence

**DEPARTMENT OF HOME SCIENCE**

cordially invites you to join us in celebrating the  
**National Nutrition Week 2020**  
September 1 - September 7

Join us for the Inauguration  
On September 1, 2020 @ 11.45 am  
Platform: Google Meet

Theme:  
**Battle Against COVID-19**



**Stay Alert!  
Step Up Your Immunity!  
Stop The Spread!**

**Nutrition Week 2020 Competitions**

**1) Slogan Writing**  Last date for Submission: 01-09-2020  
Eligibility: Open to all Students of WCC

- The slogan should be original.
- It should be based on the Theme & must be in English.
- Word limit is 20 words.
- The slogan should contain originality, objectivity & appropriate content.
- Submission accepted till 01-09-2020.
- All participants will receive 2 certificates.

**2) Quiz**  Last date for Submission: 02-09-2020  
Eligibility: Open to all Students of WCC  
Time: 1:00 pm - 3:00 pm

- The quiz consists of 20 MCQ questions to be answered in 15 minutes.
- Each right answer is awarded 2 points.
- Incorrect answers will be penalized for those scoring MCQs and deduct 1 point.
- The quiz form will be active during the time frame 01:00 pm - 03:00 pm.

**3) Connections: Nutri-Connect**  Last date for Submission: 02-09-2020  
Time: 4:00 pm - 5 pm  
Topics: Basic Nutrition, Diet, Intensity & COVID-19  
Platform: Zoom  
Eligibility: Students from WCC Department of Home Science ONLY

CLICK HERE TO REGISTER


**4) L-Recipe Card Making**  Last date for Submission: 03-09-2020  
Topic: Immunity Boosting Recipes  
Eligibility: Open to all Faculty & Students of WCC

- The L-Recipe card must contain the complete of the food prepared by you & a note with the prepared food should be included.
- A short description of the recipe card should be included in the project to be submitted.
- Project participants are requested to mention their Name and Department below the recipe heading.
- Project participants need to have their Name course & Register number below the recipe heading.
- Project participants will receive 2 certificates.
- Submission accepted till 03-09-2020.


**5) Just-A-Minute**  Last date for Submission: 03-09-2020  
Topic: Immunity Boosting Recipes  
Eligibility: Open to all Students of WCC


- Participants will be assigned topics. 18 seconds given for the competition in the WhatsApp group.
- Participants should not be able to see the topic if it is ended given will be notified to end soon.
- Participants should not deviate from the topic & no repetition or sentences is entertained by the same person.
- All the correct answers from 6 pm in the WhatsApp group will be the link provided in the registration form.
- Registration will be closed on 03-09-2020.
- Judges chosen in final & all participants will receive 2 certificates.

CLICK HERE TO REGISTER


**6) Video making**  Last date for Submission: 04-09-2020  
Eligibility: Open to all Students of WCC

- All entries must be custom made & in digital format.
- Each entry must be based on any of the following topics:
  - 1. A single line by line in Immunity Boosting.
  - 2. The video must not exceed 10 minutes (10 minutes).
  - 3. The video must contain topic Name of the Participant, Department, Course & Year.
  - 4. The video should be video format not exceeding 100 MB.
  - 5. Submission accepted till 04-09-2020.
  - 6. All participants will receive 2 certificates.

**7) Cross Word Puzzle**  Last date for Submission: 05-09-2020  
Time: 1:00 pm - 4 pm  
Platform: Zoom/Google Meet  
Eligibility: Open to all students of WCC (except Home Science Dept)  
Topic: Immunity Boosting Recipes  
Registration will be closed on 05-09-2020.

**8) Shipwreck**  Last date for Submission: 05-09-2020  
Theme: Battle Against COVID-19  
Platform: Zoom/Google Meet  
Time: 5 pm - 6 pm  
Eligibility: Open to all Students of WCC

CLICK HERE TO REGISTER

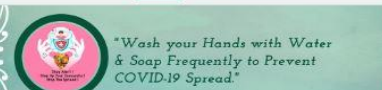
**9) Meme Creation**  Last date for Submission: 05-09-2020  
Topic: COVID-19 & Immunity Boosting Foods  
Eligibility: Open to all Students of WCC

- Individual entries only.
- Participants will be given to all the participants 15 minutes before the competition in the WhatsApp group.
- Each participant is expected to justify their topic & explain why should they be considered the best.
- The entries will be given a 15 min time to be created.
- Registration will close on 05-09-2020.
- Judges chosen in final & all participants will receive 2 certificates.

CLICK HERE TO REGISTER

For further details Contact:  
wcc.nationalnutritionweek2020@gmail.com

## Quiz:



Section 1 of 2

**Nutrition week- Quiz**

Open only from 8:00 a.m. to 8:00 p.m. of September 2nd, 2020, Wednesday!  
Fill in your personal details below to access the Quiz!

Email address \*

Valid email address

This form is collecting email addresses. [Change settings](#)

Name (as on certificate) \*

Short-answer text

Register Number \*

Short-answer text

Designation \*

Student

Research Scholar

Faculty

Course & Year \*

Short-answer text

Section 2 of 2

Answer all the questions below to complete the quiz.

Put your knowledge on Immunity and Nutrition to test and on. All the best!

1. What is immunity? \*

Ability of an organism to resist an infection.

Ability of an organism to acquire an infection.

Ability of an organism to produce antibodies.

None of the above.

2. What is a vaccine? \*

It is another name for immunity.

A substance used to stimulate production of antibodies to provide immunity.

It is a drug.

A substance used to produce antibodies in the body.

3. Which of these organs encounter the most antigens? \*



## Connexions: Nutri-Connect

**Nutri-Connect**  
: Round 1

Answer all the 20 Photo Quiz questions ASAP!! Happy Connecting

**\*Required**

Email address \*

Your email address

Name (as on certificate) \*

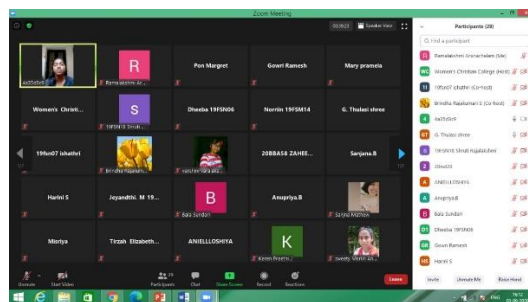
Your answer

Register number \*

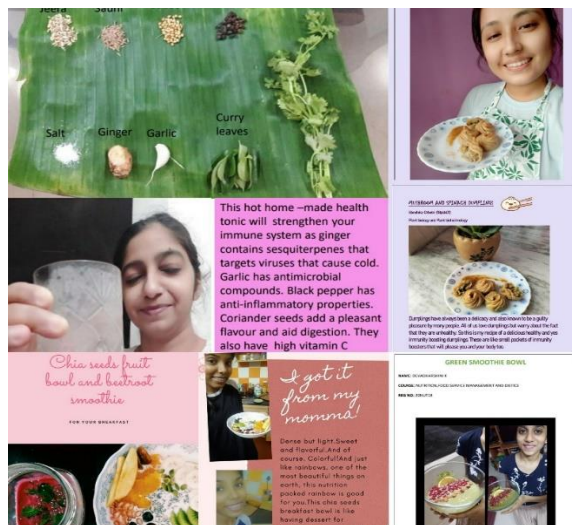
3. Guess the disease \* 1 point

20. What's the name of the diet? 1 point

## Just - A - Minute (JAM)



## Recipe card making:



## Crossword: 1<sup>ST</sup> ROUND

K	P	L	M	S	I	N	A	G	R	O	E	V	A	J	O	S	
V	R	T	L	E	M	O	S	O	S	Y	L	I	D	R	F	A	J
A	O	H	E	W	A	N	T	I	G	E	N	R	W	S	V	G	V
C	T	Y	U	P	X	S	N	Q	D	J	K	U	N	F	L	E	Q
C	E	M	K	A	A	J	F	F	V	U	C	S	U	C	U	M	K
I	I	U	O	T	N	E	I	R	T	U	N	Y	K	M	X	M	R
N	N	S	C	H	X	V	L	W	N	O	I	T	C	E	F	N	I
E	Z	V	Y	O	J	E	X	E	R	C	I	S	E	A	A	A	W
W	J	B	T	G	Y	K	M	R	E	G	A	D	Y	I	R	N	Y
I	W	P	E	E	C	Y	G	R	E	L	L	A	E	R	Q	I	T
Y	Y	N	S	N	C	I	T	O	I	B	O	R	P	E	S	K	H
I	M	M	U	N	I	Z	A	T	I	O	N	D	M	T	S	S	G
S	N	S	E	T	I	S	A	R	A	P	D	M	E	C	E	X	I
L	Z	B	M	Z	M	I	C	R	O	B	E	H	U	A	R	P	E
E	D	T	K	A	N	T	I	B	O	D	I	E	S	B	T	Z	W
E	S	V	L	Y	M	P	H	O	C	Y	T	E	S	B	S	S	L
P	S	E	U	Q	E	S	A	E	S	I	D	N	I	K	R	I	F
A	Z	W	C	O	L	D	S	E	L	M	P	R	T	C	L	A	L

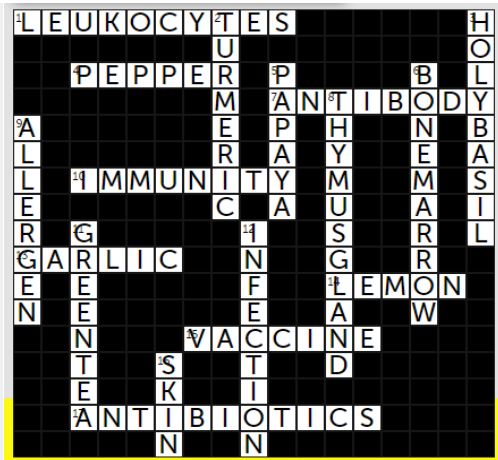
## 2<sup>ND</sup> ROUND

### ACROSS

- 1 other name of WBC
- 4 Contains Piperine that boosts immunity
- 7 Protect a person from germs
- 10 Ability to resist infection
- 13 Contain a compound allicin that boosts immunity
- 14 Vitamin C rich immune booster
- 15 Dead or weakened pathogens used to stimulate immune response
- 17 Drugs to kill or inhibit growth of bacteria

### DOWN

- 2 Immune boosting spice
- 3 A herb good for immunity
- 5 Contain digestive enzyme papain, acting as laxative
- 6 The place WBC are produced
- 8 Maturation of T-cells takes place in
- 9 Substances that cause allergy
- 11 Contains EGCG an antioxidant boosting immunity
- 12 People with weak immune system have high risk of
- 16 Immune system's outer layer of protection



## Shipwreck:

Ok so all the participants can choose any one of the following emoji mentioned below...each emoji means a topic...this is a random method we can allot topics to you without any bias...the emoji has no meaning related to the topic...it is just a resemblance.  
 "Ex: 🍷 - Emi Grace"  
 Fill like the example given above:

- 👩 - Saadhana Venkatesh.
- 👩 - aishwerya. G
- 👩 - Nibhi N
- 👩 - Sanjna Mathew
- 👩 - christina keren
- 👩 - Harini. S
- 👩 - Yuvashree. v
- 👩 - Anjana Ramesh
- 👩 - Keren Praesthi J
- 👩 - S Sweety Merlin Angel
- 👩 - Pon Margret A
- 👩 - kanagauthra. m
- 👩 - P.L. Sowmyaadevi

Mention your names... your topics will be sent 15 mins prior to the event Tom 🍷👍



## Meme Creation:



## Webinar & Validictory Invite:

**Women's Christian College**  
 An Autonomous Institute affiliated to the University of Madras  
 The Association of WCCs in India 2012 with a Center of Excellence in Nutrition and Dietetics for Public Health

**DEPARTMENT OF HOME SCIENCE**  
 cordially invites you to join us for the  
**National Nutrition Week 2020**  
**Webinar on**  
**The Impact of COVID-19 on Health Systems & Nutrition**

**Speakers:**

- DR. RAMYA AMBİKAPATHI**  
 Research Fellow,  
 Department of Public Health,  
 Pondicherry University
- DR. VEENA SRIRAM**  
 Post doctoral scholar,  
 Centre for Health and Social Sciences,  
 University of Chicago

**07-09-2020 6.30 pm**

Platform: **ZOOM** Click to **Register**

All participants will receive E-certificates upon filling the Feedback  
 For further enquiries, Contact: 7200072516, 9886073462.

### 3. WORKSHOP ON FABRIC PAINTING

Name of the Programme	Date	No. of Participants
II and III BSc “Fabric painting”	11.06.2020	79

Date- 11.06.2020

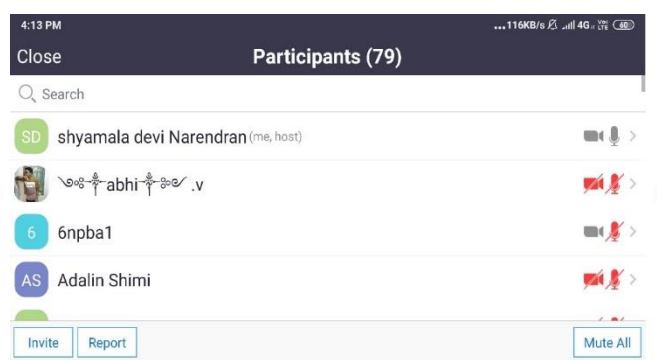
No of Resource person- 1- Mrs. Shyamala Devi N

No of Participants- 79

Report description

Report

A Workshop on “Fabric painting” was organised via webinar for the II and III BSc students belonging to the General and Vocational stream on 11 June 2020 between 4 PM to 5 PM. The resource person for the workshop was Mrs Shyamala Devi, Head tutor for Tamil Nadu, Fevicryl, pidilite industry India. Mrs Shyamala demonstrated various techniques in brushless fabric painting such as Potato carved Painting, masking tape work, stencil making and roll-on painting. The workshop was an hour packed with practical exposure to students. The skills learned by the students can be used to embellish their clothing and interiors also to become entrepreneurs.



CYBERSAATI Webinar

Objective:

The objective of the workshop was to sensitise students to topics such as Gender Sensitivity, gender roles, biases and stereotypes and how they influence behaviour on the online space. The resource persons also addressed the various types of online cybercrimes affecting children and young adults as well as the remedies available to victims of cybercrimes

Outcome

The workshop was an eye opener for the students as it helped them to understand the intensity of cybercrime and the legal implications that to protect the rights of victims of cybercrime

BREAST FEEDING WEBINAR

Objective

1. Discussing the benefits of breastfeeding for mothers and children
2. Maternity benefits in Tamil Nadu and the role of TN FORCES

Outcome

The webinar provided the students with an awareness about the importance of breastfeeding for both the mothers and the children