

Department of Home Science

Activities 2022-2023

1. Report on Field Trip to the TNGMSS Hospital Omandurar Estate

Objective: Students of the III B.Sc Nutrition and Dietetics (Vocational stream) class were taken on a field visit to the Tamil Nādu government Multi super specialty hospital, Omandurar Estate. to observe the functioning of a hospital food service. This is part of the course requirements for the Food Service Management Course.

Date and Time of Field Trip: 41 students accompanied by two faculty visited the hospital on 17th February 2023 between 10:00 a.m. and 1: 00 p.m.

Outcome: The students were given an overview of the functioning of a hospital dietary Department. The types of diets prepared and served, the requirements that make a hospital food Service different from a hotel food service, the challenges and benefits of functioning in a green zone and having contract catering by Dr. Meenakshi Bajaj, Consultant Dietician and Head , Department of Dietetics, Govt. Hospital, Omandurar Estate. The students were taken on a tour of the food service and dish washing facility as well as the wards. Students were able to get a practical exposure to a hospital environment and also observe food being served to patients. They got a better understanding of the special requirements of hospital Food service, the special equipment, hygiene and sanitation, methods of waste disposal and different types of diet.

1. Report on Field Trip to the Ekokitchen, Injambakkam

Objective: Students of the III B.Sc Nutrition, FSM and Dietetics class (vocational and general streams) were taken on a field visit to the Eco Kitchen to observe the functioning of an Industrial Catering unit as well as a centralized commercial food service. This is part of the course requirements for the Food Service Management course and Management of Food services courses of the two classes.

Date and Time : Students of the III B.Sc Nutrition,FSM and Dietetics vocational stream class visited the ECO kitchen on 28th March 2023 between 11:00 a.m. and 1:30 p.m. while the Students of the III B.Sc Nutrition,FSM and Dietetics (general) class visited the ECO kitchen on 29th March 2023 between 11:00 a.m. and 1:30 p.m.

Outcomes: A total of eighty students accompanied by four faculty went on the field trip in two batches. The students got to observe first-hand the operations of a centralized industrial kitchen. The talk by Ms.Kavitha Balaji gave a lot of insights into the organizational set up, functioning, safety, hygiene requirements, waste management,

pest control, menu planning, purchase, production and service procedures which was very useful for the students for their food service management and personnel management courses. Ms.Kavitha also talked about the Kathir, Kathir dhan and other CSR initiatives of YRG foundation and ECO kitchen. The students got to see a lot of food service equipment, types of fuel used, Pest control and eco-friendly waste disposal measures taken in an industrial catering facility.



2. Report on Field Trip to the Leela Palace Hotel

Objective: Students of the III B.Sc Nutrition, FSM and Dietetics (vocational stream) and the II M.Sc Food Service management and Dietetics classes were taken on a fields visit to the Leela Palace Hotel to observe the functioning of a Commercial Food service as well as a luxury hotel. This is part of the course requirements for the Food Service Management course and Physical Facilities for Food Services courses of the two classes.

Date and Time : Students of the two classes visited the Leela Palace Hotel in two batches on 29th March and 1st April 2023 between 2:00 p.m. and 5:00 p.m.

Outcome: The Functioning of a Commercial Food Service, Organisation Chart of a Hotel Kitchen, work timings, Purchase procedures, Food Safety protocols, Storage and production methods and management of wastes and pest control was explained in great detail by Executive Chef Anshuman and Assistant executive Chef through a question-and-answer session. The students were then taken on a tour of the receiving storage, preparation, cooking, holding and service areas. Students got to observe the exotic décor, specialized equipment and functioning of a commercial food service. The visit helped students observe, visualize and experience the concepts learnt in the Food service Management course.



17) Facilities added / upgraded :(Details of equipment purchased)

Nil

18) Describe the best practices implemented by the department specifying the objectives and outcome

1. Awareness about Millets and its Benefits

On account of the International Year of Millets 2023, a series of awareness programmes on millets were organized.

Objective:

To create awareness on millets and its health benefits and promote its consumption among all age groups.

Outcomes: The students were able to apply their knowledge on millets and develop nutritious products based on millets. Students promoted the consumption of millets by demonstrating recipes incorporated with millets to the college community. Therapeutic uses of millets for communicable and non-communicable disease conditions were demonstrated and displayed to the students, faculty, supporting and maintenance staff. The main goal of the awareness program is to encourage the use of millets and to explore the use of millets in various food preparation thereby increasing the consumption of millets in day-to-day life.

2. Experiential Learning for UG Students

Experiential learning is a framework whereby knowledge is created through the transformation of experience.

Objectives:

- i. The students will learn to connect classroom theory with research, work and community involvement.
- ii. To enable students to foster deep learning.

Outcomes: Experiential learning enhanced their knowledge and skill. The students gained skills and knowledge and were able to apply the course work in everyday life. The students were engaged in hands-on-experience and had a practical application of knowledge and skills to real world experience.

3. Service-Learning Pedagogy for PG Students

Service-learning is a teaching and learning strategy that links academic curriculum to the community.

Objectives:

- i. To impart service-learning pedagogy in the curriculum of post graduate students with the aim to emphasize whole person development.
- ii. To prepare students to work productively with diverse communities.

Outcomes: Service-learning improved the student's personal efficacy, academic outcomes and they are more deeply engaged in learning and serving the local community. It involved in intellectual growth, leadership and personal development of the students. It helped the students to foster appreciation for cultural diversity and improved civic sense

REPORTS

1. Title: Thanksgiving and Orientation Programme

Date: 1st August 2022

Objectives: Thanksgiving prayer for the renovated nursery school. Orientation of parents regarding the rules and regulations of the nursery school.

Number of Participants: 100 - Principal Dr. Lilian I. Jasper, HODs and Faculty of the Department of Home Science, parents and children of the nursery, II B.Sc. (NUC) students and teachers of the nursery.

Report: The laboratory nursery opened its doors for the tiny tots after a 2 year halt on account of the COVID-19 pandemic. The students of II B.Sc. Home Science (NUC) organized the Thanksgiving and Orientation Programme at very short notice. Despite the lack of time the students efficiently divided themselves into various groups and managed the event successfully. The programme was themed 'Rainbow' and the nursery was decorated in vibrant colours of the rainbow. The programme started at 10 am with an opening prayer by the Principal Dr. Lilian I. Jasper followed by a welcome address by Dr. Sheila John, message by Dr. Mary Pramila and a vote of thanks by Ms. Veena Rajkumar. The orientation programme was fun-filled with an action song, musical skit and concluded with an exhilarating dance performance that left the whole group joyful and energized. Refreshments and photos at the photo booth followed. The event was undoubtedly an overall success.

Expected outcome: Parents will be informed about the functioning of the nursery.

2. Title: Millet Quiz

Date: 19th December 2022

Objectives: To assess the level of awareness about millets among college students of Shift 1.

Number of Participants: 856 students of Shift I

Report: The United Nations General Assembly has decided that the year 2023 should be observed as the International Year of Millets. In this regard, the ministry of education had instructed all the departments of Higher Education to participate in a calendar of events through the year 2023 to create awareness and popularise the use of millets. The department of Home Science, Women's Christian College, organized a millets quiz on 19-12-2022 to raise awareness on millets among Shift 1 students of the college. The quiz was administered online through Google Forms. 856 students participated in the quiz and about 70 students answered all the questions correctly.

Expected outcome: Awareness was created among the students about millets and their uses and Health benefits.



3. Title: Workshop on Food Photography

Date: 18.10.2022

Objective: The session was organized with the objective of introducing the students to various technical and professional aspects involved in food photography.

No. of Participants: 45 students

A workshop on “Food Photography” was conducted the students enrolled in the skill-based course “Food Demonstration and Presentation Skills” on the 18th of October, 2022. Ms. Trishia Santhus, a freelance food photographer was invited for the session as resource person. Dr. D. Annette Beatrice inaugurated the session and introduced the resource person to the

students. Ms. Trishia briefed on the elements of good picture and made it interactive. She explained in detail the importance of lights, angles and elements in photography. Ms. Trishia made the session more practically applicable by teaching how to make use of mobile phone camera to capture aesthetic food photographs. A practical session was conducted outside the classroom where the students were asked to use their creativity and click pictures of various food items available at campus. Later, discussion on each photograph was done and the doubts were clarified.

Expected Outcome: Research evidences prove that coloured visuals increase people's interest to read an article and generate more interest in engagement in the content. This workshop will help the students to nuances of working with food products, help to create appetizing images. This will help the students to create appealing websites and make the dishes look attractive to attract more customers. This workshop will help to build their career in Food industry.



4. Title: Workshop on Enteral Nutrition and Career Opportunities in Enteral Feeding in the Community

Date: Wednesday, 8th February 2023

Venue: Bertha Corfield Hall, Women's Christian College, Chennai

The Department of Home Science, Women's Christian College, organized a workshop on Enteral Nutrition and Career Opportunities in Enteral Feeding in the Community. Ms. Meena Ganesan, Home Enteral Tube Feed Specialist Dietitian, Central and Northwest London, NHS Trust, United Kingdom, was invited as the resource person. The workshop involved educating and familiarizing the participants on the various concepts and components of enteral nutrition.



Objectives:

The workshop aimed at:

- Educating and familiarizing the participants on Enteral Nutrition and Enteral Tube Feeding in the community.
- Providing guidance regarding career opportunities in the enteral nutrition field.
- Raising awareness on the various benefits and complications of Enteral Nutrition.

Number of Participants: The workshop had close to 400 participants from various colleges across Chennai. Colleges such as Queen Mary's College, SDNB Vaishnav College, Dr. Ambedkar College, MMM college, Sri Ramachandra Medical College, and C.S.I. Ewart's College were in attendance. Apart from these, there were students from the UG and PG department of Home Science, Women's Christian College, Chennai.

Report: The Department of Home Science, Women's Christian College, Chennai, organized a workshop on Enteral Nutrition and Career Opportunities in Enteral Feeding in the Community on the 8th of February 2023. The workshop was conducted in Bertha Corfield Hall, Centenary Block, Women's Christian College between 9:00 A.M. and 1:00 P.M. The event was attended by over 400 participants from various colleges and hospitals.

The programme began with an introduction of the event by Dr. Mary Pramela, Head, UG Department of Home Science, followed by an invocation song by the students of II M.Sc. Home Science. Further, a welcome address was delivered by Dr. Annette Beatrice, Associate

Professor, Department of Home Science. Next, the speaker was introduced by Dr. Shelia John, Head, PG Department of Home Science.

Ms. Meena Ganesan, Home Enteral Tube Feed Specialist Dietitian, Central and Northwest London, NHS Trust, United Kingdom, was the speaker of the day. She educated the audience on various topics such as the history of enteral nutrition, indications for enteral feeding, ethical and legal considerations during enteral nutrition, the process of tube selection, the different types of tubes, types of feeds, and the advantages and disadvantages of tube feeding.

Ms. Meena Ganesan was accompanied by her husband, Dr. Vijayarangan, who also took active part in the session, and gave valuable contribution to topics such as the role of epiglottis, pediatric enteral nutrition, and so on. He also answered various questions that were more focused on the medical side of enteral nutrition. As a highlight of the session, Dr. Vijayarangan explained to the audience, Refeeding Syndrome in detail.

The session was divided into two parts, with a brief tea-break. The participants were served with snacks and tea during the break. Each half concluded with an interactive question and answer session, during which various members of the audience were given the opportunity to clarify their doubts regarding the subject and the career opportunities in the field.

The workshop came to an end with a brief Vote of Thanks by Dr. Mary Pramela, Head, UG Department of Home Science, following which, a small memento was presented to the speaker by Dr. Shelia John, Head, PG Department of Home Science. The event concluded with the Alma Matter, led by the students of II. PG. Home Science.

Outcomes: The audience were educated on the various aspects of enteral nutrition and were benefited by the insights provided into the field by Ms. Meena Ganesan. The audience were also familiarized with the workings and the complexities of enteral feeding in the community setting. Moreover, the participants also gained guidance with regards to the career opportunities in the field. The students were inspired by the struggles faced by Ms. Meena Ganesan in her journey towards accomplishing her current position. Thus, the event was helpful and beneficial.



5. Title: Demonstration on “Development of Novel Recipes using Millet”

Date: March 4th, 2023

Objectives: To create awareness on the different types of millets and its culinary uses in different cuisines.

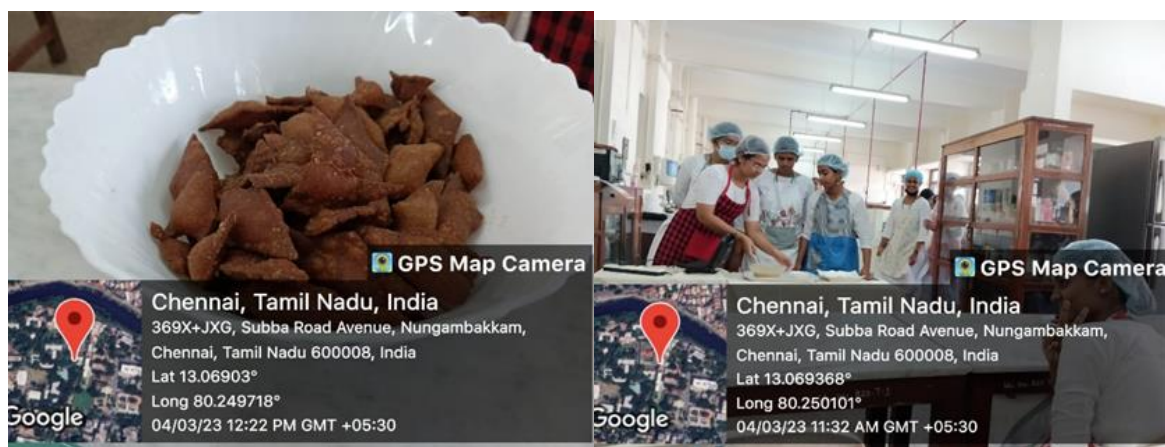
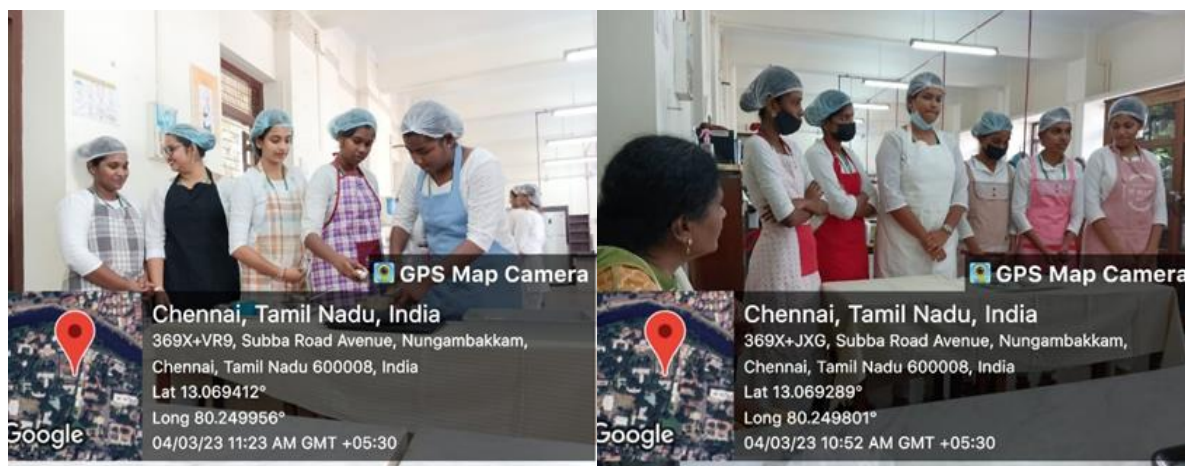
Number of Participants: 75 participants



Report: The UN has declared 2023 as the International Year of Millets. To commemorate the International Year of Millets, the 3rd Nut Food Service Management and Dietetics (General) students organized a demonstration on Novel Millet Products. The student from the department of Home Science attended the demonstration. The products for demonstration were chosen from regional to International cuisine. The recipes were vatayappam-a traditional Kerala dish, a south Indian sweet Athirasam, cupcakes, waffles, Indian spreads, ragi chips, tortillas, and chocolate mousse. Millets such as Foxtail, Finger millet, Little millet, Barnyard millet and

Kodu millet were incorporated in the recipes. All the items had excellent sensory quality for the attributes taste, texture, colour, appearance and flavour.

Expected Outcome: The demonstration motivated the students to replace rice and refined flour with millets and provide a healthy recipe which is not only appetizing but a healthy option for younger generation.




6. Title: Exhibition on “Healthy Millet Options for Life Stages and Conditions.”

Date: March 3rd, 2023

Objectives:


The year 2023, is the international year of millets. The objective of this exhibition on, “Healthy Millet Options for Life Stages and Conditions” was to create awareness on the different types of millets, culinary uses, and the therapeutic uses of millets.

Number of Participants: 1700 participants

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AN AUTONOMOUS INSTITUTION AFFILIATED TO THE UNIVERSITY OF MADRAS
RE-ACCREDITED BY NAAC IN JULY 2019 WITH GRADE A+
COLLEGE WITH POTENTIAL FOR EXCELLENCE
Since 1915

DEPARTMENT OF HOME SCIENCE
III B.Sc. HOME SCIENCE – NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS
(General stream) students

Cordially invites you for an
EXHIBITION
On
**"Healthy Millet Options
For Life Stages And Conditions"**



DATE: 03/03/2023
TIME: 10AM
VENUE: MASON BLOCK, WOMEN'S CHRISTIAN COLLEGE

DR. SHEILA JOHN
ASSOCIATE PROFESSOR AND HEAD (PG)
DEPARTMENT OF HOME SCIENCE
WOMEN'S CHRISTIAN COLLEGE,
CHENNAI-6

DR. MARY PRAMELA
ASSOCIATE PROFESSOR AND HEAD (UG)
DEPARTMENT OF HOME SCIENCE
WOMEN'S CHRISTIAN COLLEGE,
CHENNAI-6

ORGANISERS

DR. ANNETTE BEATRICE . D
ASSOCIATE PROFESSOR
DEPARTMENT OF HOME SCIENCE
WOMEN'S CHRISTIAN COLLEGE,
CHENNAI-6

MS. HEPHZIBAH.J.CHARLES
ASSISTANT PROFESSOR
DEPARTMENT OF HOME SCIENCE
WOMEN'S CHRISTIAN COLLEGE,
CHENNAI-6

Report: The final year undergraduate students of the Department of Home Science general stream, organized an exhibited on “Healthy millet dishes for Life Stages and Conditions on 3rd March 2023. Dishes, incorporating at least two millets into recipes were prepared.

These dishes were planned, standardized, prepared and displayed to cater to the nutritional requirements of infants, school children, adolescents, adults and geriatric population. The diets were also planned to combat deficiency disorders such as iron deficiency, protein energy malnutrition, vitamin A deficiency. In order to provide healthy millet options for therapeutic conditions such as diabetes, obesity, atherosclerosis and weight management, millet based diets modified in the content of energy, protein, dietary fibre, total fat and omega-3-fatty acids were planned and prepared. The nutrients were calculated. The special nutritional needs of athletes, pregnant and lactating others were also taken into consideration. Millet preparations such as high energy, high protein millet bars was prepared for athletes. Novel millet options such as waffles and millet spreads were also prepared and served. These healthy

millet options were displayed in front of Mason block as exhibits. The exhibition received great support from the faculty and students of the department

Expected Outcome: This exhibition on “Healthy Millet Options for Life Stages and Conditions” created awareness on the major and minor millets, how millets can be used in our daily diets, the therapeutic effect of different millets in the treatment of various communicable diseases and non- communicable diseases. The college students, teachers and non-teaching members were educated on the health benefits and nutritional profile of millets. They were encouraged to use millets in their daily diet and for different diseases and disorders.



7. Title: “Entrepreneur Fiesta”

Date of Sale: 07.03.2023

Objectives: To develop entrepreneurial skills such as the spirit of teamwork, confidence, hard work, and social responsibility through the sale

Number of Participants: 150

Report: The second-year undergraduate students from the Department of Home Science conducted a sale, “Entrepreneur Fiesta,” as part of the course curriculum for entrepreneurship for women on the 7th of March on the WCC campus. The students were divided into six groups, and after much planning, the six groups showcased their ideas and talents by putting up stalls for the students, faculty members, and non-teaching staff. This sale mainly aims at giving the students the idea about running a business and understanding the nature and responsibility of being an entrepreneur. A variety of food items like Pani puri, brownie, buttermilk, French fries, smiles, cupcakes, chocolate mousse, mojito and cheesy pasta, along with elegant accessories like necklaces, scrunches, earrings, pens and money pouches was showcased. The sale was open for students from 10.00 am to 10.20 am and 12.00 to 02.00 pm. Everything was successfully sold out, and the students received positive feedback and suggestions from everyone who visited the stalls. The entrepreneurship sale put up by budding entrepreneurs was undoubtedly an overall success.

Expected outcome: This sale enabled the students to acquire the skills to become budding entrepreneurs.



8. Title: Laboratory Nursery Annual Day Programme

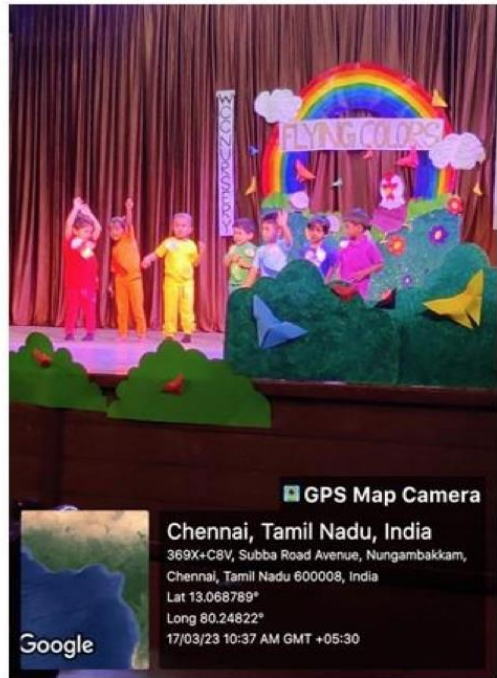
Date: March 17th, 2023

The Annual day program of the WCC laboratory nursery for the year 2023 commenced with anticipation at 10 A.M. on the 17th of March. The III B. Sc. (NUT) Home Science students, under the guidance of Ms. Veena Rajkumar, organized the event. It revolved around the theme 'Flying Colors' and rainbows going on par with the dances and the costumes of the nursery kids.

Report: The program opened its invitation to all Parents of the nursery kids and Faculty of the Department of Home Science. The program began with an opening prayer by Dr. Lizzie Angelina, the Vice Principal of Women's Christian College, Chennai. It was followed by the Lord's prayer, prayer song and a prayer dance by the nursery kids. Following this, Dr. Sheila John, the Head of the department, welcomed the parents, family members and Faculty of the department. The program involved dances and singing by the nursery kids with rhymes in between. Timed with events for the parents the program was balanced with interaction and visual entertainment. Ending the program was the vote of thanks by Ms. Veena Rajkumar and the closing prayer by a III year NUT student of the Department of Home Science. The final song 'Jesus loves me' was sung by all the kids from the nursery. The III year NUT students joined the children on stage and the national anthem was sung by all.

A video presentation, encapsulating the journey of the kids in the nursery was screened which brought out mixed emotions from the audience. Announcing the freedom of capturing pictures with the backdrop and the photo booth prepared by the organizing students, the program ended with the hospitality team providing snacks and tea for all involved in its grand success.

The Programme took place in the main auditorium of Women's Christian College. The event brought out its theme and colorful imagination through the beautifully designed badge, decoration, backdrop on stage and the flower carpet at the entrance done by the décor committee. The discipline, lighting, hospitality, props and audio-video committees executed their tasks perfectly and brought out the success of the most awaited program of the nursery.





9. Title : Workshop On Sports Nutrition

Resource Persons: Ms.Shiny Surendran and Mr.Ramakrishna

Date : 15.11.2022

Place : Benedicta Rowe Hall, Centenary Block, Women's Christian College, Chennai

Number of Participants: 100

Objectives

- 1) To enable students to learn the current concepts in Sports Nutrition like the use of supplements, calculation of nutrient requirements for different sports.
- 2) To explore the various career opportunities in the field of Sports Nutrition.

Report: The Workshop on Sports Nutrition was organized by the Department of Home Science, WCC, Chennai. The workshop was split to two sessions. The resource person for the first session of the Workshop was Ms. Shiny Surendran, Accredited Sports Dietitian, Preventive Health Care Nutritionist, Level 2 Kinanthropometrist (ISAK), Lecturer, Author, Speaker and Consultant. Before the second session started, Ms. Ramya, Fitness Trainer from UNSCHOOL had made the students do a simple workout for a short period of time monitored by her. Mr. Ramakrishna, Academic Director, UNSCHOOL, Redefining Fitness Science, Expert in Sports Performance Enhancement, Sports Biomechanics, Ergonomics and Exercise Therapy addressed the students in the second session. . The participants for the workshop included the final year students of M.Sc Food Service Management and Dietetics, M.Sc. Foods and Nutrition, B.Sc Nutrition, Food Service Management and Dietetics (General Stream).

Highlights of the Workshop

Session I – Ms. Shiny Surendran

Ms. Shiny had spoken to the students about

- Introduction to Sports Nutrition
- How knowledge from various sources like books can add on to our identity.
- Calculation of nutrient requirements
- Her experience of being a Sports Nutritionist
- Examples from different Sports Related Movies
- Promising careers in Sports Nutrition

Session II – Mr. Ramakrishna

Mr. Ramakrishna had addressed the students about

- The current sports supplements available in the market
- Doping
- Concept of Dehydration
- Over training and its effects.
- Sports Drinks – Hypotonic, Hypertonic and Isotonic. How to make our own Sports Drinks ?
- Real life examples from various Sports Persons



Women's Christian College, Chennai

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

The Department of Home Science
Organizes a Workshop on

"SPORTS NUTRITION"

Date : 15th November 2022
Venue : Benedicta Rowe Hall, Centenary Block
Time : 09:00 am - 12.30 pm

RESOURCE PERSONS



Ms. Shiny Surendran

Accredited Sports Dietitian (IOC & SDA)
Preventive Health Nutritionist
Level 2 Kinanthropometrist (ISAK)
Lecturer, Author,
Speaker and Consultant



Mr. Ramakrishna

Academic Director
UNSCHOOL, Redefining Fitness Science
Expert in Sports Performance Enhancement,
Sports Biomechanics, Ergonomics, and
Exercise therapy

Organizers

Dr. Sheila John Head of the Department - PG	Dr. A. Mary Pramela Head of the Department - UG
Dr. Sheba Sangeetha Jeyaraj Assistant Professor	Dr. S. Sona Assistant Professor



10. Title: Workshop on “Precision Nutrition: Translating the Science of Nutrigenetics and Nutrigenomics into Practice”

Resource Person: Dr. Vimal Karani – Associate Professor in Nutrigenetics and Nutrigenomics, Deputy Director of the Institute of Food, Nutrition and Health, University of Reading, UK

Date: 05.09.2022

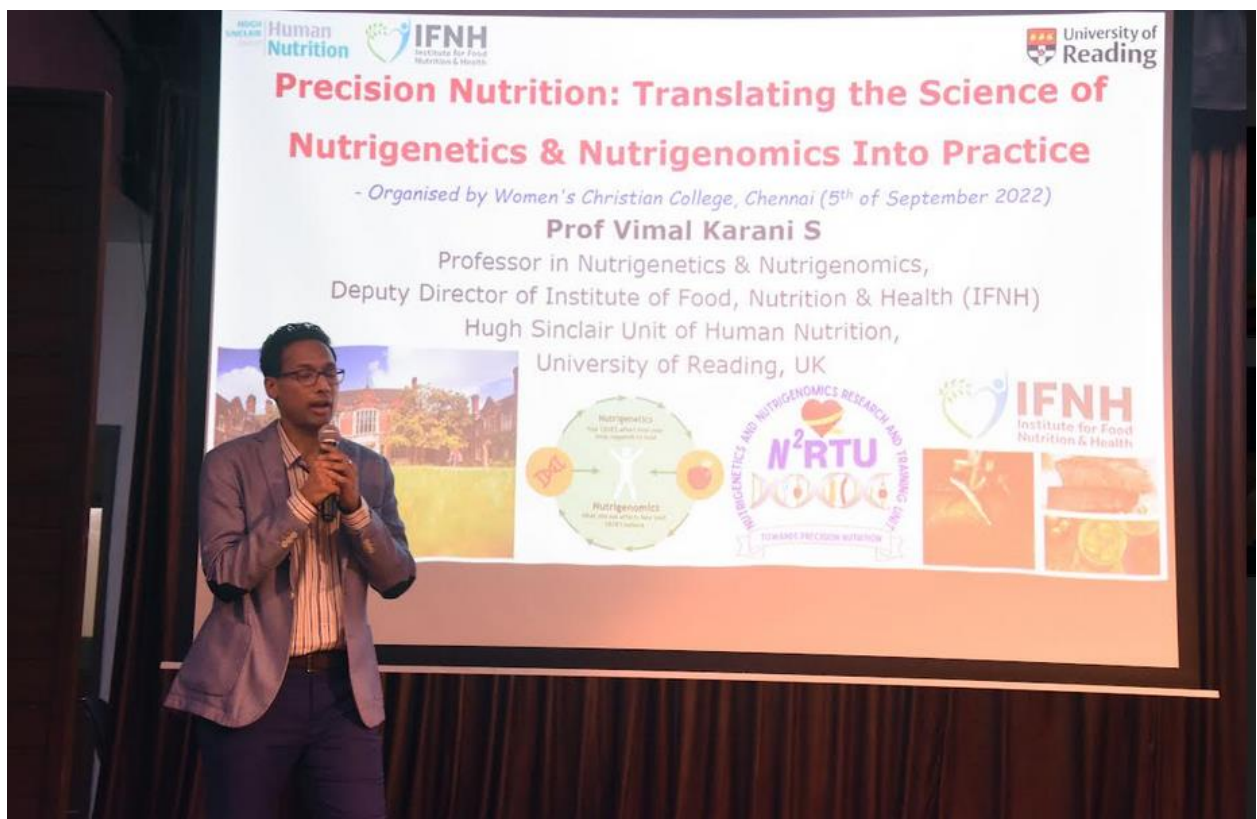
Place: Main Auditorium, Women’s Christian College, Chennai

Number of Participants: 250


Objectives: The objective of the work was to throw light on a very contemporary and emerging field of Nutrition- Precision Nutrition and to emphasize how human health and wellbeing can

be advanced by tailoring nutrition recommendations and interventions to individuals or groups of individuals with similar traits based on gene nutrient interactions.

Report: The three-hour workshop on “Precision Nutrition: Translating the science of Nutrigenetics and Nutrigenomics into practice” was organized by the Department of Home Science, WCC, Chennai. The resource person for the workshop was Dr.Vimal Karani – Associate Professor in Nutrigenetics and Nutrigenomics, Deputy Director of the Institute of Food, Nutrition and Health, University of Reading, UK. The workshop was attended by 250 students of the department. The workshop was an eye-opener in many ways. With his vast research experience in the field of nutrigenetics and nutrigenomics, the speaker convincingly explained the interaction between nutrition and genes and explained how personalized nutrition has its basis in the concept that one size does not fit all. We are all individuals with differences in our biochemistry, metabolism, genetics, and microbiota. Thus, a specifically created personalized nutritional plan can be devised to consider these factors in accordance with one’s personal eating habits, body measurements, weight, cholesterol levels, and lifestyle. E-certificates were issued to all the participants.

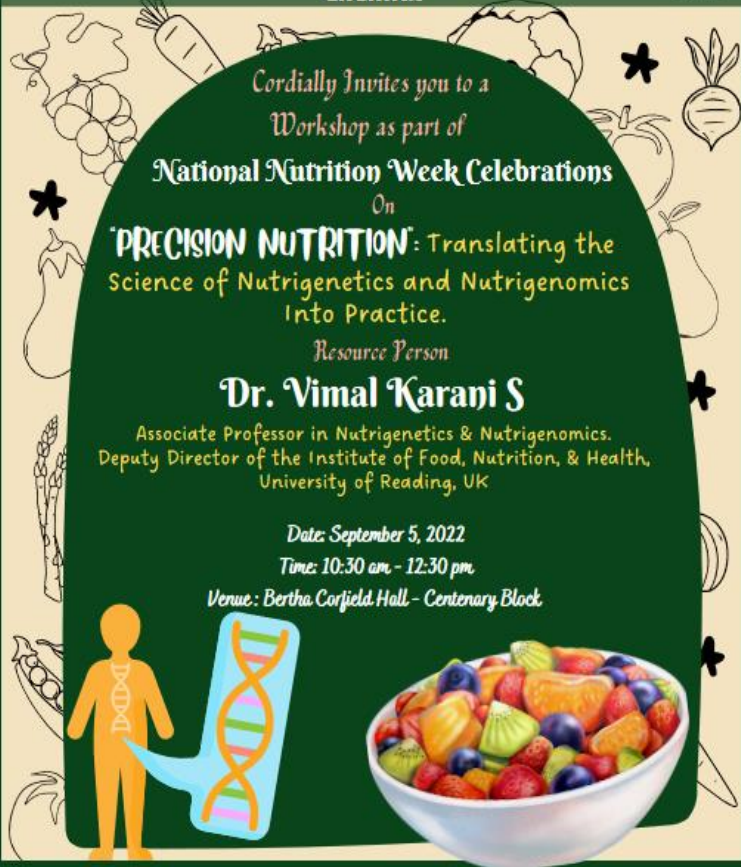


DEPARTMENT OF HOME SCIENCE
Women's Christian College
Chennai



Cordially Invites you to a
Workshop as part of
National Nutrition Week Celebrations
On
'PRECISION NUTRITION': Translating the
Science of Nutrigenetics and Nutrigenomics
Into Practice.
Resource Person
Dr. Vimal Karani S
Associate Professor in Nutrigenetics & Nutrigenomics,
Deputy Director of the Institute of Food, Nutrition, & Health,
University of Reading, UK

Date: September 5, 2022
Time: 10:30 am - 12:30 pm
Venue: Bertha Corfield Hall - Centenary Block



Organisers : Dr. Sheila John Dr. A. Mary Pramela Dr. V. Gowri Ramesh Dr. Shujini Judith Diana J



11. Title: Workshop on Sports Nutrition

Date: 21.03.2023

Objectives:

- ❖ Make the students aware of opportunities in the field of sports nutrition
- ❖ Attain practical knowledge on planning diets for events from the perspective of a practicing sports nutritionist
- ❖ Cultivate the habit of regular physical activity by following simple whole body workouts

Participants: 40 students from II NUC, WCC, and 15 PG FSM students from Anna Adarsh College for women.

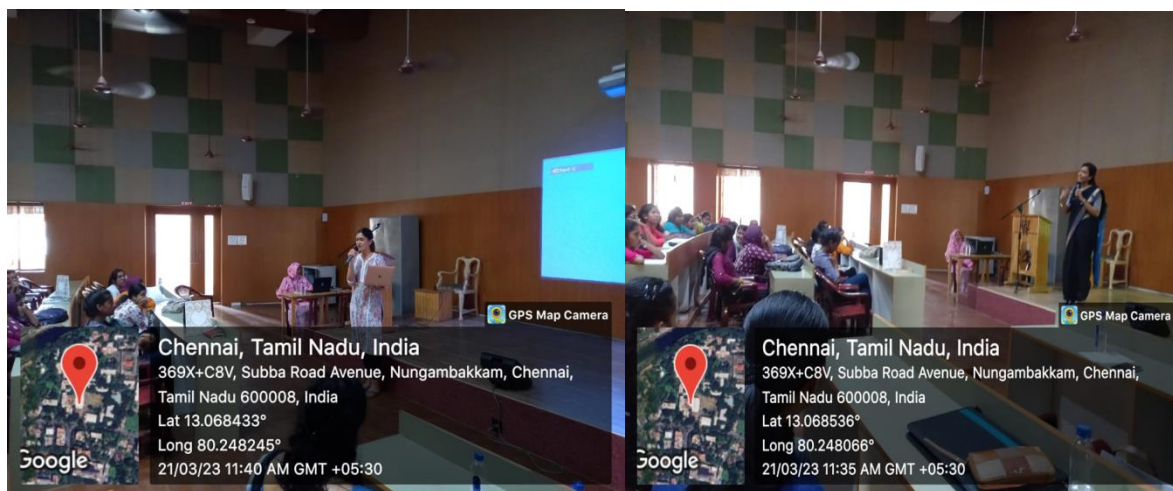
Resource Persons: Mrs. Shiny Surendran and Team, Mr. Uma Shankar, Fitness Instructor

Report: The Department of Home Science, Women's Christian College, Chennai, and the Nutrition Society of India, Chennai Chapter jointly organized a workshop on "Sports Nutrition" on 21st March, 2023 at WCC. The event was attended by II NUC students (40) of the Department of Home Science, WCC and the PG FSM students (15) of Anna Adarsh College for Women. Mrs. Ishwarya Meena from the team of Ms. Shiny Surendran, Sports and Preventive nutritionist was the speaker for the first session. The session focused on the importance of nutrition in athletes, planning different diets during the training and off-season phase. She also highlighted on the role of various supplements, macro and micronutrients in boosting an athlete's performance along with the need to maintain a good hydration status. The interactive session ended with a Question-and-answer session and a quiz round with active participation from the students. The lecture was followed by a session on clean, natural and plant-based protein supplement by Ms. Shivani Saravana, Marketing specialist, and Mr. Varadarajan, Origin Nutrition, where students had the opportunity to experience the products as well. The students were also given samples of Millet Ladoos sponsored by Vahe Foods. The final session was a fitness workshop conducted by Mr. Uma Shankar, Fitness Instructor from Get Jazz Dance & Zumba Fitness Studio. Students had a fun-filled Zumba experience, and also understood the demands of intense exercise and the need to remain physically active.

OUTCOMES

- ❖ Students were able to attain knowledge pertaining to pre, during and post workout meal plans.
- ❖ Students were introduced to the concept of plant protein sports supplements for enhancing muscle mass.

- ❖ Students were able to experience a whole body workout in a fun way to stay fit.



12. Title: Special Lecture On “Women Care On Intimate Hygiene”

Date: 16.3.2023

Objective: To attain knowledge pertaining to the use of menstrual products available in the market, and understand the safety and concerns regarding these.

Participants: 100 UG and 100 PG students from the Department of Home science.

Resource Persons: Dr. Jayashree Gajaraj, Senior Obstetrician and Gynecologist, and Dr. Jayashree Jayakrishnan, Clinical Physiotherapist in Women’s Health

Report: The Menstrual Health workshop was organized on 15th March, 2023 between 12:30-1:30 PM. This was an initiative by the Department of Home Science, under the moderation of

Dr. V. Gowri Ramesh, Associate Professor & Research Dean- Shift 1. The speakers for this event were Dr. Jayashree Jayakrishnan, Clinical Physiotherapist in Women's Health, & Dr. Jaishree Gajaraj, Senior Obstetrician and Gynaecologist. It was a deep and useful insight into the intimate hygiene practices and requirements of the female body. They enumerated and emphasized more on the female reproductive physiology, and highlighted the use of various menstrual products. This knowledgeable session concluded with the revelation of their platform known as Siragu Siragu on Instagram, which was an initiative to help young girls and women to overcome any reproductive health issue. This session created awareness on Menstrual Health and intimate hygiene practices for about 200 participants from the UG and PG Department of Home Science.





OUTCOME

- ❖ Awareness regarding the various menstrual products available in the market.
- ❖ An insightful knowledge pertaining to the safety of menstrual products.
- ❖ Created awareness on intimate hygiene and women's care.

13. Title: Workshop on Puppetry

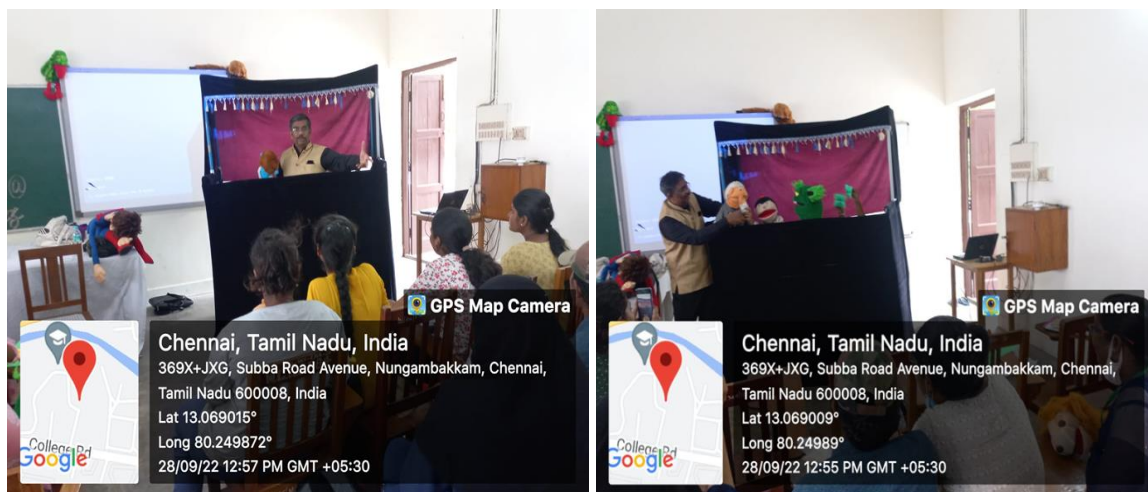
Date : 28th of September 2022

Objective: To provide hands on training in making puppets and in staging a puppet show.

Participants: Forty students of the final year Nutrition, Food Service Management and Dietetics (vocational stream) conducted the awareness program

Report: A workshop on Puppetry was organized for the III NUC students on the 28th of September 2022. Mr. Ramesh Kumar, a certified puppeteer from One way street, UK, conducted the workshop. Students were oriented to the different forms of puppetry. They were taught to make simple and quick paper puppets. Students were taught about the rules to follow for the puppet show to be effective. The students were divided into groups of 8 each and were given themes to do a one minute puppet show.

Outcome: Students learnt how to make simple hand puppets. They were about the things to remember while doing a puppet show in order to make it effective and interesting.



14. Title: Outreach program to commemorate the “World Breastfeeding Week”

Date : First week of August 2022.

Objective: To increase the awareness among women of reproductive age about the advantages of breast feeding.

Participants: Forty students of the final year Nutrition, Food Service Management and Dietetics (vocational stream) conducted the awareness program

Report: The Department of Home Science, Women’s Christian College, Chennai in collaboration with the Indian Dietetic Association, Chennai Chapter, organized competitions and an outreach program to commemorate the ‘World Breastfeeding Week’ during the first week of august 2022. The theme for this year was “Step up for Breastfeeding – Educate and Support”.

Online Slogan writing and E-recipe card designing competitions were conducted for students belonging to various colleges offering Nutrition course in Tamil Nadu. There were 26 participants for the slogan competition and 21 participants for the recipe card designing ompetition from Bishop Herber college, Trichy, Mother Teresa Women’s University, Kodaikanal, Vellalar college, Erode, SRMC,SDNB Vaishnav college, Anna Adarsh College and Ethiraj College for women.

Twenty two women in the age group of 20 to 35 years from ‘Skill Hubs Initiative’ under the ‘Pradhan Mantri Kaushal Vikas Yojana (3.0) scheme’ at the WCC Outreach Centre, Shenoy Nagar participated in the nutrition education program on the 11th of August 2022. The components of the program were a skit, dance and recipe demonstration on galactogogues. Forty one final year Nutrition, Food Service Management and Dietetics (Vocational Stream) students conducted the community outreach activity.

Outcome: Increased awareness among participants on galactogogues and the benefits of breast feeding.



15. Title: Workshop on “Kashmiri velvet embroidery”

Date: 1.09.2022

Objectives: To impart practical skills to students on Kashmiri velvet embroidery.

Number of Participants: 42

Report: A workshop on Kashmiri velvet embroidery was organized to the students of III BSc Nutrition, FSM and Dietetics(NUC) in the department of Home Science on the 1st September 2022. Mr Balkishan an Artist from Delhi was the resource person for the workshop. The students were introduced to a new embroidery skill using a special type of needle designed by the resource person himself. The students found the practical session very useful and interesting. At the end of the workshop students were able to create their own patterns with the skill learnt.

Expected outcome: To encourage students to apply the practical knowledge gained during the workshop on clothing and interiors.



16. Title: Workshop on “Liquid Embroidery”

Date: 30.03.2023

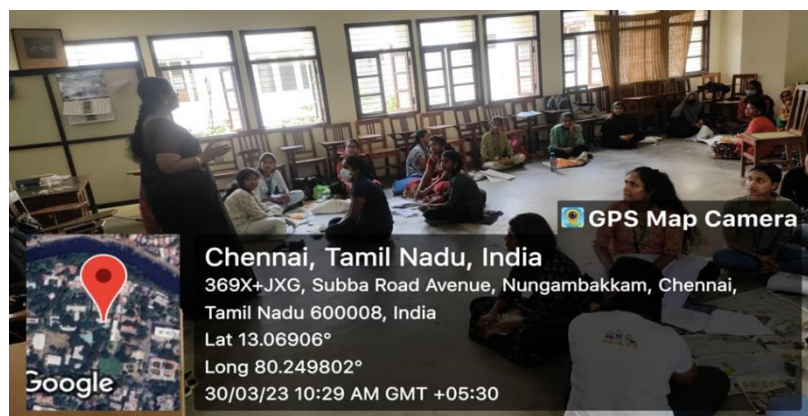
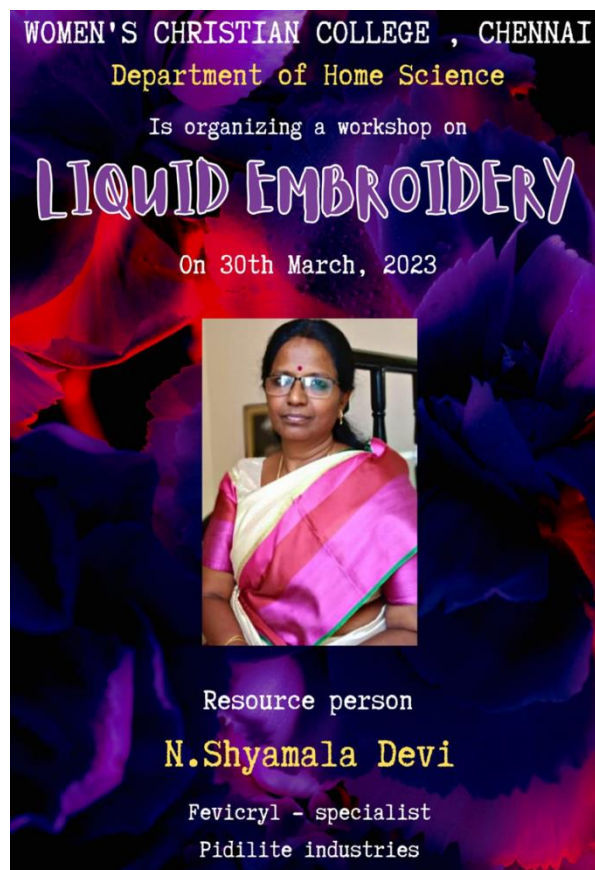
Objectives: An entrepreneurial training program to impart practical skills to students on Liquid embroidery.

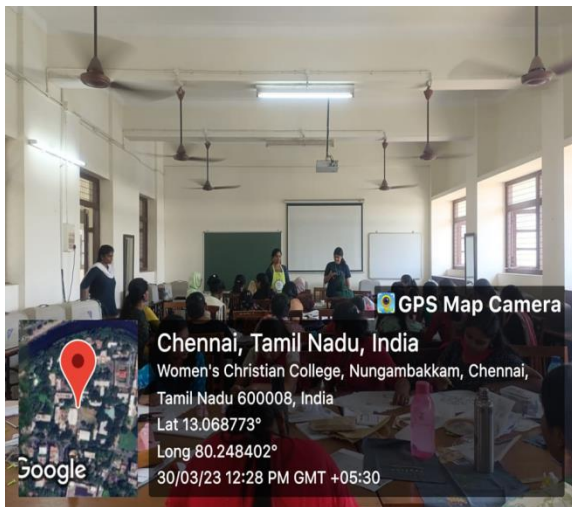
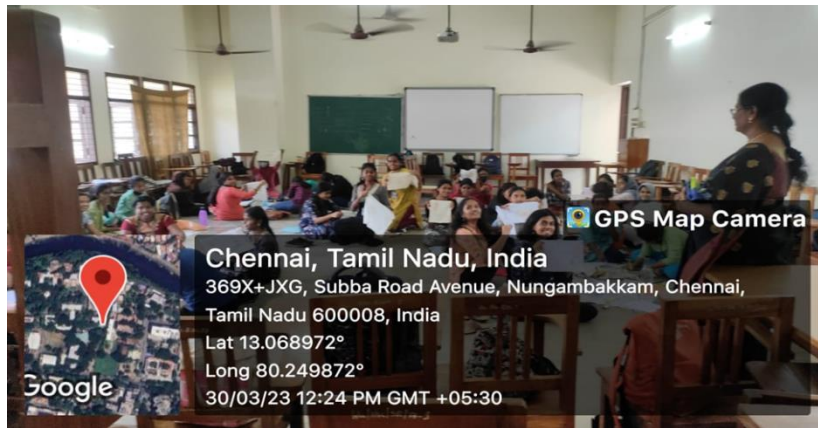
Number of Participants: 41 (Batch 1) 41 (Batch 2)

Report: A workshop on Liquid embroidery was organized for the II BSc Nutrition, FSM and Dietetics (NUT and NUT) in 2 batches in the department of Home Science on the 30th March 2023. The resource persons for the workshop were Batch 1- Ms Shyamala and for Batch 2- Ms Kolavili from Pedilite industry. The students were introduced to a new method of embroidery without a needle. Fabric outlines were used to create embroidery stitches, which was easier and simple to be done at a very short time. The students were able to do all the embroidery stitches

using the technique learnt. Mirror work and Kasuthi embroidery techniques using the liners were also demonstrated. The students found this practical workshop very interesting and useful. They were able to complete a variety of designs after the workshop. Students used this technique in a very creative manner to design their own kameez, blouses and wall hangings which was highly appreciated by the resource person.

Expected Outcome: To encourage students to apply the practical knowledge gained during the workshop on embellishing their garments and interiors.





17. Title: Budding entrepreneurs- Sale of food items

Date: 19.10.2022

Objectives: An entrepreneurial sale to put into practice the theory learnt by the students.

Number of Participants: 26

Report: The students of I M.Sc. Food Service Management and Dietetics conducted a food sale, as a part of the “Entrepreneurship” course. The sale took place on the 19th of October 2022 in the Department of Home Science. It was a learning experience for the students which focused on team work, budgeting, competition, standardizing and choosing the best item to be a hit among the student population. The students were divided into 5 groups and each group had 3 food items prepared by them for sale. The variety of food items were sold during the break at the Mason block. A majority of the items were prepared in the lab and were sold hot, which was well appreciated by the staff and students. Overall, the sale went on smoothly and was a learning experience for the students on the various aspects of entrepreneurship.

Expected outcome: To encourage students to apply the theoretical knowledge gained on Entrepreneurship by the students into practice .

BUDDING ENTREPRENEURS'22

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Ku(chi)ken-Rs.45/-



Cajun potatoes-Rs.50/-



Bombay sandwich-Rs.40/-



Rose milk-Rs.30/-

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Time:10am to 10:30am
Venue:Mason block



Chennai, Tamil Nadu, India
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18. Title: Workshop on Sustainable Fashion

Date: 02.03.2023

Objectives: A workshop to create awareness on Fast fashion and its ill effect and to demonstrate techniques of creating wealth from unused garments.

Number of Participants: 30

Report: Ms Preetha R- Resource person for a workshop on Sustainable fashion, organized by the II BA English students in the Department of Home Science on 2nd March 2023. The workshop focused on the impact of fast fashion on students and how sustainable practice could enhance the quality of life. A demonstration and hands on training on the upcycling Jeans to bag and pouches, unused fabric to pouches and ways to enhance the garments by printing and embroidery were carried out during the workshop. Students from various departments participated in the workshop and found it very useful as many held the needle and thread for the first time.

Expected Outcome: To educate the students on Sustainable fashion.

Style in minimal II BA English Shift I in collaboration with the Department of Home Science Shift I WCC

Presents
Workshop on sustainable fashion

Interested in designing?
Sustainable fashion can also be about designing something new out of the most disused garments in your wardrobe .

Sewing
FOR UPCYCLING YOUR CLOTHES THE ESSENTIAL FORMULA IS TO THINK INOVATIVELY AND KNOW BASIC SEWING TECHNIQUES .

Seminar
WILL COVER
1. WHAT IS SUSTAINABLE FASHION
2. HOW ONE CAN IMPLEMENT IT

SESSION HANDLED BY MRS.PREETHA FROM DEPARTMENT OF HOME SCIENCE SHIFT I

Dyeing
HERE YOU WILL BE INTRODUCED TO BASIC DYING TECHNIQUES USING FABRIC PAINTS AVAILABLE AT ANY STATIONARY SHOPS.

#Greenogue
@ HOME SCIENCE TEXTILE LAB 2ND FLOOR
2ND MARCH | 02:00-04:00 PM



19. Title: Seminar on Socio Economic Determinants of a Sustainable Nutrition Care –Plan for India: A Global SDG Viewpoint

Date: 16th November, 2022

No of participants: 260

Report: A seminar on Socio Economic Determinants of a Sustainable Nutrition Care –Plan for India: A Global SDG Viewpoint was conducted by the Centre for Nutrition – Counselling, Research and Extension Activities (CNCREA), Department of Home Science, Women’s Christian College, Chennai on 16th November, 2022 from 11.30 am to 1.30 pm at Bamford Hall, Centenary Building. The program began with a prayer song by the II PG students. Dr. Sheila John, Associate Professor and Head, Department of Home Science (PG programs) welcomed the speakers and the participants and handed over the mementos to the resource persons. The seminar dynamics was presented by Dr. Suneeta Saghayam, Coordinator, CNCREA and Assistant Professor, Department of Home Science.

The inaugural address was given Tmt. R. Vasugi, Chairperson, State Food Commission and a retired IAS officer. She mentioned that the Food Commission was created on Nov 1st, 2016 to implement the National Food Security Act, 2013, thereby aiming to achieve zero hunger which

is Sustainable Development Goal 2. She spoke extensively about her field experience where she helped many vulnerable groups such as transgenders, tribals, people with leprosy etc. to obtain rations cards so that they can access the public distribution system to have food security.

The second speaker was Dr. Chandra Pauline Daniel, Doctoral Program Public Health- Health Policy & Management, New York Medical College, USA. Dr. Pauline gave an overview of the Sustainable Development Goals (SDG) and mentioned that SDG 2 – Zero Hunger and SDG 3 – Good Health and Well-being are relevant to students of Nutrition. She shared her experiences working with minority or vulnerable groups in India and US. She showed India's performances in SDG 2 and 3 compared to the rest of the world and discussed the challenges.

The participants included about 80 final year undergraduate students and 100 post graduate students from Women's Christian College and 80 students from Sri Ramachandra Institute of Higher Education. Faculty from both the institutions also attended.

Significance of the Seminar: The participants who have studied Community Nutrition and Public Health Nutrition were able to listen to practical field experiences from both the speakers translating theory into practice. The students were also made aware of the SDGs and India's performance in the various SDG indicators compared to other countries. The seminar was well received by the participants.

Women's Christian College, CHENNAI
AN AUTONOMOUS INSTITUTION AFFILIATED TO THE UNIVERSITY OF MADRAS
RE-ACCREDITED BY NAAC IN JULY 2019 WITH GRADE 'A'
COLLEGE WITH POTENTIAL FOR EXCELLENCE

CENTRE FOR NUTRITION – COUNSELLING, RESEARCH AND EXTENSION ACTIVITIES (CNCREA)
DEPARTMENT OF HOME SCIENCE

Invites you to a seminar on

SOCIO-ECONOMIC DETERMINANTS OF A SUSTAINABLE NUTRITION CARE - PLAN FOR INDIA: A GLOBAL SDG VIEWPOINT

Date: 16th November, 2022
Venue: Bamford Hall, Centenary Block
Time: 11.30 AM to 1.30 PM
Registration Link :
<https://forms.gle/ZgRdJFR1uxE12q6i8>

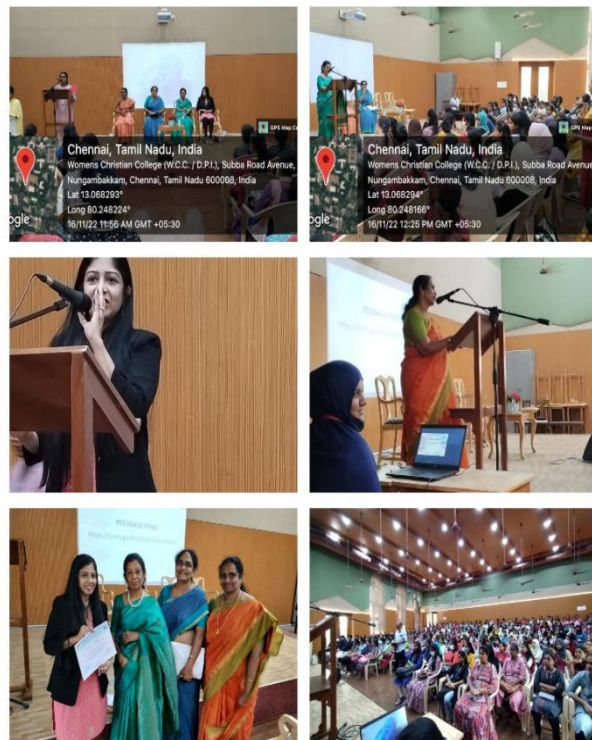
INAUGURAL ADDRESS
Tmt. R. Vasuki, IAS
Chairperson
Tamil Nadu State
Food Commission

RESOURCE PERSON
Dr. Chandra Pauline Daniel
Doctoral Program Public Health-
Health Policy & Management
New York Medical College, USA

ORGANISERS
Dr. Suneeta Saghayam
Assistant Professor
Coordinator, CNCREA

Dr. Sheila John
Head of the Department – PG

Dr. Mary Pramela
Head of the Department – UG



20. Title: Educational tour

Date: 31st January, 2023 to 4th February, 2023

No. of Participants: 59 students accompanied by 3 teachers

Report: An educational tour was organized for the final year B.Sc. Nutrition, Food Service management and Dietetics (General and Vocational stream) students to Munnar, Maraiyoor and Kanthaloore from 31st January, 2023 to 4th February, 2023. From both streams, 59 students accompanied by 3 teachers, Ms. Preetha, Dr. Shajini Judith Diana and Dr. Suneeta Saghayam went on the trip organized and guided by Mr. Niresh from SM Tours and Travels. The students were taken for an industrial visit to a tea factory in Munnar, where they were able to understand the different types of tea processing and preserving techniques, and the different forms in which tea is consumed. They were also taken to jaggery production and lemon grass production units. These were to fulfil the requirements of the course on “Techniques of food preservation.” The students also visited a few other places around Munnar and Kanthaloore. They were also taken for sightseeing to a dam, the famous botanical garden and visited a sandalwood forest. As the trip came to an end the students went shopping for the famous chocolates, spices, and other delicacies of Munnar.



21. Title: National Nutrition Month 2022 - “A Small Step for Health and a Giant Leap for a Healthy Lifestyle”

The month of September is celebrated as the National Nutrition Month (NNM) in India. The Department of Home Science, Women’s Christian college celebrated the National Nutrition month from 1st September 2022 to 30th September 2022. The topic for this this year was “A small step for health and a giant leap for a healthy lifestyle.” The faculties in charge for the Nutrition Month were Dr. V Gowri Ramesh and Dr. Shajini Judith Diana, Associate Professors from the Department.

Dates: Entire Month of September, 2022

Participants: Entire College community comprising of Students from Shift I and II, Faculty and Nonteaching Faculty of WCC, Parents of the Laboratory Nursing School.

Objectives: The focus of the 2022 celebrations was to create awareness on healthy eating, demonstrations of healthy traditional recipes, lifestyle changes pertaining to importance of physical activity, sleep and managing stress levels, conduct of nutrition education programs, and counseling sessions for the entire college community. The messages pertaining to fitness, healthy eating and measurement of body composition parameters were delivered via short skits, presentations, workshops for teaching and non-teaching faculty, and parents of the Nursery school.

Report:

Inauguration of the NNM Celebrations, 2022

The inauguration program was held on the 1st September, 2022, at the clock tower. The program commenced with a welcome speech given by Dr. A Mary Pramela, Head of the department of Home Science under Graduate program and Dr. Sheila John, Head of the department of Home Science Post Graduate program. Dr. Lilian I Jasper, Principal of Women’s Christian College, Chennai, welcomed the gathering and talked about the significance of celebrating the National Nutrition Month. The 2nd year MSc. Home Science students beautifully portrayed the pros and cons of leading a healthy and unhealthy lifestyle in the form of a skit. The skit covered different aspects such as importance of breakfast, consumption of vegetables and fruits, dairy products, healthy eating patterns, My-Plate concept, benefits of exercise, sleep and stress management techniques.

The grand finale for the inaugural program was a formation of the National flag by the PG students in accordance with the celebrations of the 75th year of India’s Independence. The message to the college community was to make India free of non-communicable diseases, and lead a holistic life in terms of physical and mental health, and contributing to the economic growth of the nation. This was followed by a vote of thanks by Dr. Gowri Ramesh, and a brief about the various programs that would be conducted for the college community. Chickpea sundal, a healthy snack, was distributed to about 300 participants who were present at the venue.

The following programs were organized for the college community:

a. Assessment of Nutritional Status for Faculty and nonteaching Faculty

Date: 12th September 2022

This program was carried out on 12th September along with CNCREA, Department of Home Science. The II PG students of the Department were in-charge for the nutritional assessment, which included recording of height, waist-hip ratio, blood pressure, diabetes risk score, and blood glucose levels. Body composition was assessed using the KARADA scan which helped determine the percentage of body fat and skeletal muscle mass. Many teaching and non-teaching staff from various departments of the college participated in this program. Questionnaires were provided to participants to elicit information on demographic details, physical activity, working hours, and family history of diabetes. Non-teaching faculty were assisted by the II PG students. For participants with high diabetes risk score, blood glucose levels were determined using Glucometer. After the assessment, based on their current health status and values from the assessment, willing faculty were counselled by Dr. Gowri Ramesh and Dr. Mary Pramela. All the participants were given a guava fruit as a healthy snack.

b. Food sale- Healthy Millet-based Recipes

Date: 12th September 2022

The students of II M.Sc. Food Service Management and Dietetics conducted a food sale under the guidance of Dr. Annette Beatrice, as part of the Nutrition month celebration. The sale took place on the 12th September 2022, in the Foods Laboratory, Department of Home Science.

The theme of the sale was millet-based simple recipes. The dishes prepared were Thinai (foxtail)Pongal, multi-Millet Dahi Vada, and Multi-Millet semolina Payasam. The recipes were first standardized, and the costs were calculated. A total of 30 servings were made for the thinai (foxtail)Pongal, 32 servings of the Multi-Millet semolina payasam, and 37 servings of the Multi-Millet Dahi Vada.

c. “Shaping Little Minds: A Nutrition Based Approach”

Date: 13th September 2022

This program titled “shaping little minds” was held on September 13, 2022 at Mason block. This program was planned for parents of the nursery school, and began with a prayer song followed by a traditional & energetic dance performance by 3rd year NUC students of the department. The dance performance represented various benefits of consuming traditional foods. Benefits of healthy eating through presentations by the II PG students, and demonstration of healthy snack recipes by the Ph.D scholars of the department were the highlight of the program. Parents were also given healthy snacks, and were informed about their nutritional values and the need to promote these in their children’s diet. Healthy snacks and food items

were also displayed during the program.

d. Assembly Program

Date: 22nd September 2022

An assembly program as part of the National Nutrition Month was held on September 22nd, 2022 in the Lucy Peabody auditorium. Dr. Usha Sriram, an eminent endocrinologist, was the speaker for the assembly program. Her talk on “PCOS” busting myths, misconceptions, and misinformation, was well received by the entire student body of Shift I.

This was followed by a performance on Staying Fit by the II PG students. Concepts enacted were Benefits of yoga, Healthy Eating habits, demonstration of physical fitness activities & exercise, Benefits of playing outdoor games, Importance of household activities, and Zumba. The entire gathering cheered with great zeal and enthusiasm. Finally, the program ended with a formation showing “STAY FIT”, where the students sat in positions holding pompoms. The main aim of this act was to impart the benefits of physical activity in everyday life to stay healthy and fit.

e. Demonstration of Traditional Recipes

Dr. Shareefa Talha, Retired Professor from JBAS college, Chennai, demonstrated a few healthy recipes for the teaching and nonteaching faculty. Recipes such as a coriander-lime-ginger digestive concoction, steamed red rice kozhakatai, and a sweet aval was demonstrated and distributed to the members present.

f. Zumba for Teaching and Nonteaching faculty

An awareness program on being fit was arranged for the faculty to promote physical activity in a fun way. This was demonstrated by Mr. Uma Shankar, Fitness trainer from Get Jazz Studio. A healthy snack-Sundal was distributed to all the participants after the program.

g. Flash Mob

The III NUT and NUC students performed a flash mob near Mason Block and the Clock Tower to reinstate the benefits of healthy eating and staying fit. This was performed by way of traditional and modern dance forms.

h. Fitness Walk

A fitness walk was organized across the college by the organizers, where the I UG and PG students walked around the campus carrying Placards on Healthy eating and Benefits of Staying Fit.

Valedictory function

Date: 26th September 2022

The valedictory program was held on September 26, 2022, at Bertha Corfield Hall in the Centenary Block.

The Guest of honour was Ms. B. Srilakshmi, a retired professor and an author of three books, whose generous contribution towards the National Nutrition Month made all the celebrations possible. The chief guest was Mr. Sridhar Ranganathan, Co-founder & CEO of HELYXON healthcare solution in association with IIT Madras, Chennai, and Co-founder of Jokes apart. Mr. Sridhar Ranganathan's talk titled "Limited edition" covered the most needed topic of the hour, "stress". Mr. Sridhar shared many true facts about stress management and through his speech he beautifully unwrapped the threads of stress and gave the audience the gift of taking things lightly without being stressed.

This was followed by the prize distribution, where the winners of National nutrition month competitions were given prizes by Ms. B. Srilakshmi. After the prize distribution ceremony, one of the PG students read out a beautiful Tamil article about Ms. B. Srilakshmi. The article was projected and the host read it aloud for the audience to know about the Nutritional Journey of Ms. B. Srilakshmi. The key message from the article was to "ask questions smartly" to get the best output. Followed by this, the guest of honour Ms. B. Srilakshmi enlightened the gathering with her thoughts and words of experience. The students also had the privilege of interacting, and the best questions were chosen and 3 students got surprising gifts from the guest of honour.

List of Competitions

The competitions were open to students of Women's Christian College on the theme *A small step for "Health" and a giant leap for a "Healthy Lifestyle"* from 06/09/2022 to 09/09/2022.

1. **Cookery competitions** were held on 06/09/2022 on the theme **Traditional Healthy Snacks**. Many students from different departments enthusiastically participated in this competition with creative preparation of tasty snacks. All the snacks that were displayed in the foods lab had the ingredients used, the method of preparation and the health benefits of the prepared snacks. The recipes prepared showcased a wide range of healthy snacks.
2. **Slogan writing competition** was conducted on account of the National Nutrition week. The slogans were unique and also captivating.
3. **Collage designing competitions** was also held as a part of Nutrition Week. All the creativity of the students was displayed in the form of collage in the department of Home science. All the collages were handmade as per the rules of the competitions which added to the visual pleasure, as it was colorful and the selection of pictures were also good.

4. **Video making competition** was another highlight of this year's Nutrition week celebration. All the submissions were made online and were sent to the designated mail for judging. The video submitted was custom made by students and it reflected the digital and technical skills of the students.

Outcome: National Nutrition Month of the Department of Home Science was inaugurated at the Clock Tower venue- a tradition of the Department to ring in the celebrations. Competitions such as cooking traditional healthy recipes, collage making and slogan writing were organized for students belonging to all the departments. Flash mobs were performed by the students to demonstrate different dance forms to “stay fit and eat healthy”. Eminent resource persons were invited for workshops and lectures for the students of the department, teaching and non-teaching faculty of the college, and for the student population of the college. A sale of health foods prepared by the students of the department, and by the members of the Nutrition Science Club (Alumni of the department) was organized during the month-long celebrations to promote consumption of healthy snacks.

The grand finale was a talk by Dr. Usha Sriram, an eminent Endocrinologist, for the entire student population of Shift I during the Assembly hour. The valedictory program included a talk on management of stress by Mr. Sridhar Ranganathan, a health care professional, and distribution of prizes by Mrs. Srilakshmi, an eminent academician and author of several Nutrition books.

In a nutshell the National Nutrition Week celebration was a grand success. All programs for the college community saw an overwhelming response and a fantastic participation from the students and staff of the Department of Home Science.

Inauguration- 1st September, 2022



Workshop on Nutrigenetics by Dr. Vimal Karani



Assessment of Body Composition Parameters for Teaching and non-teaching parameters





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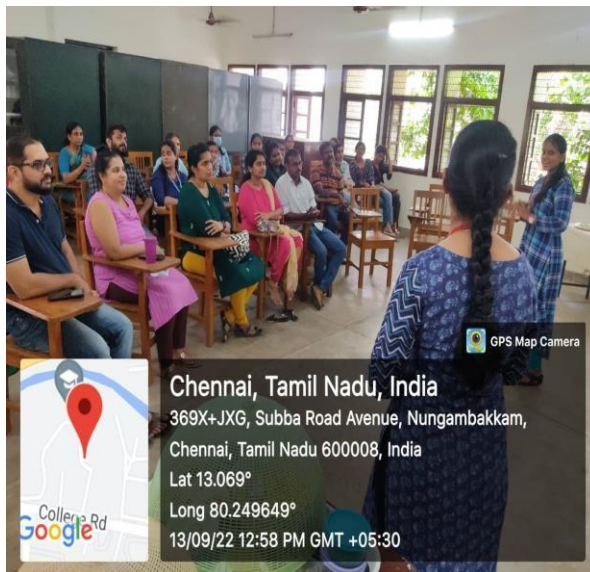
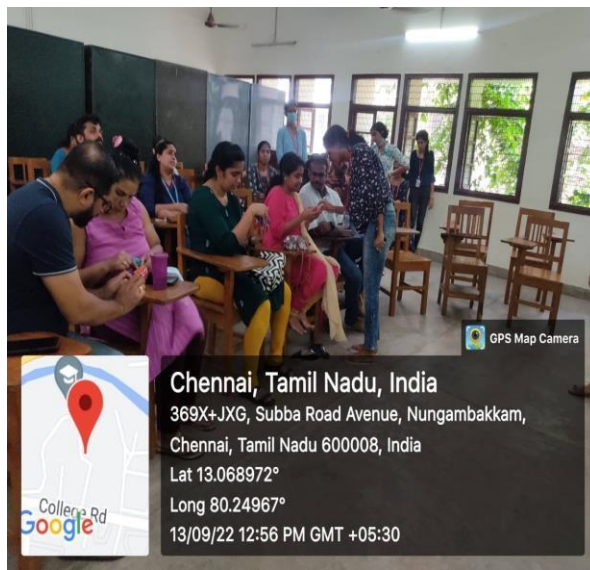
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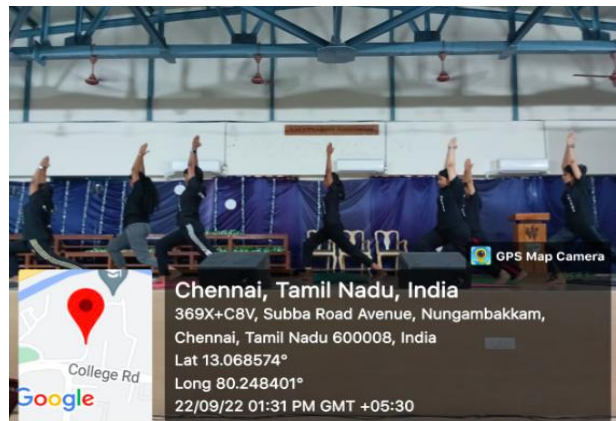




A talk on Stress Management



Competitions for Students



22. Title: 'Planning and Display of Millet Based Recipes for Therapeutic Conditions'

Date: 20.03.2023

Place: Department of Home Science, Women's Christian College, Chennai

Number of Participants: 60

Objectives

- 1) To create awareness on the health benefits of different types of millets and inclusion of millet recipes for therapeutic purposes
- 2) To plan breakfast, Lunch, snacks and dinner made of millets for specific therapeutic conditions and display of the items prepared.
- 3) To calculate the nutritive value per serving of the item prepared and its health benefits for the specific therapeutic condition.

Report

The final year Undergraduate students of the Department of Home Science (Vocational stream) were involved in the Planning, preparation and display of Millet based recipes for various therapeutic conditions. The preparation and display of the millet recipes was done on March 20th, 2023 as part of the celebrations to commemorate the International Year of Millets. The therapeutic conditions for which breakfast, lunch, snacks and dinner menu were prepared included Obesity, Celiac disease, hypertension, CHD and diabetes

mellitus. This was held in the Foods Lab of the Department of Home Science (Mason Block), WCC. The students prepared recipes made of Ragi, Jowar, Samai, Varagu, foxtail millet, Pearl millet and barnyard millet. The nutritive value of the items prepared per serving was calculated and the reason for choosing the specific millet for the therapeutic condition was displayed. The students explained the need and health benefits of various millets which can be incorporated in the diet of patients. Some of the food items prepared by the students using millets included the following:

Breakfast items: Ragi chapathi ,Jowar uthappam,Varagu Kichadi

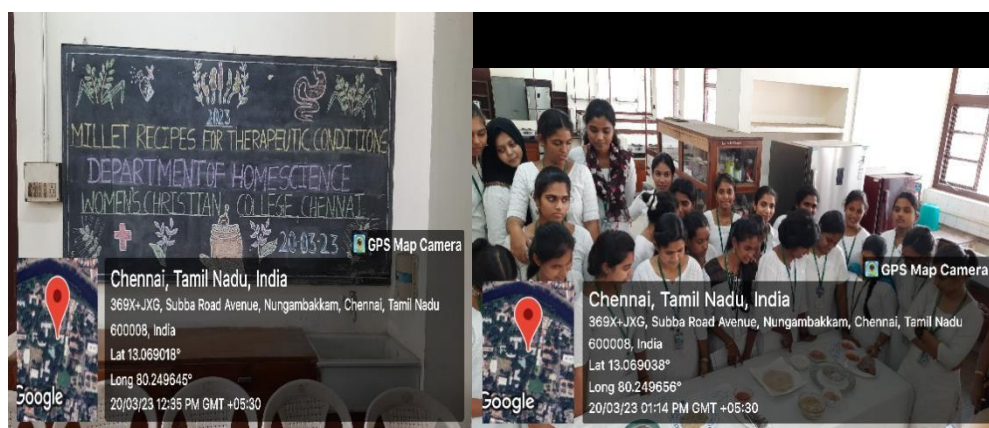
Lunch: Barnyard millet bisibellabath ,Samai pulav

Snacks:Ragi kozhukatai, ragi kuzhipaniyaram, ragi momos

Dinner : Ragi Idiyappam, Ragi Adai and Jowar roti

The prepared food items were displayed for the student community of the college and the importance of using millets as part of a healthy diet was emphasized.

Expected outcome: The students learned to incorporate millets when planning diets for therapeutic conditions. The health benefits of millets and recipes that can be prepared using millets was also explored.



23. Report on the Food Safety Training offered to the food handlers on campus

Objective: A Food Safety Training was offered to the food handlers of the Food outlets on campus to create awareness on safe food handling practices and comply with the safety protocols laid down by FSSAI. The program was planned and executed by the III B.Sc. Nutrition, Food Service Management and Dietetics (Vocational Stream) Class as an experiential learning component of the Food Service management course

Date and Time: the Food Safety Training was organised in R:No :22 of the Mason Block on 5th April 2023 between 1:30 and 2:30 p.m.

Outcome: Eleven food handlers from seven food service units on campus attended the training programme. The students presented Tips on Personal Hygiene and personal

habits of Food handlers, safe food handling practices, handwashing, environmental hygiene and hygiene of equipment and safe methods for managing wastes and pests. The program was conducted in bilingual mode using a power point presentation, roleplay, mime and interactive quiz and Q and A. The training was based on gaps identified in food safety and hygiene based on a preliminary survey conducted in all the outlets using the template provided by FSSAI. The program helped create awareness on food safety and hygiene to the Food handlers. The program was an experiential learning experience for students who were able to apply concepts learnt in doing a baseline survey and conduct a training program.



24. Report on the Quantity Food Sale Project

Objective: A Food Sale project was organised by the II M.Sc Food Service Management and Dietetics class and the III B.Sc. Nutrition, Food Service Management and Dietetics Classes a. The II M.Sc students apply concepts of Human Resource management in managing the III B.Sc class in conducting a food sale. The project is a requirement of the Human resource Management and Management of Food Services courses.

Date and Time: The Food Sale Project Titled ‘The great Indian Kitchen’ was conducted on 23rd March 2023 outside the Mason Block during the break 10:00 to 10:20 a.m. and from 12:00 to 3:00 p.m.

Outcome: The undergraduate learnt to apply principles of Quantity Food Production, costing, Standardisation of recipes and stepping up of recipes in a practical setting. The post graduate students were able to learn financial management, pricing, apply the principles of management, Functions and tools of management, manage change and conflict, use motivational strategies in managing human resources for the food sale. The students were able to cost the dishes and price it effectively and make a profit of Rs.10,000 which was paid into the College account for use by the Department.

