



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI
(A Project of Sri Marudhar Kesari Jain Trust)



Recognized u/s 2(f) & 12(B) of UGC Act 1956 Permanently Affiliated to Thiruvalluvar University
Re-Accredited with "A" Grade by NAAC (3rd Cycle) An ISO21001:2018(EOMS) Certified Institution
Supported by DST-FIST

EXPLORING INTERMITTENT FASTING AND ITS IMPACT ON HUMAN METABOLISM

08-08-2024

INVITATION

ABOUT THE COLLEGE

M.M.E.S. Women's Arts & Science College had inception in the year 2007. The mission of the college is to train young women for the cause of the growth in the various field and individual transformation to fit in to the challenging times and to build the edifice of character through human values.

The College aims to generate the potentials of young women to attain a position of leadership and excellence to transform the society with quality and innovation.

ABOUT THE DEPARTMENT

The Department of Nutrition, Food Service Management & Dietetics was started in the year 2018. Currently offers B.Sc., and M.Sc. This program is multidisciplinary in nature. The main purpose of this course is empowering women by inculcating skills and knowledge required for a Holistic Healthy Lifestyle. Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease.

The Department of Interior Design and Decor was started in the year 2015. Currently offers B.Sc., and M.Sc., Interior Design & Decor. The Department prepares the students to become well qualified interior designers and decorators as well as to make them realize their ethical, legal, social and professional responsibilities and focus their view on research and innovation in modern design.

ABOUT THE SEMINAR

Interior design can promote healthier eating by creating efficient kitchen layouts for easier meal preparation and inviting dining areas for mindful eating. The use of specific colours and lighting enhances the appeal of nutritious foods, while strategic storage solutions make healthy options more accessible. Incorporating indoor gardens encourages fresh produce consumption, and educational displays can support better nutrition choices. Through these design elements, interior spaces can significantly support a healthier lifestyle.

RESOURCE PERSON

SESSION-1

TOPIC: "Exploring Intermittent Fasting and its Impact on Human Metabolism."

Mrs. Shahida Shamsuddeen,
Lecturer, Department of Clinical Nutrition,
College of Applied Medical Sciences,
University of Hail, Hail,
Saudi Arabia.



SESSION-2

TOPIC: "Designing Interior Spaces to Enhance Health and Wellness".

Prof. Asha Jyothi U H
Principal
Government Home Science College for Women, Holenarsipura
Hassan District.
Karnataka.

EVENT

POSTER PRESENTATION

❖ **IMPROVING NUTRITION THROUGH INTERIOR DESIGN**

PROTOCOLS:

- 3 students per team for poster presentation.
- Participants should possess the ID Card.
- All text material should be legible from about 4 feet away.



Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.



Dept of F&N: nutritionfsmmmes@gmail.com

Dept of IDD: interiordesignersmmes@gmail.com

REGISTRATION DETAILS:

PARTICIPANT FEE: Rs.200

REGISTRATION LINK:

<https://forms.gle/zUjBSVDp72Zu2E89>



CONTACT US:

Mrs. V. Fathima Thashin, M.Sc., - 8667884026

Mrs. U. Varalakshmi, M.Sc., - 8870350613

AGENDA:

- | | |
|------------------------|---------------------|
| 1. REGISTRATION | : 10.00am - 10.30am |
| 2. INAUGURATION | : 10.30am-10.45am |
| 3. SESSION I | : 11.00am-12.00pm |
| 4. POSTER PRESENTATION | : 12.00pm-12.30pm |
| 5. LUNCH | : 12.30pm-1.30pm |
| 6. SESSION II | : 1.30pm-2.30pm |
| 7. VALEDICTION | : 2.30pm-3.30pm |

CHIEF PATRONS

Alijanab. Haji. Dr. S. Ziauddeen Ahmed
General Secretary

Alijanab. Haji. Dr. K. Anees Ahmed
Secretary & Correspondent

CONVENOR

Dr. G. Najeeb Ahmed, M.Sc., M.Phil., Ph.D.,
Executive Committee member

CHAIR PERSON

Dr. Freda Gnanaselvam, MBA., M.M.M. M.Phil., Ph.D.
Principal

Dr. SasiReka, M.Com., M.Phil., Ph.D.
Vice Principal & IQAC Director

ORGANIZING COMMITTEE

Mrs. V. Vasodha, M.Sc., M.Phil., NET.,
Head, Department of Interior Design & Decor

Mrs. B. Anbarasi, M.Sc., M.Phil., NET.,
Head, Department of Foods & Nutrition

CO-ORDINATORS

Mrs. V. Fathima Thashin, M.Sc.,
Ms. N. Aarthi, B.E.,
Mrs. J. Dhanalakshmi, M.Sc., M.Phil., B.Ed.,
Ms. R. Monica, M.Sc.,
Mrs. U. Varalakshmi, M.Sc.,
Mrs. J. Gowriya, M.Sc., M.Phil.,
Ms. J. Amrin Taj, M.Sc.,
Ms. S. Pavithra, M.Sc.,
Ms. B. Pavithra, M.Sc.,
Mrs. S. Parveen, B.Sc.,
Ms. K. Sadiya Amrin, B.A.,

M.M.E.S. Women's Arts And Science College

Accredited by NAAC with B+ Grade, CGPA 2.74/4



(Affiliated To Thiruvalluvar University)

Hakeem Nagar, Melvisharam-632509.



**Department of Foods and Nutrition,
Interior Design and Decor & IQAC**

Organizes

**International Seminar On
"Improving Nutrition Through
Interior Design"**

Date: 08.08.2024

Venue: MMES Auditorium

**Dr. M. INBAVALU, M.Sc., MCA, M.Phil., Ph.D.,
PRINCIPAL**

**Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.**



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REPORT



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)
VANIYAMBADI**



M.M.E.S ARTS AND SCIENCE COLLEGE ARCOT, VELLORE

08.08.2024

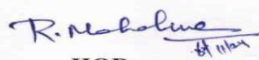
REPORT

PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION

The students (9) and faculty member (1) of PG and Research Department of Foods and Nutrition actively participated in the M.M.E.S Arts and Science College Arcot, Vellore on 08.08.2024

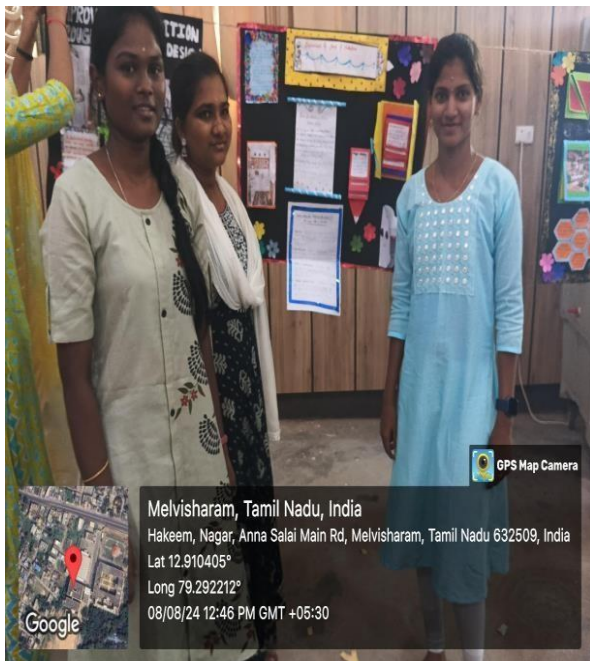
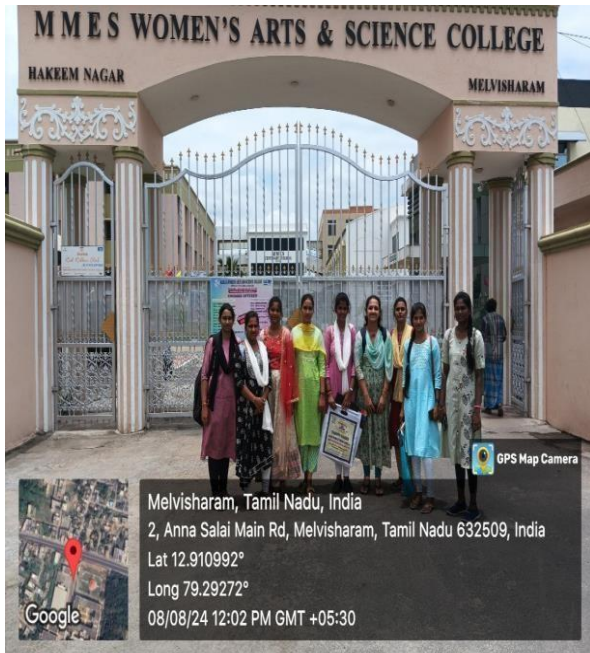
Our students displayed various poster for presentation. The display was visualized and appreciated by our Honorable Guests along with other delegates.


Our students had a great day interacting with the guest and Three students won Third prize.


HOD


PRINCIPAL
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PHOTOS-08-08-2024




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Vaniyambadi - 635 751.