MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(AUTONOMOUS)

VANIYAMBADI, TIRUPATTUR DT – 635 751

- Recognized u/s 2(f) & 12(B) of UGC Act 1956
- Permanently Affiliated to Thiruvalluvar University
- Supported by DST - FIST | DBT STAR College Scheme

PG & Research Department of Foods and Nutrition & IKS Cell
Collaborates with ICDS (Integrated Child Development Service Scheme)

Organizes

NATIONAL NUTRITION MONTH 2K26

Celebration & Competition

Theme – "Discover the Power of Nutrition"

Supported by

DBT STAR COLLEGE SCHEME

Nutritious Food Display based on the five proposed themes of Rashtriya Poshan Maah 2026

- Dietary Diversity & Adequate Protein
- Fresh Hot Cooked Meals (HCM) at Anganwadi Centres
- Community Ownership & Accountability
- Nutrition and Early Stimulation & Education for Childhood Development
- Pradhan Mantri Matru Vandana Yojana (PMMVY) : Cash transfers for maternal health

Date : 07.10.2026 | **Time : 9.30 am** | **Venue : Swami Vivekananda Auditorium**

CHIEF GUEST



Thiru. V. Nallasivan, I.A.S
District Collector
Tirupattur

SPECIAL GUEST



Dr. V. Vikramkumar
Govt. Siddha Physician
Andiappanur, Tirupattur

PRINCIPAL
Marudhar Kesari Jain College for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

Sri. V. Dilip Kumar Jain	Sri. Anand Singhvi	Dr. M. Jayavani	Dr. M. Gomathi	Ms. R. Mahalakshmi
President	Secretary	Principal	DBT STAR College Coordinator	Head

திருப்பத்தூர் மாவட்டம்
ஒருங்கிணைந்த குழந்தை வளர்ச்சிப் பணிகள் திட்டம்
தேசிய ஊட்டச்சத்து மாத விழா – போஷன் மா 2026

இடம் : மருதர் கேசரி ஜெயின் கல்லூரி, வாணியம்பாடி.

நாள் : 07.10.2026 **நேரம்:** 09.30 AM

நிகழ்ச்சி நிரல்

தமிழ்த்தாய் வாழ்த்து	:	
குத்து விளக்கு ஏற்றுதல்	:	
வரவேற்புரை	:	திரு.**பா. கந்தன்**, M.Com.,B.Ed.,M.Phil., மாவட்ட திட்ட அலுவலர், ஒருங்கிணைந்த குழந்தை வளர்ச்சிப் பணிகள் திட்டம் (iCDS), திருப்பத்தூர் மாவட்டம்.
சிறப்பு செய்தல்		**மருதர் கேசரி ஜெயின் மகளிர் கல்லூரி நிர்வாகத்தினர்.**
முன்னிலை உரை	:	முனைவர் **ம. இன்பவள்ளி.**, M.Sc., MCA., M.Phil., Ph.D., முதல்வர், மருதர் கேசரி ஜெயின் மகளிர் கல்லூரி(தன்னாட்சி), வாணியம்பாடி.
தலைமை உரை	:	திரு.**வி. நல்லசிவன்**, இ.ஆ.ப., அவர்கள். மாவட்ட ஆட்சி தலைவர், திருப்பத்தூர்.
திட்ட விளக்கவுரை	:	மருத்துவர். **வி.விக்ரம் குமார்,** BSMS., சித்த மருத்துவர். வளர் இளம் பெண்களுக்கு ஊட்டச்சத்து பற்றிய விழிப்புணர்வு, பாரம்பரிய உணவு மற்றும் சித்த மருத்துவம் பற்றிய விழிப்புணர்வு.
நன்றியுரை	:	திருமதி. **பா.மாலினி** B.Sc., MSW குழந்தை வளர்ச்சி திட்ட அலுவலர்,(பொ), ஆலங்காயம் வட்டாரம்
நாட்டுப்பண்.		

PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

Activity Report

"National Nutrition Month 2K26 Celebration and Competition"

Theme-"Discover the Power of Nutrition"

Input

The PG & Research Department of Foods and Nutrition and the IKS Cell of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, in collaboration with the Integrated Child Development Services (ICDS), Tirupattur District, organized the **National Nutrition Month 2026 Celebration and Competition** on 07.10.2026 at 9:30 AM in the Swami Vivekananda Auditorium. The programme was supported by the DBT STAR College Scheme.The event was organized under the theme **"Discover the Power of Nutrition"**, with the objective of creating awareness about balanced nutrition, dietary diversity, maternal health, child development and community participation in improving nutritional status. \A total of 139 students participated in the programme, along with ICDS officials and Anganwadi Workers (AWWs) from seven blocks of Tirupattur District.

Objectives of the Programme

- To create awareness about balanced nutrition, healthy eating habits and the importance of dietary diversity.
- To promote adequate protein intake and prevent malnutrition among women and children.
- To highlight the importance of fresh, nutritious, hot-cooked meals at Anganwadi Centres.
- To create awareness about maternal and child nutrition, early childhood development and the PMMVY scheme.
- To strengthen collaboration among students, ICDS officials and Anganwadi Workers (AWWs) to promote community nutrition awareness.

Process

The PG & Research Department of Foods and Nutrition and the IKS Cell of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi in collaboration with the Integrated Child Development Services (ICDS), Tirupattur District with the support of the DBT STAR College Scheme, organized the National Nutrition Month 2026 Celebration and Competition on 07.10.2026 at the Swami Vivekananda Auditorium. The programme was

conducted under the theme "Discover the Power of Nutrition" to promote awareness of balanced nutrition, dietary diversity, traditional foods, maternal and child health, and healthy eating practices.

1. Inauguration and Dignitaries:

The programme commenced with the arrival of the Chief Guest, **Tmt. V. Nallasivan, I.A.S., District Collector, Tirupattur District,** who inaugurated the event by lighting the traditional kuthuvilakku. The welcome address was delivered **by Thiru P. Kandhan, M.Com., B.Ed., M.Phil., District Programme Officer, ICDS, Tirupattur District**. The presidential address was delivered by **Dr. M. Inbavalli, M.Sc., MCA., M.Phil., Ph.D., Principal, Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi**. The Special Guest, **Dr. V. Vikram Kumar, MBBS., Siddha Physician,** delivered an informative address on the importance of traditional foods and Siddha medicine in promoting health and well-being. He emphasized traditional food practices, locally available ingredients, balanced nutrition and healthy eating habits in supporting overall health and preventing nutritional deficiencies.

2. Programme Activities

A major highlight of the programme was the traditional food display organized by students representing five Indian states: Tamil Nadu, Andhra Pradesh, Karnataka, Punjab and Kerala. Each state was represented by a group of 10 students, involving a total of 50 students. The students showcased traditional and culturally significant foods from their respective states and explained their nutritional value, health benefits and importance in a balanced diet. The display highlighted India's rich culinary heritage, regional dietary diversity and the importance of incorporating traditional foods into daily meals.

Anganwadi Workers (AWWs) also actively participated in the nutritious food display, presenting a variety of foods and explaining their nutritional significance. Their displays emphasized balanced diets, dietary diversity, locally available ingredients and traditional food practices, particularly in relation to maternal and child health. They also presented colourful Rangoli designs conveying messages about nutrition, healthy eating habits and nutritional well-being. These activities highlighted the role of Anganwadi Centres in promoting healthy dietary practices and community nutrition awareness.

The Chief Guest, Tmt. V. Nallasivan, I.A.S., District Collector, Tirupattur District, visited the food displays presented by the students and Anganwadi Workers. During the visit, she interacted with the students, appreciated their efforts and spoke about the importance of balanced nutrition, dietary diversity and healthy eating habits. She emphasized the role of

nutritious traditional foods in promoting overall health, preventing nutritional deficiencies and supporting the well-being of children, adolescent girls and women.

The programme also featured a Fireless Cooking Competition for students, encouraging creativity and the preparation of nutritious foods without the use of fire. Students prepared healthy and attractive dishes using fresh fruits, vegetables, millets and other nutritious ingredients. They explained the ingredients used, nutritional benefits and importance of their dishes in a balanced diet. The activity emphasized healthy food choices, food safety, nutrient preservation and the practical application of nutrition knowledge while developing students' culinary skills and creativity.

The celebration incorporated five key nutrition-related themes: Dietary Diversity and Adequate Protein; Fresh Hot-Cooked Meals at Anganwadi Centres; Community Ownership and Accountability; Nutrition, Early Stimulation and Education for Childhood Development; and the Pradhan Mantri Matru Vandana Yojana (PMMVY). These themes highlighted the importance of consuming a variety of nutritious foods, ensuring adequate protein intake, providing nutritious meals at Anganwadi Centres, encouraging community participation and supporting maternal and child health. Additional awareness activities focused on adolescent girls' nutrition, traditional foods and Siddha medicine.

3. Participation and Outcomes

A total of 139 students participated in the programme, along with ICDS officials and Anganwadi Workers. The programme's measurable outputs included participation by 139 students, representation of five Indian states through the traditional food display, direct involvement of 50 students in the state-wise presentation and the incorporation of five major nutrition-related themes. The food displays and fireless cooking activity provided opportunities for participants to demonstrate their knowledge, creativity and understanding of nutrition. The involvement of ICDS officials and Anganwadi Workers strengthened collaboration between the college and community-level nutrition services.

4. Certificate and Shield Distribution

At the conclusion of the programme, certificates were distributed to all participants, and shields were presented by the Chief Guest, Tmt. V. Nallasivan, I.A.S., District Collector, Tirupattur District, in recognition of their participation and contributions. This recognition encouraged students and Anganwadi Workers to continue their involvement in nutrition awareness activities and community health initiatives.

The programme concluded with the vote of thanks delivered by Tmt. P. Malini, B.Sc., MSW, Child Development Project Officer (In-charge), Alangayam Block, who expressed gratitude

4. Promoted community nutrition awareness through Anganwadi food displays and Rangoli presentations.
5. Strengthened collaboration between the college, ICDS officials and Anganwadi Workers, supporting maternal and child health awareness.

The activity successfully enhanced students' awareness of balanced nutrition, dietary diversity, traditional foods and healthy eating practices. It strengthened their practical nutritional knowledge, creativity, communication and teamwork through traditional food displays and fireless cooking activities. The programme also promoted community nutrition awareness and interdisciplinary learning through collaboration with ICDS officials and Anganwadi Workers, aligning with the objectives of the DBT STAR College Scheme

27/10/26

Head of the Department

DBT Star College Coordinator &Dean, SLS

IQAC Director

Principal

PRINCIPAL
Marudhar Kesari Jain College for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

MARUDHAR KESARI JAIN
College for Women (Autonomous), Vaniyambadi

33 Years of Educational Excellence...

Topic: National Nutrition Month Celebration and Competition 2K26

Date: 07.10.2026

Organized by: PG & Research Department of Foods and Nutrition & IKS Cell

Collaborates with ICDS

Venue: Swami Vivekananda Auditorium





PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District





26/10/26

HOD

DBT STAR Co-ordinator & Dean,SLS

27/10/2026

IQAC Director

Principal

PRINCIPAL
Marudhar Kesari Jain College for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District