



## MARUDHAR KESARI JAIN COLLEGE FOR WOMEN 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 (3<sup>rd</sup> Cycle) An ISO 9001:2015 Certified Institution



DEPARTMENT OF NUTRITION, FSM & DIETETICS

ORGANIZES

WORLD HEALTH DAY 07.04.2022

INVITATION

**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
(A Project of Sri Marudhar Kesari Jain Trust)  
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Marudhar Nagar, Chinnakallupalli, Vaniyambadi-635 751

**PG DEPARTMENT OF FOODS & NUTRITION**  
Invites you to Exhibition  
on  
**NUTRITION THROUGH LIFE CYCLE**  
on the account of  
**"WORLD HEALTH DAY"**  
**Date: 7.04.2022**  
**Timing: 10:30 am**  
**Venue: Auditorium**

**Sri. C. Lickmichand Jain** Secretary  
**Dr. M. Inbavalli** Principal  
**Ms.R.Mahalakshmi** HOD & Convenor

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



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### AGENDA

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### PG DEPARTMENT OF FOODS & NUTRITION

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**NUTRITION THROUGH LIFE CYCLE**  
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**"WORLD HEALTH DAY"**  
**7.04.2022**  
**AGENDA**


**Welcome Address:** Ms.M.Yashitha , II M.Sc ,  
Department of Foods and Nutriton,  
MKJC

**Felicitation:** Dr.M.Inbavalli  
Principal  
MKJC

**Speech:** Ms.Uneza Iffath  
III B.Sc ,  
Department of Nutrition,FSM & Dietetics,  
MKJC

**Singing:** Department Choir  
MKJC

**Vote of Thanks:** Ms.T.Rakshika , I M.Sc ,  
Department of Foods and Nutriton,  
MKJC

  
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**DEPARTMENT OF NUTRITION, FSM & DIETETICS**

**WORLD HEALTH DAY ON 07.04.2022**

**REPORT**

Marudhar Kesari Jain College for Women, Vaniyambadi, on account of **WORLD HEALTHDAY** PG Department of Foods and Nutrition organized a food exhibition on "**NUTRITION THROUGH LIFE CYCLE**" on **07.04.2022**. The Program started with invocation of prayer followed by welcome address delivered by **Ms. M. Yashitha**, II Year M.Sc., Foods and Nutrition and Felicitation of the gathering was given by **Dr. M. Inbavalli, Principal, and MKJC**. A Speech on World Health Day was given by **Ms. Uneza Iffath**, III Year B.Sc., Nutrition, Food Service Management and Dietetics which focuses global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create society focused on well-being. **Ms. G. Priscilla**, Assistant Professor, PG Department of Foods and Nutrition have delivered talk on Prevention and management of life style diseases to emphasis the importance of nutrition in health and development. She enriched the participants with how the food system influences our health system to lead disease free life, followed by motivational song by our department choir on Healthy Food Vs Junk Foods. Exhibition was held on the topic "Nutrition through life cycle and menu samples were displayed for different age groups".

**GROUP I: INFANCY (0 to 2 years)** headed by **Ms. T. Rakshika**, I Year M.Sc., Foods and Nutrition, she spoke about proper feeding method in the first three years of life and its important role in lowering morbidity and mortality, reducing the risk of chronic disease throughout their life span, and promoting regular mental and physical development.

*R. Mahalingam*

HEAD OF THE DEPARTMENT

*M. Inbavalli*  
**PRINCIPAL**  
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**GROUP II: PRE SCHOOL-CHILDREN (4 TO 6 YEARS) headed by Ms. V.**

**Jasmine Esther Rani**, I Year M.Sc., Foods and Nutrition explained the important benefits of childhood nutrition that it helps in building immunity against various infectious diseases, ensures proper development of brain and other vital organs and improves a child's activity level and cognitive functioning.

**GROUP III: SCHOOL GOING CHILDREN (6 TO 12 YEARS) headed by**

**Ms. U. Shalini**, I Year M.Sc., Foods and Nutrition, she emphasized that healthy food and nutrition should be a high priority on every parent agenda because of the positive effect on child well-being as healthy food and improved nutrition improves learning ability, leading to better academic performance.

**GROUP IV: ADOLESCENCE (13 TO 18 YEARS) headed by Ms. A.**

**Kanimozhi**, I Year M.Sc., Foods and Nutrition, stated that healthy eating during adolescence is important as body changes during this time affect an individual's nutritional and dietary needs. Teens are becoming more independent and making many food decisions on their own. Many teens have a growth spurt and an increase in appetite and need healthy foods to meet their needs.

**GROUP V: PREGNANCY** - headed by **Ms. S.Rishandhini**, I Year M.Sc., Foods and Nutrition, insisted that eating a nutritious diet during pregnancy is linked to good brain development and a healthy birth weight, and can reduce the risk of many birth defects. A balanced diet will also reduce the risks of anemia, as well as other unpleasant pregnancy



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**GROUP VI: LACTATION** - headed by **Ms. B. Monisha**, I Year M.Sc., Foods and Nutrition, explained that during breastfeeding, it is very important for a mother to pay attention to the intake of nutrients that enter her body. Not only does it support physical health, nutrition for breastfeeding mothers which also supports the production of breast milk, which has a vital role in the baby's growth and development.

**GROUP VII: ADULTHOOD** - headed by **Ms. S. Saayema Shahim**, I Year M.Sc., Foods and Nutrition focused on importance of good nutrition. It gives you energy and can help to control weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

**GROUP VIII: OLD AGE** - headed by **Ms. K. Loga Sri**, I Year M.Sc., Foods and Nutrition talked about adequate nutrition, especially in older age, that aids in the maintenance of health and in decreasing the onset of chronic diseases, contributes to vitality in everyday activity, to energy and mood and helps in maintaining functional independence.

All staffs and 200 students of various departments of our college visited the exhibition and gained knowledge on proper nutrition that promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and wellbeing. A verbal gratitude was delivered by **Ms. T. Rakshika**, I M.Sc., Foods and Nutrition, followed by the program was successfully completed with National Anthem.




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PHOTOS



Peddakallupalli, Tamil Nadu, India  
JJQ3+GMP, Peddakallupalli, Tamil Nadu 635751, India  
Lat 12.63903°  
Long 78.604251°  
07/04/22 11:19 AM GMT +05:30



*M. N. N.*  
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