



**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 21001:2018 Certified Institution



**PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION**  
**ORGANIZES**

**NATIONAL NUTRITION MONTH – HEALTHY DIET- AFFORDABLE FOR ALL**  
**27/09/2023 & 29/09/2023**

**INVITATION**



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**  
**VANIYAMBADI**



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**PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION**  
**IN ASSOCIATION WITH ICDS**

**CELEBRATES**

**NATIONAL NUTRITION MONTH 2023**

**THEME: HEALTHY DIET - AFFORDABLE FOR ALL**

**" NUTRITIONAL FOOD MELA AND GUEST LECTURE "**



**DR. V. VIKRAMKUMAR, M.D (S)**  
**Government Siddha Physician**  
**Andiappanur, Tirupattur**



**Mr. R. SENTHIL KUMAR**  
**District Programme Officer**  
**ICDS, Tirupattur**



**Ms. R. SELVI**  
**Child Development Project Officer**  
**Kandhili Block**

**VENUE: COLLEGE CAMPUS & NEW SEMINAR HALL**

**DATE: 27/09/2023 & 29/09/2023**

**TIME: 10.00 am**

**ALL ARE CORDIALLY INVITED !!!**

**Sri.C.Lickmichand Jain**  
**Secretary**

**Dr.M.Inbavalli**  
**Principal**

**Ms. R. Mahalakshmi**  
**Head of the Department**

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



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**AGENDA**



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**PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION**  
**IN ASSOCIATION WITH ICDS**

**Celebrates**

**NATIONAL NUTRITION MONTH- 2023**

**Theme: HEALTHY DIET - AFFORDABLE FOR ALL**

**" NUTRITIONAL FOOD MELA & GUEST LECTURE "**

**27/09/2023 & 29/09/2023**

**AGENDA**

**Prayer & Lighting Of Kuthuvilakku**

**Welcome Address**

**: Ms. K. Kiruthika**  
**I B.Sc Nutrition, FSM & Dietetics, MKJC**

**Felicitation**

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

**Chief Guest Introduction**

**: Ms. N. Uneza Iffath**  
**II M.Sc Foods and Nutrition, MKJC**

**Address by Chief Guest**

- 1. Dr. V. Vikramkumar M.D (S)**  
**Government Siddha Physician**  
**Andiappanur, Tirupattur**
- 2. Mr. R. Senthil Kumar**  
**District Programme Officer**  
**ICDS, Tirupattur**
- 3. Ms. R. Selvi**  
**Child Development Project Officer**  
**Kandhili Block**

**Prize Distribution**

**: Resource Persons**

**Vote of Thanks**

**: Ms. S. Arthi**  
**II B.Sc Nutrition, FSM & Dietetics, MKJC**

**National Anthem**

  
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### PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION ORGANIZES NATIONAL NUTRITION MONTH – HEALTHY DIET - AFFORDABLE FOR ALL 27/09/2023 & 29/09/2023

#### REPORT

The PG and Research Department of Foods and Nutrition of Marudhar Kesari Jain College for Women, Vaniyambadi, in association with ICDS, oorganized two-day National Nutrition Month celebration - Nutritional food mela and Guest lecture program under the theme “HEALTHY NUTRITION - AFFORDABLE FOR ALL” on 27.09.2023 and 29.09.2023.

#### Day 1 : 27.09.2023

The program was presided over by the Honourable Secretary of Marudhar Kesari Jain College for Women, Vaniyambadi, Sri.C.Lickmichand Jain Ji, Principal Dr. M.Inbavalli Madam and P.R.O Ms. B. Sakthi Mala.

60 students of the Department of Foods and Nutrition were split into 6 groups, comprising 10 students in each group. They displayed food in teams using various core ingredients already allotted to them like pumpkin, kidney beans, capsicum, plantain, bottle gourd, potato etc. The food display was judged by Ms. A. Sumyirra, Vice Principal and Head, PG and Research Department of English and Ms. K. Kalaiyarasi, Librarian based on various criteria like innovation, taste, theme and hygiene and the best three groups were selected.

Blind fold challenge in finding ingredients was conducted for the teaching and non-teaching faculties of all the Departments. Faculties who identified the maximum number of ingredients were awarded with prizes.

#### Day 2 : 29.09.2023

The Guest lecture program on ‘Healthy Diet - Affordable for all’ begun around 11.30 a.m on 29.09.2023 with the fine tune of prayer song followed by Tamilthaai Vazhthu. The lighting of the Kuthuvilakku was done by all the dignitaries on the dias. The gathering was welcomed by Ms.Krithika K of I B.Sc Nutrition, FSM & Dietetics. The program was felicitated by Dr. M. Inbavalli, Principal, Marudhar Kesari Jain College for Women, Vaniyambadi. She insisted on healthy eating for a healthy lifestyle. The resource persons Dr. V. Vikram Kumar, M.D.(Siddha), Government Siddha Physician, Andiappanur, Tirupattur, Mr. R. Senthil Kumar, District Programme Officer, ICDS, Tirupattur and Ms. R. Selvi, Child Development Project Officer, Kandhili block were introduced by Ms. N.Uneza Iffath of II M.Sc Foods and Nutrition. The resource persons were honored with a shawl and memento by our beloved Principal madam.

The session was then handed over to our resource person, Dr. V. Vikram Kumar, M.D.(Siddha), Government Siddha Physician, Andiappanur, Tirupattur, who gave a brief lecture on healthy food eating habits and physically active lifestyle.

Dr.M.SenthilRaj Kumar, District Program Officer, ICDS, Tirupattur District, insisted on the importance of celebrating National Nutrition Month among youngsters and ways to a healthy and harmonious life. Ms. R. Selvi, Child Development Project Officer, Kandhili block, spoke about the role of ICDS towards the healthy welfare of children and insisted the students to avoid junk foods in their diet.

Around 3000 students of the college along with ICDS members displayed various traditional food exhibits like carrot halwa, papaya halwa, millet kheer, sesame seed balls etc and highlighted their nutritional importance to all the participants.

The participants interacted with the resource person and got their queries cleared. The winners of the nutritional food display, blind fold challenge and edible bouquet competitions were awarded with prizes and certificates by the resource persons.

Ms. Arthi S of II B. Sc Nutrition, FSM & Dietetics proposed vote of thanks and the program came to an end by singing the National Anthem.



HEAD OF THE DEPARTMENT



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## PHOTOS



  
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