



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

organizes

Outreach Scientific Skill Development Activity

on

HemoSmart:

Screen Today,
Prevent Anaemia Tomorrow

Supported by

DBT STAR COLLEGE SCHEME



Date: **29.08.2026**



Time: **10.30 am**



Venue: **Biochemistry Lab**

CHIEF GUEST

Ms. R. Mahalakshmi

Head & Assistant Professor

PG & Research Dept. of Foods & Nutrition

MKJC (A), Vaniyambadi

PRINCIPAL

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



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

(A Project of Sri Marudhar Kesari Jain Trust)

Marudhar Nagar, Chinnakallupalli, Vaniyambadi.

Recognised u/s 2(f) & 12(B) by UGC Act, 1956 || Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A+" Grade (4th Cycle) || An ISO 21001:2018 (EOMS) Certified Institution

PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION

Organizes

Outreach Scientific Skill Development Activity

TOPIC: HEMO SMART: SCREEN TODAY, PREVENT ANEMIA TOMORROW

SUPPORTED BY DBT STAR COLLEGE SCHEME

Date: 29-08-2026

AGENDA

PRAYER

WELCOME ADDRESS

: Ms PRAGATHI N, Assistant Professor,
Department of Foods and Nutrition

CHIEF GUEST INTRODUCTION

: Ms SHAKTHI SRUTHI N.S.
III-B.Sc. Nutrition FSM and Dietetics

CHIEF GUEST

: Ms MAHALAKSHMI R
Head, Department of Foods and Nutrition
Marudhar Kesari Jain College for Women (Autonomous)
Vaniyambadi

HANDS-ON TRAINING & PRACTICE : Ms MONISHA S, Assistant professor,
Department of Foods and Nutrition

LABORATORY ASSISTANCE : Ms PRIYA V, Lab Assistant
Department of Foods and Nutrition

VOTE OF THANKS : Ms FATHA SAMRU B
II-B.Sc. Nutrition FSM and Dietetics

NATIONAL ANTHEM

*****ALL ARE CORDIALLY INVITED*****


PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)



Activity Report

OUTREACH SCIENTIFIC SKILL DEVELOPMENT ACTIVITY ON HEMOSMART: SCREEN TODAY, PREVENT ANAEMIA TOMORROW

Input

The PG & Research Department of Foods and Nutrition, School of Life Sciences, organized an Outreach Scientific Skill Development Activity on “HemoSmart: Screen Today, Prevent Anaemia Tomorrow”, supported by the DBT STAR College Scheme. The programme was conducted for the students of Sigaram Matriculation Higher Secondary School, Vaniyambadi, with the objective of creating awareness about haemoglobin and anaemia and providing practical exposure to a simple laboratory-based haemoglobin detection technique.

Objectives of the Programme

The major objectives of the programme were to:

- Create awareness among students about haemoglobin and anaemia.
- Explain the importance and functions of haemoglobin in the human body.
- Introduce students to the basic principles of haemoglobin detection.
- Provide practical exposure to a simple laboratory-based biological technique.
- Promote awareness about healthy dietary habits and the prevention of anaemia.
- Develop basic scientific and laboratory skills among school students.
- Promote experiential and activity-based learning in Life Sciences.

Process

The activity was conducted through a combination of theoretical orientation, demonstration, and hands-on practical training.

1. Theory Session

Ms. Mahalakshmi R., Head and Assistant Professor, Department of Foods and Nutrition, conducted the theory session. The students were introduced to the importance and functions of haemoglobin, causes and symptoms of anaemia, the significance of haemoglobin levels, and the role of a healthy diet in preventing anaemia.

2. Demonstration and Hands-on Training

Ms. Monisha S., Assistant Professor, Department of Foods and Nutrition, conducted the practical demonstration and guided the students through the haemoglobin detection procedure. The procedure was demonstrated systematically, with appropriate guidance on basic laboratory techniques and safety precautions.

3. Laboratory Assistance

Ms. Priya V., Lab Assistant, provided laboratory support and assisted with the arrangement of materials and equipment, ensuring the smooth conduct of the hands-on activity.

The activity followed a **Learn → Demonstrate → Practice → Observe → Interpret** approach, enabling students to connect theoretical concepts with practical experience.

Output

- Students gained basic knowledge about haemoglobin and anaemia.
- Students understood the principle and procedure of haemoglobin detection.
- Students received practical exposure to a basic laboratory technique.
- Students gained awareness of the importance of maintaining healthy haemoglobin levels.
- Awareness regarding iron-rich foods and healthy dietary practices was increased.
- Students actively participated in a hands-on scientific learning activity.
- Basic laboratory handling, observation, and interpretation skills were developed.
- The activity strengthened school-college scientific outreach under the DBT STAR College Scheme.

The programme is primarily aligned with SDG 3 – Good Health and Well-being through haemoglobin screening and anaemia awareness. It also supports SDG 4 – Quality Education through health education and hands-on scientific learning, and SDG 10 – Reduced Inequalities by promoting accessible health awareness among school students.

Outcome

- Students developed a better understanding of haemoglobin and its importance in maintaining overall health.
- Students gained awareness of the causes, symptoms, prevention, and nutritional management of anaemia.
- Students were able to relate theoretical concepts to practical applications through hands-on learning.
- The activity improved students' scientific curiosity, observation, and practical skills.
- Students gained confidence in participating in laboratory-based scientific activities.
- The programme encouraged students to explore Nutrition, Biochemistry, Immunology, Molecular Biology, and other Life Science disciplines as areas of higher education and career interest.
- The outreach activity contributed to the promotion of scientific temper, health awareness, and experiential learning among school students.

The activity successfully connected higher education, school education and community outreach by providing school students with an opportunity to learn a basic laboratory technique through direct participation. The programme supported the objectives of the DBT STAR College Scheme by promoting practical learning, scientific skill development and interest in Life Sciences.


01/09/2026
**Head of the
Department**


Dean


IQAC Director


Principal
PRINCIPAL
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Tirupattur District



MARUDHAR KESARI JAIN

College for Women (Autonomous), Vaniyambadi



Topic: Outreach Scientific Skill Development Activity on Hemo Smart:

Screen Today, Prevent Anaemia Tomorrow

Date: 29.08.2026

Organized by: PG and Research Department of Foods and Nutrition

Venue: Biochemistry Lab



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Marudhar Kesari Jain College
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01/9/2026
Head

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Principal
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