



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognised 2 (f) & 12 (B) Institution)

(Affiliated to Bharathidasan University, Tiruchirappalli-24)

Sponsored by K. Nadimuthu Memorial Educational Trust

Bharath Avenue, Near New Bus Stand, THANJAVUR - 613 005, Tamil Nadu, S.India

☎ Off : 04362 - 227937, 228081 - Fax : 04362 - 227185

E-Mail : bharathcollege@gmail.com - Website : www.bharathcollege.edu.in



MEENAKSHI HOSPITAL, THANJAVUR, TAMILNADU

MEMORANDUM FOR UNDERSTANDING

Dated the 1st day of February 2022

BETWEEN

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR, TAMILNADU

AND

MEENAKSHI HOSPITAL, THANJAVUR, TAMIL NADU.

This Memorandum of Agreement between Meenakshi Hospital and PG & Research Department of Nutrition and Dietetics, Bharath college of Science and Management intend to facilitate a collaborative program of Internship, Curriculum, Institutional Development, Information dissemination and exchange of Faculty, students and Staff. The linkage hereby formed shall strengthen the mutual relationship between the partners.

ABOUT BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

Bharath College Of Science And Management is affiliated to Bharathidasan University, Tiruchirappalli and functioning as a Self-financing college from the academic year 2000-2001. It is run by K. Nadimuthu Memorial Education Trust and sanctioned by the Government of Tamil Nadu vide G.O.No: 168, higher education Dt: 30.05.2000 and established by an educationalist Shri. N. Ganesan. M.com., Mphil., (Ph.D). To promote Patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

Dr. K. Balamurugan, BCS, WSA,
General Manager-Operations
Meenakshi Hospital
Tanjore-5.

ABOUT PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

The Department of nutrition and Dietetics was started in the year 2000 with the aim of training students with the professional capability in the field of health and food Industry. It bloomed into Post Graduate Department with M.Sc Food Service Management and Dietetics in 2003 and the Mphil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community outreach Programmes.

ABOUT MEENAKSHI HOSPITAL, THANJAVUR.

Meenakshi Hospital is located in Thanjavur and established in the year 2013. This hospital is one of the best private hospitals in Thanjavur. It has a well-equipped diagnostic wing with a 24-hour Clinical Laboratory, and provides reliable emergency services through its Accident & Trauma Care Unit and Intensive Respiratory Care Unit, both of which are unique within the region. It brings a comprehensive treatment through state-of-the-art facilities within the fields of Radiology & Imaging Sciences, Physiotherapy and Nutrition and Dietetics.

Research And Academic Exchanges Are Considered here to include but Not Limited To:

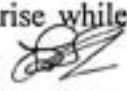
1. Exchange of Students and Staff for Purpose of Training.
2. Reciprocal assistance for Visiting Faculty, Students and Staffs
3. Co-ordination of Lectures and training.
4. Development of Mutually beneficial research Programmes.
5. This agreement shall sign and execute from 01.02.2022 however the students are allocating for internship since 2016 with mutual consent and as per hospital policy.

Activities pursuant to the Understanding may involve any discipline to the extent that individuals are able to locate suitable counterparts at the partner institution. Prior to implementing individual visits of faculty members, representatives of both institutions shall secure approvals from their respective competent authority.

The transfer of information, faculty or staff for education, training related activities shall be proposed by both institutions through their faculties and units in consultation with and approval of the appropriate institutional officials, and shall be the subject of a separate document.

Both institutions / representation may strictly maintain confidentiality and to prevent disclosure of the information. All specific training programs to which this memorandum of understanding may lead shall be evaluated on a regular basis by the designed authorization of both institutions.

For conditions of the linkage and terms of agreement not covered by this term of agreement not covered by this memorandum of understanding or for problems which arise while the


Dr. K. Balamurugan, BDS., MBA.,
General Manager-Operations
Meenakshi Hospital
Thanjavore-5.

exchange agreement is in effect, both parties agree to refrain from unilateral action, to consult with each other and to negotiate mutually agreeable decisions.

Both institutions subscribe to the policy of equal opportunity and will not discriminate on the basis of gender, age, disability, race, colour, and religion, marital status national or ethnic origin.

This memorandum of understanding will become effective immediately. It shall continue in effect for a period of FOUR (4) years and may be extended by mutual agreement.

IN WITNESS WHEREOF the parties hereto have executed the MEMORANDUM OF UNDERSTANDING as the date first written above.

**PG AND RESEARCH DEPARTMENT MEENAKSHI HOSPITAL,
OF NUTRITION AND DIETETICS, THANJAVUR.
BHARATH COLLEGE OF SCIENCE
AND MANAGEMENT.**

Dr.K.Kumar
Principal

PRINCIPAL

Bharath College of Science and Management
Date: 01/02/2022
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005
Witness

1.

2.

Dr. K .Balamurugan
General Manager Operations.

Date:

Witness

1.

2.

Dr. K. Balamurugan, BOS., MBA.,
General Manager-Operations
Meenakshi Hospital
Tanjore-5.



2021-2022





SEMINAR ON NUTRO FOODS

RESOURCE PERSON

*Mrs. Jayanthi,
Chief Dietitian,
Meenakshi Multi speciality Hospital,
Thanjavur.*

JANUARY 25, 2022

Venue : SEMINAR HALL
Bharath college of Science and
Management, Thanjavur.

SPONSERED BY
MEENAKSHI HOSPITAL TANJORE

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA, M.Phil, NET, PhD.
Principal Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,
Assistant Professor

Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. D. Vasavi, M.Sc., M.Phil., Assistant
Professor, Dept of N&D

Prof. T. S. Dhanapriya, M.Sc.,
Assistant Professor, Dept of N&D



ONE DAY SEMINAR

ON

NUTRO FOODS

25th January 2022

Organized By

PG& RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (i) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

Sponsored by Meenakshi Hospital

Thanjavur

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

ABOUT THE SEMINAR:

A one day seminar on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this seminar is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

The effective management of food intake and nutrition are both key to good health. Smart nutrition and food choices can help prevent disease. Eating the right foods can help your body cope more successfully with an ongoing illness. Understanding good nutrition and paying attention to what you eat can help you maintain or improve your health.

Food and nutrition are the way that we get fuel, providing energy for our bodies. We need to replace nutrients in our bodies with a new supply every day. Water is an important component of nutrition. Fats, proteins, and carbohydrates are all required. Maintaining key vitamins and minerals are also important to maintaining good health.

RESOURCE PERSON

Mrs. JAYANTHI

Chief Dietitians

Meenakshi Hospital

Thanjavur

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

**ONE DAY SEMINAR ON
"NUTRO FOODS"**

AGENDA

DATE :25.01.2022

VENUE : SEMINAR HALL

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Mrs.P.Suba, Head,Department of Nutrition and Dietetics Bharath College Of Science And Management,
Felicitation	: Dr.T.Veerassamy,Director Bharath College Of Science And Management, : Dr.K.Kumar Principal, Bharath College Of Science And Management, : Prof.R.Aravazhi, Vice Principal, Bharath College Of Science And Management, : Prof.N.Rajarajeswari Vice Principal, Bharath College Of Science And Management : Prof .Mrs .T.Kavitha, Faculty Incharge, Bharath College Of Science And Management
Presidential Address	: Mrs.PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Keynote Address	: MRS.JAYANTHI CHIEF DIETITIANS MEENAKSHI HOSPITAL, THANJAVUR
Vote of thanks	: Prof.R.Radhika Department of Nutrition and Dietetics Bharath College Of Science And Management

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2021-2022)

DATE: 25.01.2022

NAME OF THE SEMINAR:

NUTRO FOODS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	N.AVANYA RAMKUMARI	P20453401	N. Avanya Ramkumari
2	S.ARAVIND	P20453402	S. Aravind
3	A.AWLIN SERABIA	P20453403	A. Awlin Serabia
4	V.BHUVANESWARI	P20453404	V. Bhuvaneshwari
5	U.DIVYA	P20453405	U. Divya
6	M.EZHIL	P20453406	M. Ezhil
7	S.INIYASREE	P20453407	S. Iniyasree
8	L.KARTHIK PRIYA	P20453408	L. Karthik Priya
9	N.KEERTHIKA	P20453409	N. Keerthika
10	N.NASIMA	P20453410	N. Nasima
11	V.PARANTHAKA CHOLAN	P20453411	V. Paranthaka Cholan
12	K.PAVITHRA	P20453412	K. Pavithra
13	K.PRATHIBA	P20453413	K. Prathiba
14	M.SAFRIN ROSE	P20453414	M. Safrin Rose
15	M.SETHUMADHAVAN	P20453416	M. Sethumadharan
16	M.SUNDARAVENIL	P20453417	M. Sundaravenil
17	AAFREEN RISHMIYA.A	CB19S395736	A. Aafreen Rishmiya
18	ABDUL RAHUMAN.N	CB19S395631	N. Abdulrahuman
19	ADHITHYAN.M	CB19S395632	M. Adhithyan
20	AISHWARYA.R	CB19S395633	A. Aishwarya
21	AMEER DEEN.J	CB19S395634	J. Ameer Deen
22	ANITHA CHARLIN.J	CB19S395635	J. Anitha Charlin
23	DAYAL DEV.S	CB19S395636	S. Dayal Dev
24	DEEPIKA.P	CB19S395637	P. Deepika
25	DHANUSHA.G	CB19S395638	G. Dhannusha
26	DHARANI.T	CB19S395639	T. Dharaani
27	DIVYA.S(09.03.2001)	CB19S395640	S. Divya
28	DIVYA.S(26.07.2000)	CB19S395641	S. Divya
29	DIVYA BHARATHI.G	CB19S395642	G. Divya Bharathi
30	GAYATHRI.K	CB19S395643	K. Gayathri
31	HARIPRIYA.R	CB19S395644	R. Haripriya
32	KARPAGAM.T	CB19S395645	T. Karpagam
33	KARTHIKA.M	CB19S395646	M. Karthika
34	KATHIRAVAN.E	CB19S395647	E. Kathiravan
35	KOWSALYA.M	CB19S395648	M. Kowsalya
36	MANJU.P	CB19S395649	P. Manju
37	MARY PRICILLA.R	CB19S395670	R. Mary Pricilla
38	NAFISHA.M	CB19S395650	M. Nafisha
39	NAGADHARSHINI.M	CB19S395651	M. Nagadharshini

40	NANDHINI.C	CB19S395652	C. Nandhi
41	NITHISH KUMAR.M	CB19S395653	M. Nithish Kumar
42	PREETHI.S	CB19S395654	S. Preethi
43	PRIYA DHARSHINI.S	CB19S395655	P. Priya Dharshini
44	RAVEENA.M	CB19S395656	M. Raveena
45	RUTHRA.P	CB19S395657	P. Ruthra
46	SAKTHI.R	CB19S395658	R. Sakthi
47	SANGEETHA.K	CB19S395659	K. Sangeetha
48	SHAJITHA BEGUM.A	CB19S395660	A. Shajitha Begum
49	SHARMILA.K	CB19S395661	K. Sharmila
50	SNEHA.T	CB19S395662	T. Sneha
51	SRIRANJANI.R	CB19S395663	R. Sriranjani
52	SURESH.K	CB19S395664	K. Suresh
53	SWETHA.G	CB19S395665	G. Swetha
54	THENNARASI.S	CB19S395666	S. Thennarasi
55	VADIVARASI.T	CB19S395667	T. Vadivarasi
56	VIGNESH.M	CB19S395668	M. Vignesh
57	ACSAH C LENIN	CB19S395671	A. Achah C Lenin
58	S.AARTHI	CB20S396303	S. Aarthi
59	A.ABARNA	CB20S396304	A. Abarna
60	G.AMIRTHAVARSHINI	CB20S396305	G. Amirthavarshini
61	R.ANUSHYA	CB20S396306	R. Anushya
62	S.ARCHANA	CB20S396307	S. Archana
63	M.ARUNKUMAR	CB20S396308	M. Arunkumar
64	S.CHARULATHA	CB20S396309	S. Charulatha
65	M.DHANAROJA	CB20S396310	M. Dhanaraja
66	V.DHIVYADHASHINI	CB20S396311	V. Dhivyadhashini
67	G.DHIVYA BHARATHI	CB20S396312	G. Dhivyabharathi
68	V.DURGA	CB20S396313	V. Durga
69	J.EPSIBHA	CB20S396314	J. Epsibha
70	M.GAYATHRI	CB20S396315	M. Gayathri
71	A.GLOBAN	CB20S396316	A. Globan
72	P.HEMA	CB20S396317	P. Hema
73	S.JANANI	CB20S396318	S. Janani
74	J.JONES ALFRIED	CB20S396319	J. Jones Alfred
75	K.KAVIYA	CB20S396320	K. Kaviya
76	M.KAVIYA	CB20S395874	M. Kaviya
77	M.S.KEERTHANA	CB20S395875	M. S. Keerthana
78	R.KIRUTHIGA DEVI	CB20S395876	R. Kiruthiga Devi
79	S.MAHESHWARAN	CB20S395877	S. Maheshwaran
80	S.MALIGESWAR GANDHI	CB20S395878	S. Maligeswar Gandhi
81	G.NARMATHA	CB20S395879	G. Narmatha
82	A.NISHA	CB20S395880	A. Nisha
83	K.NISHANTH	CB20S395881	K. Nishanth
84	B.NISHANTH RAJA	CB20S395882	B. Nishanth Raja
85	G.PRABAVATHI	CB20S395883	G. Prabavathi

86	K.PRIYADHARSHINI	CB20S395884	K. Priyadharshini
87	R.PRIYADHARSHINI	CB20S395885	R. Priyadharshini
88	N.RAMESH	CB20S395886	N. Ramesh
89	R.REJINA	CB20S395887	R. Rejina
90	R.REKA	CB20S395888	R. Reka
91	L.SANGAVI	CB20S395889	L. Sangavi
92	R.SHANMUGAM	CB20S395890	R. Shanmugam
93	B.SUBHA	CB20S395891	B. Subha
94	G.SWATHI	CB20S395892	G. Swathi
95	S.SWETHA	CB20S395893	S. Swetha
96	S.SWETHA	CB20S395894	S. Swetha
97	G.THIRUMALAIKUMAR	CB20S395895	G. Thirumalaikumar
98	V.S.VAISHNAVI	CB20S395896	V.S. Vaishnavi
99	K.VINOTHINI	CB20S395897	K. Vinothini
100	R.YOGA	CB20S395898	R. Yoga



PRINCIPAL
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON SEMINAR

NAME OF THE SEMINAR: NUTRO FOODS

RESOURCE PERSON : Mrs. JAYANTHI

Chief Dietitian

Meenakshi Hospital, Thanjavur

ACADEMIC YEAR : 2021-2022

(25.01 2022)



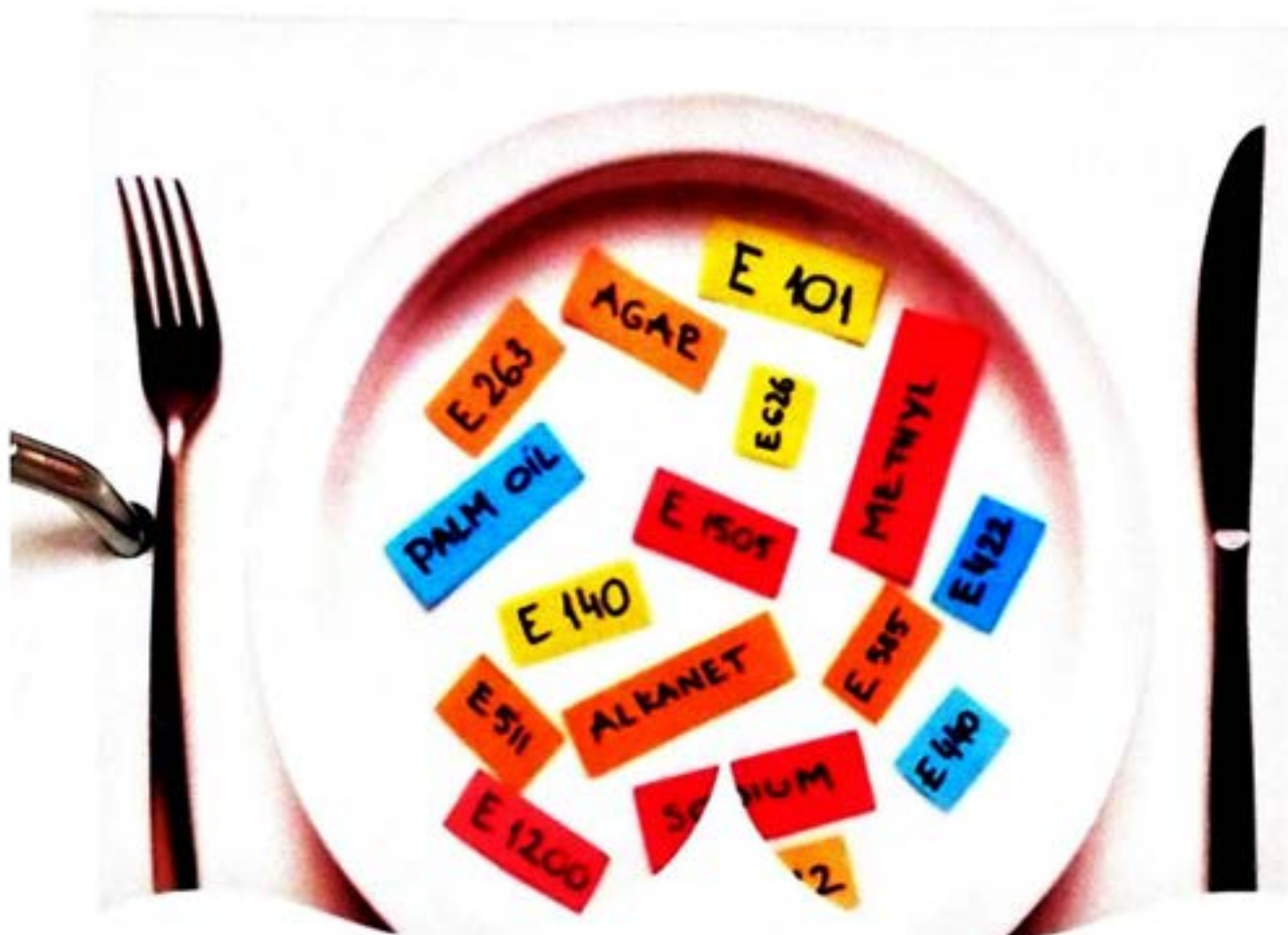
One day Seminar on NUTRO FOODS was conducted by the Department of Nutrition and Dietetics in the academic year 2021-2022. Totally 100 students were benefited by this seminar. The main objective behind this seminar was to aware about Nutrient-dense foods are rich in vitamins, minerals and other nutrients important for health, without too much saturated fat, added sugars and sodium. We're taking fruits, vegetables, whole grains, non-fat and low-fat dairy, fish and seafood, unprocessed lean meat and skinless poultry, nuts and legumes.



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)

THANJAVUR - 613 005.



ONE DAY WORKSHOP ON **FOOD** **ADDITIVES**

RESOURCE PERSON
M.MEGALA
CHEIF DIETITIAN
K.G.HOSPITAL
THANJAVUR

8 FEBRUARY 2022
VENUE: SEMINAR HALL
BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

Sponsored by
MEENAKSHI HOSPITAL
THANJAVUR

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA, M.Phil, NET, PhD.
Principal Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor

Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators

Prof. D. Vasavi, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. A. Arokia Maxline, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. T. S. Dhanapriya, M.Sc
Assistant Professor, Dept of N&D

Prof. V. Shruthi, M.Sc, Mphil
Assistant Professor, Dept of N&D



ONE DAY WORKSHOP

ON

FOOD ADDITIVES

8th February 2022

Organized By

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

**sponsored by Meenakshi Hospital,
Thanjavur**

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall

marks of academic excellence in teaching, research and community outreach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.

About the Workshop

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this conference is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Substances that are added to food to maintain or improve the safety, freshness, taste, texture, or appearance of food are known as food additives

Many different food additives have been developed over time to meet the needs of food production, as making food on a large scale is very different from making them on a small scale at home. Additives are needed to ensure processed food remains safe and in good condition throughout its journey from factories or industrial kitchens, during transportation to warehouses and shops, and finally to consumers.

The use of food additives is only justified when their use has a technological need, does not mislead consumers, and serves a well-defined technological function, such as to preserve the nutritional quality of the food or enhance the stability of the food.

Other food additives are used for a variety of reasons, such as preservation, colouring, and sweetening. They are added when food is prepared, packaged, transported, or stored, and they eventually become a component of the food.

Preservatives can slow decomposition caused by mould, air, bacteria, or yeast. In addition to maintaining the quality of the food, preservatives help control contamination that can cause foodborne illness, including life-threatening botulism.

RESOURCE PERSON

ALMEGALA
CHIEF DIETITIAN
K.G.HOSPITAL
THANJAVUR

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

One Day Workshop On

"FOOD ADDITIVES"

AGENDA

Date : 08.02. 2022

Venue : Seminar Hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Mrs.P.Suba, Head,Department of Nutrition and Dietetics Bharath College Of Science And Management,
Felicitation	: Dr.T.Veerassamy,Director , Bharath College Of Science And Management : Dr..K.Kumar Principal, Bharath College Of Science And Management : Prof.R.Aravazhi, Vice Principal, Bharath College Of Science And Management : Prof.N.Rajarajeswari , Vice Principal, Bharath College Of Science And Management
Presidential Address	: Mrs.PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Keynote Address:	: M.Megala Chief Dietitian K.G.Hospital Thanjavur.
Vote of thanks	: Prof.R.Radhika Department of Nutrition and Dietetics Bharath College Of Science And Management

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2021-2022)

DATE:08.02.2022

NAME OF THE WORKSHOP:

FOOD ADDITIVES

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	N.AVANYA RAMKUMARI	P20453401	P. Aranya
2	S.ARAVIND	P20453402	S. Aravind
3	A.AWLIN SERABIA	P20453403	A. Awlin Serabia
4	V.BHUVANESWARI	P20453404	V. Bhuvaneshwari
5	U.DIVYA	P20453405	U. Divya
6	M.EZHIL	P20453406	M. Ezhil
7	S.INIYASREE	P20453407	S. Iniyasree
8	L.KARTHIK PRIYA	P20453408	L. Karthik Priya
9	N.KEERTHIKA	P20453409	N. Keerthika
10	N.NASIMA	P20453410	N. Nasima
11	V.PARANTHAKA CHOLAN	P20453411	V. Paranthaka Cholan
12	K.PAVITHRA	P20453412	K. Pavithra
13	K.PRATHIBA	P20453413	K. Prathiba
14	M.SAFRIN ROSE	P20453414	M. Safrin Rose
15	M.SETHUMADHAVAN	P20453416	M. Sethumadharan
16	M.SUNDARAVENIL	P20453417	M. Sundaravenil
17	AAFREEN RISHMIYA.A	CB19S395736	A. Aafreen Rishmiya.A
18	ABDUL RAHUMAN.N	CB19S395631	Abdul Rahuman.N
19	ADHITHYAN.M	CB19S395632	Adhithyan.M
20	AISHWARYA.R	CB19S395633	Aishwarya.R
21	AMEER DEEN.J	CB19S395634	Ameer Deen.J
22	ANITHA CHARLIN.J	CB19S395635	Anitha Charlin.J
23	DAYAL DEV.S	CB19S395636	Dayal Dev.S
24	DEEPIKA.P	CB19S395637	Deepika.P
25	DHANUSHA.G	CB19S395638	Dhanusha.G
26	DHARANI.T	CB19S395639	Dharani.T
27	DIVYA.S(09.03.2001)	CB19S395640	Divya.S
28	DIVYA.S(26.07.2000)	CB19S395641	Divya.S
29	DIVYA BHARATHI.G	CB19S395642	Divya Bharathi.G
30	GAYATHRI.K	CB19S395643	K. Gayathri
31	HARIPRIYA.R	CB19S395644	Haripriya.R
32	KARPAGAM.T	CB19S395645	K. Karpagam.T
33	KARTHIKA.M	CB19S395646	K. Karthika.M
34	KATHIRAVAN.E	CB19S395647	K. Kathiravan.E
35	KOWSALYA.M	CB19S395648	K. Kowsalya.M
36	MANJU.P	CB19S395649	Manju.P
37	MARY PRICILLA.R	CB19S395670	Mary Pricilla.R
38	NAFISHA.M	CB19S395650	Nafisha.M
39	NAGADHARSHINI.M	CB19S395651	Nagadharshini.M



40	NANDHINI.C	CB19S395652	Nandini.C
41	NITHISH KUMAR.M	CB19S395653	nithish kumar M.
42	PREETHI.S	CB19S395654	Preethi.S
43	PRIYA DHARSHINI.S	CB19S395655	Priya dharshini.S
44	RAVEENA.M	CB19S395656	Raveena.M
45	RUTHRA.P	CB19S395657	Ruthra.P
46	SAKTHI.R	CB19S395658	Sakthi.R
47	SANGEETHA.K	CB19S395659	Sangeetha.K
48	SHAJITHA BEGUM.A	CB19S395660	Shajitha Begum
49	SHARMILA.K	CB19S395661	Sharmila.K
50	SNEHA.T	CB19S395662	Sneha.T
51	SRIRANJANI.R	CB19S395663	Sriranjan.R
52	SURESH.K	CB19S395664	Suresh.K
53	SWETHA.G	CB19S395665	Swetha.G
54	THENNARASI.S	CB19S395666	Thennaras.S
55	VADIVARASI.T	CB19S395667	Vadivarasi.T
56	VIGNESH.M	CB19S395668	Vignesh.M
57	ACSAH C LENIN	CB19S395671	Acsah C Lenin
58	S.AARTHI	CB20S396303	S.Aarthi
59	A.ABARNA	CB20S396304	A.Abarna
60	G.AMIRTHAVARSHINI	CB20S396305	G.Amirthavarshini
61	R.ANUSHYA	CB20S396306	R.Anushya
62	S.ARCHANA	CB20S396307	S.Archana
63	M.ARUNKUMAR	CB20S396308	M.Arunkumar
64	S.CHARULATHA	CB20S396309	S.Charulatha
65	M.DHANAROJA	CB20S396310	M.Dhanaroja
66	V.DHIVYADHASHINI	CB20S396311	V.Dhivyadhashini
67	G.DHIVYA BHARATHI	CB20S396312	G.Dhivyabhathi
68	V.DURGA	CB20S396313	V.Durga
69	J.EPSIBHA	CB20S396314	J.Epsibha
70	M.GAYATHRI	CB20S396315	M.Gayathri
71	A.GLOBAN	CB20S396316	A.Globan
72	P.HEMA	CB20S396317	P.Hema
73	S.JANANI	CB20S396318	S.Janani
74	J.JONES ALFRIED	CB20S396319	J.Jones Alfred
75	K.KAVIYA	CB20S396320	K.Kaviya
76	M.KAVIYA	CB20S395874	M.Kaviya
77	M.S.KEERTHANA	CB20S395875	M.S.Keerthana
78	R.KIRUTHIGA DEVI	CB20S395876	R.Kiruthiga Devi
79	S.MAHESHWARAN	CB20S395877	S.Maheshwaran
80	S.MALIGESWAR GANDHI	CB20S395878	S.Maligeswar Gandhi
81	G.NARMATHA	CB20S395879	G.Narmatha
82	A.NISHA	CB20S395880	A.Nisha
83	K.NISHANTH	CB20S395881	K.Nishanth
84	B.NISHANTH RAJA	CB20S395882	B.Nishanth Raja
85	G.PRABAVATHI	CB20S395883	G.Prabavathi

86	K.PRIYADHARSHINI	CB20S395884	K. Priya dharshini
87	R.PRIYADHARSHINI	CB20S395885	R. Priya dharshini
88	N.RAMESH	CB20S395886	N. Ramesh
89	R.REJINA	CB20S395887	R. Rejina
90	R.REKA	CB20S395888	R. Reka
91	L.SANGAVI	CB20S395889	L. Sangavi
92	R.SHANMUGAM	CB20S395890	R. Shanmugam
93	B.SUBHA	CB20S395891	B. Subha
94	G.SWATHI	CB20S395892	G. Swathi
95	S.SWETHA	CB20S395893	S. Swetha
96	S.SWETHA	CB20S395894	S. Swetha
97	G.THIRUMALAIKUMAR	CB20S395895	G. Thirumalaikumar
98	V.S.VAISHNAVI	CB20S395896	V. S. Vaishnavi
99	K.VINOTHINI	CB20S395897	K. Vinothini
100	R.YOGA	CB20S395898	R. Yoga



Wing

PRINCIPAL
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP: FOOD ADDITIVES

RESOURCE PERSON : M.MEGALA
Chief Dietitian
K.G.Hospital
Thanjavur

ACADEMIC YEAR : 2021- 2022
(08.02.2022)



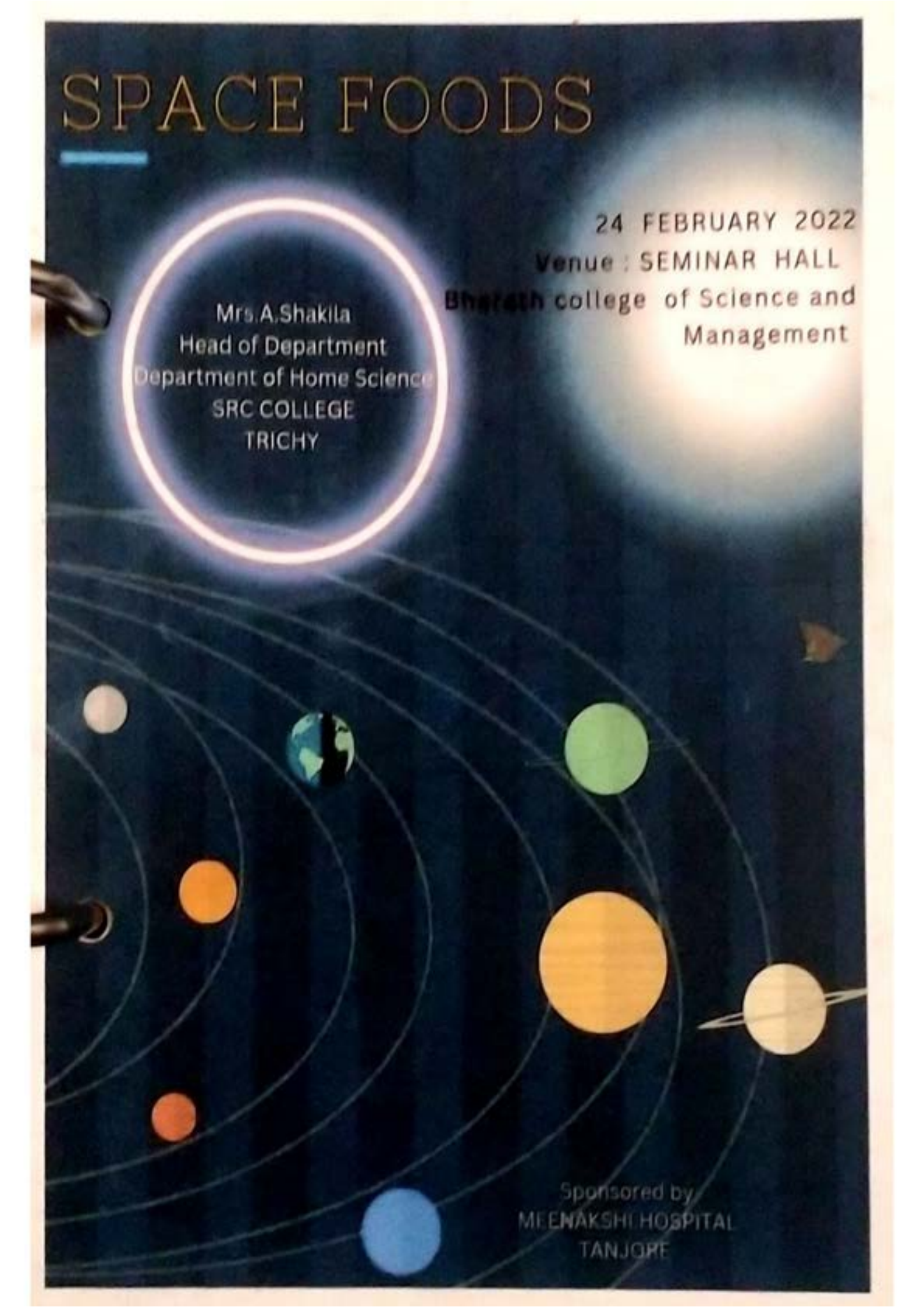
One day workshop FOOD ADDITIVES was Conducted by the Department of Nutrition and Dietetics in the academic year 2021- 2022. Totally 100 students were benefited by this workshop. The main objective behind this workshop are to bring awareness on substances added to food to preserve flavor or enhance taste, appearance, or other sensory qualities. Some additives have been used for centuries as part of an effort to preserve food, for example vinegar, salt, smoke, sugar, etc



PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005

SPACE FOODS



24 FEBRUARY 2022

Venue : SEMINAR HALL

Bharath college of Science and
Management

Mrs.A.Shakila
Head of Department
Department of Home Science
SRC COLLEGE
TRICHY

Sponsored by
MEENAKSHI HOSPITAL
TANJORE

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA ,M.Phil.NET, PhD.
Principal Bharath College of Science &
Management , Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators

Prof. J. Dhivyadharsini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D
Prof. M. Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor, Dept of N&D
Prof. T.S. Dhanapriya, M.Sc.,
Assistant Professor, Dept of N&D



A ONE DAY SEMINAR

ON

SPACE FOODS

24 February 2022

Organized By

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

SPONSORED BY MEENAKSHI HOSPITAL

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate

and graduate students through high quality teaching and training.

About the Seminar

A one day seminar on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this seminar is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Space food is a type of food product created and processed for consumption by astronauts during missions to outer space. The food has specific requirements of providing balanced nutrition for individuals working in space while being easy and safe to store, prepare and consume in the machinery-filled weightless environments of crewed spacecraft.

The primary purpose of packaging space food is preserving and containing the food. However, the packaging must also be light-weight, easy to dispose of and useful in the preparation of the food for consumption.

RESOURCE PERSON

Mrs A. SHAKILA
HEAD, DEPT OF HOME SCIENCE
SRC COLLEGE
TIRUCHIRAPALLI

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

One Day Seminar On

"SPACE FOODS"

AGENDA

Date : 24.02. 2022

Venue : Seminar Hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Mrs.P.Suba, Head,Department of Nutrition and Dietetics, Bharath College of Science and Management
Felicitation	: Dr.T.Veerassamy,Director , Bharath College of Science and Management : Dr.K.Kumar Principal, Bharath College of Science and Management : Prof.R.Aravazhi, Vice Principal, Bharath College of Science and Management : Prof.N.Rajarajeswar, Vice Principal, Bharath College of Science and Management
Presidential Address	: Mrs.PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Keynote Address	: Mrs.A.Shakila, Head , Dept Of Home Science SRC College Tiruchirapalli.
Vote of thanks	: Prof.R.Radhika Department of Nutrition and Dietetics, Bharath College of Science and Management.

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Tiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS**LIST OF PARTICIPANTS****(2021-2022)****DATE:24.02.2022****NAME OF THE SEMINAR:****SPACE FOODS**

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	N.AVANYA RAMKUMARI	P20453401	N. Avanya
2	S.SARAVIND	P20453402	S. Saravind
3	A.AWLIN SERABIA	P20453403	A. Serabia
4	V.BHUVANESWARI	P20453404	V. Bhuvaneshwari
5	U.DIVYA	P20453405	U. Divya
6	M.EZHIL	P20453406	M. Ezhil
7	S.INIYASREE	P20453407	S. Iniyasree
8	L.KARTHIK PRIYA	P20453408	L. Karthik Priya
9	N.KEERTHIKA	P20453409	N. Keerthika
10	N.NASIMA	P20453410	N. Nasima
11	V.PARANTHAKA CHOLAN	P20453411	V. Paranthaka
12	K.PAVITHRA	P20453412	K. Pavithra
13	K.PRATHIBA	P20453413	K. Prathiba
14	M.SAFRIN ROSE	P20453414	M. Safrin Rose
15	M.SETHUMADHAVAN	P20453416	M. Sethumadhavan
16	M.SUNDARAVENIL	P20453417	M. Sundaravenil
17	AAFREEN RISHMIYA.A	CB19S395736	Aafreen Rishmiya
18	ABDUL RAHUMAN.N	CB19S395631	Abdul Rahuman
19	ADHITHYAN.M	CB19S395632	Adhithyan
20	AISHWARYA.R	CB19S395633	Aishwarya
21	AMEER DEEN.J	CB19S395634	Ameer Deen
22	ANITHA CHARLIN.J	CB19S395635	Anitha Charlin
23	DAYAL DEV.S	CB19S395636	Dayal Dev
24	DEEPIKA.P	CB19S395637	Deepika
25	DHANUSHA.G	CB19S395638	Dhanusha
26	DHARANI.T	CB19S395639	Dharani
27	DIVYA.S(09.03.2001)	CB19S395640	Divya
28	DIVYA.S(26.07.2000)	CB19S395641	Divya
29	DIVYA BHARATHI.G	CB19S395642	Divya Bharathi
30	GAYATHRI.K	CB19S395643	Gayathri
31	HARIPRIYA.R	CB19S395644	Haripriya
32	KARPAGAM.T	CB19S395645	Karpagam
33	KARTHIKA.M	CB19S395646	Karthika
34	KATHIRAVAN.E	CB19S395647	Kathiravan
35	KOWSALYA.M	CB19S395648	Kowsalya
36	MANJU.P	CB19S395649	Manju
37	MARY PRICILLA.R	CB19S395670	Mary Pricilla
38	NAFISHA.M	CB19S395650	Nafisha
39	NAGADHARSHINI.M	CB19S395651	Nagadharshini

40	NANDHINI.C	CB19S395652	Aug. C.
41	NITHISH KUMAR.M	CB19S395653	Nithish Kumar M.
42	PREETHI.S	CB19S395654	Preethi S.
43	PRIYA DHARSHINI.S	CB19S395655	Priya Dharshini S.
44	RAVEENA.M	CB19S395656	Raveena M.
45	RUTHRA.P	CB19S395657	P. Rathra.
46	SAKTHI.R	CB19S395658	Sakthi R.
47	SANGEETHA.K	CB19S395659	Sangeetha K.
48	SHAJITHA BEGUM.A	CB19S395660	Shajitha Begum A.
49	SHARMILA.K	CB19S395661	Sharmila K.
50	SNEHA.T	CB19S395662	T. Sneha
51	SRIRANJANI.R	CB19S395663	R. Sriranjani
52	SURESH.K	CB19S395664	K. Suresh
53	SWETHA.G	CB19S395665	G. Swetha
54	THENNARASI.S	CB19S395666	S. Thennarasi
55	VADIVARASI.T	CB19S395667	T. Vadivarasi
56	VIGNESH.M	CB19S395668	M. Vignesh
57	ACSAH C LENIN	CB19S395671	Acshah C Lenin
58	ABINAYA.N	P21452625	N. Abinaya
59	AFRIN M.R	P21452626	M. Afrin
60	AKILA.S	P21452627	S. Akila
61	ASHA.M	P21452628	M. Asha
62	BABITHA.N	P21452629	N. Babitha
63	DEEPIKA.S	P21452630	S. Deepika
64	HADHI JAFRIN LAILA.S	P21452631	S. Hadhi Jafri Laila
65	HARUN NASEER.J	P21452632	J. Harun Naseer
66	JAYA BRUNDHA.D	P21452633	D. Jayabruntha
67	KAVITHARANI.P	P21452634	P. Kavitharani
68	MADHUMATHI.E	P21452635	E. Madhumathi
69	MAHADEVAN.R.K	P21452636	K. Mahadevan
70	MOHANAMBAL.S	P21452637	S. Mohanambal
71	NANDHINI.R	P21452638	R. Nandhini
72	NOOR SHIFA.R	P21452639	R. Noor Shifa
73	NOOR NISHA.M	P21452640	M. Noor Nisha
74	PRATHIKA.M	P21452641	M. Prathika
75	PRIYADHARSHINI.V	P21452642	V. Priyadharshini
76	RAGAVIN.R	P21452643	R. Ragavin
77	RUBASRI.R	P21452644	R. Rubasri
78	SAHANAS BEGAM.P	P21452645	P. Sahana Begam
79	SAHIRA BANU.B	P21452646	B. Sahira Banu
80	SNEKA.S	P21452647	S. Sneka
81	SOWMIYA.R	P21452648	R. Sowmya
82	STEPHY GNANA MARY.T	P21452649	T. Stephy Gnana Mary



PRINCIPAL
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
Thamaraikulam - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

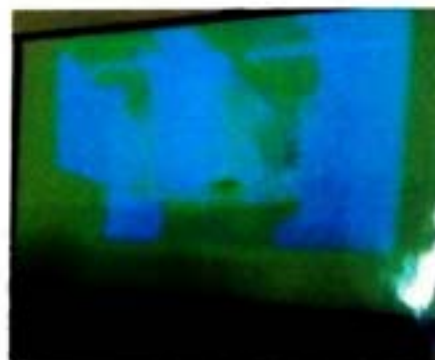
REPORT ON SEMINAR

NAME OF THE SEMINAR : SPACE FOODS

RESOURCE PERSON: Mrs. A.Shakila

Head, Dept of Home Science
SRC College
Tiruchirapalli

**Academic Year : 2019-2020
(24.02.2022)**



One day Seminar on SPACE FOODS was conducted by the Department of Nutrition and Dietetics in the academic year 2021-2022. Totally 82 students were benefited by this workshop. The main reason behinds type of food product created and processed for consumption by astronauts during missions to outer space. In recent years, space food has been used by various nations engaging in space programs as a way to share and show off their cultural identity and facilitate intercultural communication.



PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.

YOU'RE INVITED
*One day
workshop on*
PRODUCT SPECIFICATION



RESOURCE PERSON
MRS.SHANTHI KAVERY
ELITE STUDIO DIETICIAN
CHENNAI

DATE

June 16, 2022

VENUE

SEMINAR HALL
BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT

Sponsored by
MEENAKSHI HOSPITAL
THANJAVUR

ORGANIZING COMMITTEE

Chief Patron

Mrs. O. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA, M.Phil, NET, PhD,
Principal Bharath College of Science &
Management

Organizing Chair

P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,
Assistant Professor

Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharsini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor, Dept of N&D

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D



ONE DAY WORKSHOP

ON

PRODUCT SPECIFICATION

16 JUNE 2022

Organized By

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,

Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

**sponsored by Meenakshi hospital
Thanjavur**

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.

Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training

About the workshop

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

A product specification is a document with a set of requirements that provides product teams the information they need to build out new features or functionality. Developing specifications is a crucial aspect of quality management because not all need to understand what goes into that product. we should understand what it's made of and how the components are prepared and consumed.

RESOURCE PERSON

MR. SHANTHI KAVERY
ELITE STUDIO DIETICIAN
CHENNAI

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**One Day Workshop On
“PRODUCT SPECIFICATION”**

AGENDA

Date :16.06.2022

Venue : Seminar Hall

INAUGURATION

- | | |
|----------------------|---|
| Prayer Song | : By Students |
| Welcome Address | : Mrs.P.Suba,
Head, Department of Nutrition and Dietetics,
Bharath College of Science and Management. |
| Felicitation | : Dr.T.Veerassamy,Director ,
Bharath College of Science and Management.

: Dr.K.Kumar
Principal, Bharath College of Science and Management.

: Prof.R.Aravazhi,
Vice Principal, Bharath College of Science and Management.

: Prof.N.Rajarajeswari ,
Vice Principal, Bharath College of Science and Management. |
| Presidential Address | : Mrs.PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur. |
| Keynote Address: | : Mrs.Shanthi Kavery
Elite Studio Dietician,
Chennai. |
| Vote of thanks | : Prof.R.Radhika
Department of Nutrition and Dietetics,
Bharath College of Science and Management. |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2021-2022)

DATE:16.06.2022

NAME OF THE WORKSHOP:

PRODUCT SPECIFICATION

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	N.AVANYA RAMKUMARI	P20453401	Avanya Ramkumari
2	S.ARAVIND	P20453402	Aravind.S.
3	A.AWLIN SERABIA	P20453403	Awlin.Serabia
4	V.BHUVANESWARI	P20453404	Bhuvaneshwari
5	U.DIVYA	P20453405	Divya
6	M.EZHIL	P20453406	Ezhil
7	S.INIYASREE	P20453407	Iniyasree
8	L.KARTHIK PRIYA	P20453408	Karthik Priya
9	N.KEERTHIKA	P20453409	Keerthika.N.
10	N.NASIMA	P20453410	Nasima.N.
11	V.PARANTHAKA CHOLAN	P20453411	Paranthaka Cholan
12	K.PAVITHRA	P20453412	Pavithra.K.
13	K.PRATHIBA	P20453413	Prathiba
14	M.SAFRIN ROSE	P20453414	Safrin Rose
15	M.SETHUMADHAVAN	P20453416	Sethumadhu
16	M.SUNDARAVENIL	P20453417	Sundaravenil
17	AAFREEN RISHMIYA.A	CB19S395736	Aafreen
18	ABDUL RAHUMAN.N	CB19S395631	Abdul Rahuman
19	ADHITHYAN.M	CB19S395632	Adhithyan
20	AISHWARYA.R	CB19S395633	Aishwarya
21	AMEER DEEN.J	CB19S395634	Ameer Deen
22	ANITHA CHARLIN.J	CB19S395635	Anitha Charlin
23	DAYAL DEV.S	CB19S395636	Dayal Dev
24	DEEPIKA.P	CB19S395637	Deepika
25	DHANUSHA.G	CB19S395638	Dhanusha
26	DHARANI.T	CB19S395639	Dharani
27	DIVYA.S(09.03.2001)	CB19S395640	Divya
28	DIVYA.S(26.07.2000)	CB19S395641	Divya
29	DIVYA BHARATHI.G	CB19S395642	Divya Bharathi
30	GAYATHRI.K	CB19S395643	Gayathri
31	HARIPRIYA.R	CB19S395644	Haripriya
32	KARPAGAM.T	CB19S395645	Karpagam
33	KARTHIKA.M	CB19S395646	Karthika
34	KATHIRAVAN.E	CB19S395647	Kathiravan
35	KOWSALYA.M	CB19S395648	Kowsalya
36	MANJU.P	CB19S395649	Manju
37	MARY PRICILLA.R	CB19S395670	Mary Pricilla
38	NAFISHA.M	CB19S395650	Nafisha
39	NAGADHARSHINI.M	CB19S395651	Nagadharshini

40	NANDHINI.C	CB19S395652	<i>ADARSH</i>
41	NITHISH KUMAR.M	CB19S395653	<i>Bhuvaneshwar</i>
42	PREETHI.S	CB19S395654	<i>Priya</i>
43	PRIYA DHARSHINI.S	CB19S395655	<i>Priya</i>
44	RAVEENA.M	CB19S395656	<i>Raveena</i>
45	RUTHRA.P	CB19S395657	<i>Ruthra</i>
46	SAKTHI.R	CB19S395658	<i>Sakthi</i>
47	SANGEETHA.K	CB19S395659	<i>Sangeetha</i>
48	SHAJITHA BEGUM.A	CB19S395660	<i>Shajitha Begum</i>
49	SHARMILA.K	CB19S395661	<i>Sharmila</i>
50	SNEHA.T	CB19S395662	<i>Sneha</i>
51	SRIRANJAN.R	CB19S395663	<i>Sriranjan</i>
52	SURESH.K	CB19S395664	<i>Suresh</i>
53	SWETHA.G	CB19S395665	<i>Swetha</i>
54	THENNARASI.S	CB19S395666	<i>Thenнарasi</i>
55	VADIVARASI.T	CB19S395667	<i>Vadivarasi</i>
56	VIGNESH.M	CB19S395668	<i>Vignesh</i>
57	ACSAH C LENIN	CB19S395671	<i>Acshah C Lenin</i>
58	ABINAYA.N	P21452625	<i>Abinaya</i>
59	AFRIN M.R	P21452626	<i>Afrin</i>
60	AKILA.S	P21452627	<i>Akila</i>
61	ASHA.M	P21452628	<i>Asha</i>
62	BABITHA.N	P21452629	<i>Babitha</i>
63	DEEPIKA.S	P21452630	<i>Deepika</i>
64	HADHI JAFRIN LAILA.S	P21452631	<i>Hadhi Jafri</i>
65	HARUN NASEER.J	P21452632	<i>Harun</i>
66	JAYA BRUNDHA.D	P21452633	<i>Jaya</i>
67	KAVITHARANIP	P21452634	<i>Kavitha</i>
68	MADHUMATHI.E	P21452635	<i>Madhumathi</i>
69	MAHADEVAN.R.K	P21452636	<i>Mahadevan</i>
70	MOHANAMBAL.S	P21452637	<i>Mohanambal</i>
71	NANDHINI.R	P21452638	<i>Nandhini</i>
72	NOOR SHIFA.R	P21452639	<i>Noor Shifa</i>
73	NOOR NISHA.M	P21452640	<i>Noor Nisha</i>
74	PRATHIKA.M	P21452641	<i>Prathika</i>
75	PRIYADHARSHINI.V	P21452642	<i>Priyadharshini</i>
76	RAGAVIN.R	P21452643	<i>Ragavin</i>
77	RUBASRI.R	P21452644	<i>Rubasri</i>
78	SAHANAS BEGAM.P	P21452645	<i>Sahanas Begam</i>
79	SAHIRA BANU.B	P21452646	<i>Sahira Banu</i>
80	SNEKA.S	P21452647	<i>Sneka</i>
81	SOWMIYA.R	P21452648	<i>Sowmiya</i>
82	STEPHY GNANA MARY.T	P21452649	<i>Stephy</i>
83	AJITH KUMAR .S	CB21S396303	<i>Ajith Kumar</i>
84	AKALYA.G	CB21S396304	<i>Akalya</i>
85	BAVADHARANIS	CB21S396305	<i>Bavadarani</i>
86	BHUVANESHWARIS	CB21S396306	<i>Bhuvaneshwar</i>

87	DEVA DHARSHINI.V	CB21S396307	<i>[Signature]</i>
88	DIVYA.R	CB21S396308	<i>[Signature]</i>
89	GIRIDHARAN.S	CB21S396309	<i>[Signature]</i>
90	HEPHZIBAH SHALOM.A	CB21S396310	<i>[Signature]</i>
91	JENIFER.W	CB21S396312	<i>[Signature]</i>
92	KANIMOZHIL.M	CB21S396313	<i>[Signature]</i>
93	KOWSALYA.G	CB21S396314	<i>[Signature]</i>
94	NARMATHA.S	CB21S396315	<i>[Signature]</i>
95	PERIYASAMI.P	CB21S396316	<i>[Signature]</i>
96	PRAVINA.D	CB21S396317	<i>[Signature]</i>
97	PRIYADHARSHINI.S	CB21S396318	<i>[Signature]</i>
98	SABARINATHAN.T	CB21S396319	<i>[Signature]</i>
99	SIVANANDHINI.R	CB21S396320	<i>[Signature]</i>
100	THEENATHALAN	CB21S396321	<i>[Signature]</i>



[Signature]
PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : PRODUCT SPECIFICATION

RESOURCE PERSON : Mrs. Shanthi Kavary
ELITE STUDIO DIETICIAN
CHENNAI
Trichy

ACADEMIC YEAR: 2021- 2022
(16.06,2022)



One day workshop PRODUCT SPECIFICATION was Conducted by the Department of Nutrition and Dietetics in the academic year 2021-2022 Totally 100 students were benefited by this workshop the main objective behind this workshop on the main reason behind Product Specification, commonly referred to as a product spec, is an important product document that outlines key requirements for building a new feature, functionality, or product.



[Handwritten Signature]
PRINCIPAL
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.

Medical camp

BLOOD GROUPING

RESOURCE PERSON
Dr. Radhika Michael
M.R. HOSPITAL
THANJAVUR

19 October 2022

VENUE : CHEMISTRY LAB

DEPARTMENT OF NUTRITION AND
DIETETICS

BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT

SPONSER BY MEENAKSHI
HOSPITAL TANJORE

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA, M.Phil, NET, PhD.
Principal, Bharath College of Science &
Management, Thanjavur

Organising Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,
Assistant Professor

Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. D. Vasavi, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. A. Arokia Maxilina, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. T. S. Dhanapriya, M.Sc
Assistant Professor, Dept of N&D

Prof. V. Shruthi, M.Sc, Mphil
Assistant Professor, Dept of N&D



BLOOD GROUPING

CAMP

19 OCT 2022

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

sponsored by Meenakshi hospital

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

MEDICAL CAMP-BLOOD GROUPING

AGENDA

Date: 19.10. 2022

Venue: CHEMISTRY

**DEPARTMENT OF NUTRITION AND
DIETETICS**

INAUGURATION

- | | |
|----------------------|--|
| Prayer Song | : By Students |
| Welcome Address | : Mrs.P.Suba,
Head, Department of Nutrition and Dietetics
Bharath College Of Science And Management, |
| Felicitation | : Dr.T.Veerassamy, Director ,
Bharath College Of Science And Management, |
| | : Dr.K.Kumar
Principal,
Bharath College Of Science And Management, |
| | : Prof.R.ARAVAZHI,
Vice Principal,
Bharath College Of Science And Management, |
| | : Prof.N.RAJARAJESWARI ,
Vice Principal,
Bharath College Of Science And Management |
| Presidential Address | : Mrs.Punitha Ganesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Keynote Address | : Dr.Radhika Micheal ,
MR hospital Thanjavur |
| Vote of thanks | : Prof.R.Radhika
Department of Nutrition and Dietetics
Bharath College Of Science And Management, |

25

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

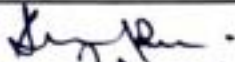
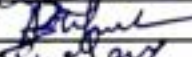
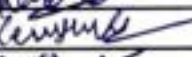
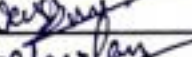
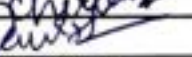
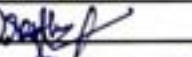
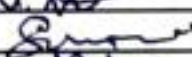
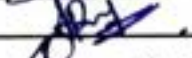
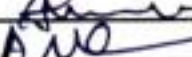
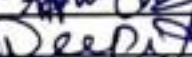
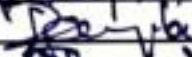
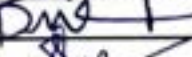
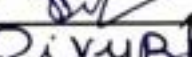
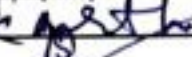
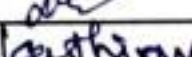
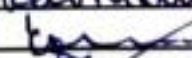
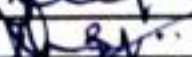
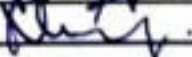
LIST OF PARTICIPANTS

(2021-2022)

DATE:19.10.2022

NAME OF THE PROGRAMME:

MEDICAL CAMP BLOOD GROUPING

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	N.AVANYA RAMKUMARI	P20453401	
2	S.ARAVIND	P20453402	
3	A.AWLIN SERABIA	P20453403	
4	V.BHUVANESWARI	P20453404	
5	U.DIVYA	P20453405	
6	M.EZHIL	P20453406	
7	S.INIYASREE	P20453407	
8	L.KARTHIK PRIYA	P20453408	
9	N.KEERTHIKA	P20453409	
10	N.NASIMA	P20453410	
11	V.PARANTHAKA CHOLAN	P20453411	
12	K.PAVITHRA	P20453412	
13	K.PRATHIBA	P20453413	
14	M.SAFRIN ROSE	P20453414	
15	M.SETHUMADHAVAN	P20453416	
16	M.SUNDARAVENIL	P20453417	
17	AAFREEN RISHMIYA.A	CB19S395736	
18	ABDUL RAHUMAN.N	CB19S395631	
19	ADHITHYAN.M	CB19S395632	
20	AISHWARYA.R	CB19S395633	
21	AMEER DEEN.J	CB19S395634	
22	ANITHA CHARLIN.J	CB19S395635	
23	DAYAL DEV.S	CB19S395636	
24	DEEPIKA.P	CB19S395637	
25	DHANUSHA.G	CB19S395638	
26	DHARANI.T	CB19S395639	
27	DIVYA.S(09.03.2001)	CB19S395640	
28	DIVYA.S(26.07.2000)	CB19S395641	
29	DIVYA BHARATHI.G	CB19S395642	
30	GAYATHRI.K	CB19S395643	
31	HARIPRIYA.R	CB19S395644	
32	KARPAGAM.T	CB19S395645	
33	KARTHIKA.M	CB19S395646	
34	KATHIRAVAN.E	CB19S395647	
35	KOWSALYA.M	CB19S395648	
36	MANJU.P	CB19S395649	
37	MARY PRICILLA.R	CB19S395670	
38	NAFISHA.M	CB19S395650	
39	NAGADHARSHINI.M	CB19S395651	

40	NANDHINI.C	CB19S395652	Nandhini.C.
41	NITHISH KUMAR.M	CB19S395653	Nithish Kumar.
42	PREETHI.S	CB19S395654	Preethi.
43	PRIYA DHARSHINI.S	CB19S395655	Priya Dharshini.S.
44	RAVEENA.M	CB19S395656	Raveena.
45	RUTHRA.P	CB19S395657	Ruth.
46	SAKTHI.R	CB19S395658	Sakthi.
47	SANGEETHA.K	CB19S395659	Sangeetha.
48	SHAJITHA BEGUM.A	CB19S395660	Shajitha Begum.
49	SHARMILA.K	CB19S395661	Sharmila.
50	SNEHA.T	CB19S395662	Sneha.T.
51	SRIRANJANI.R	CB19S395663	Sriranjani.
52	SURESH.K	CB19S395664	Suresh.K.
53	SWETHA.G	CB19S395665	Swetha.
54	THENNARASI.S	CB19S395666	Thenнарasi.
55	VADIVARASI.T	CB19S395667	Vadivarasi.
56	VIGNESH.M	CB19S395668	Vignesh.
57	ACSAH C LENIN	CB19S395671	Acсах c Lenin
58	ABINAYA.N	P21452625	Abinaya.N.
59	AFRIN M.R	P21452626	Afrin M.R.
60	AKILA.S	P21452627	Akila.S.
61	ASHA.M	P21452628	Asha.M.
62	BABITHA.N	P21452629	Babitha.N.
63	DEEPIKA.S	P21452630	Deepika.S.
64	HADHI JAFRIN LAILA.S	P21452631	Hadhi Jafreen Laila.
65	HARUN NASEER.J	P21452632	Harun Naseer.
66	JAYA BRUNDHA.D	P21452633	Jaya Brundha.
67	KAVITHARANI.P	P21452634	Kavitharani.
68	MADHUMATHI.E	P21452635	Madhumathi.
69	MAHADEVAN.R.K	P21452636	Mahadevan.
70	MOHANAMBAL.S	P21452637	Mohanambal.
71	NANDHINI.R	P21452638	Nandhini.R.
72	NOOR SHIFA.R	P21452639	Noor Shifa.
73	NOOR NISHA.M	P21452640	Noor Nisha.M.
74	PRATHIKA.M	P21452641	Prathika.M.
75	PRIYADHARSHINI.V	P21452642	Priyadharshini.V.
76	RAGAVIN.R	P21452643	Ragavin.
77	RUBASRI.R	P21452644	Rubasri.
78	SAHANAS BEGAM.P	P21452645	Sahas Begam.
79	SAHIRA BANU.B	P21452646	Sahira Banu.B.
80	SNEKA.S	P21452647	Sneka.S.
81	SOWMIYA.R	P21452648	Sowmya.R.
82	STEPHY GNANA MARY.T	P21452649	Stephy Gnana Mary.
83	AJITH KUMAR .S	CB21S396303	Ajith Kumar.S.
84	AKALYA.G	CB21S396304	Akalya.G.
85	BAVADHARANI.S	CB21S396305	Bavadharani.S.
86	BHUVANESHWARI.S	CB21S396306	Bhuvaneshwari.

87	DEVA DHARSHINI.V	CB21S396307	<i>Deva</i>
88	DIVYA.R	CB21S396308	<i>Divya</i>
89	GIRIDHARAN.S	CB21S396309	<i>Giridharan S.</i>
90	HEPHZIBAH SHALOM.A	CB21S396310	<i>Shalom A.</i>
91	JENIFER.W	CB21S396312	<i>Jenifer W.</i>
92	KANIMOZHILM	CB21S396313	<i>Kanimochi</i>
93	KOWSALYA.G	CB21S396314	<i>Kowsalya G.</i>
94	NARMATHA.S	CB21S396315	<i>Narmatha S.</i>
95	PERIYASAMI.P	CB21S396316	<i>Periyasami P.</i>
96	PRAVINA.D	CB21S396317	<i>Pravina D.</i>
97	PRIYADHARSHINI.S	CB21S396318	<i>Priyadharshini S.</i>
98	SABARINATHAN.T	CB21S396319	<i>Sabar Nathan T.</i>
99	SIVANANDHINI.R	CB21S396320	<i>Sivanandhini R.</i>
100	THEENATHALAN	CB21S396321	<i>Theenathan</i>



Ummu

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 612 002.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : MEDICAL CAMP- BLOOD GROUPING

RESOURCE PERSON : Dr. RADHIKA MICHEAL
MR HOSPITAL THANJAVUR

ACADEMIC YEAR : 2021-2022
(19.10.2022)



One day MEDICAL CAMP was Conducted by the Department of Nutrition and Dietetics in the academic year 2021-2022 Totally 100 students were benefited by this camp. The main reason behind this will help the common citizens to know their blood group, which will be useful in emergencies for blood donation, The accurate grouping of blood is very important when it comes to having a blood transfusion. If blood is given to a patient that has a blood type that is incompatible with the blood type of the blood that the patient receives, it can cause intravenous clumping in the patient's blood which can be fatal.



PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)

THANJAVUR - 613 005.

2020-2021



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
(UGC Recognised 2(f) and 12 (B) Institution)
Affiliated to Bharathidasan University, Tiruchirappalli)
Thanjavur-5

PG & RESEARCH DEPARTMENT OF NUTRITION AND DEITETICS
IN ASSOCIATION WITH IQAC

ONE DAY seminar

ON

" DIABETIC DISEASES IN INDIA "

PRESIDENTIAL ADDRESS

Kalvisemal, Panmugasikaram
Mrs. Punitha Ganesan, MA.,
Secretary,
Bharath Group of Institutions, Thanjavur

FALCITATION
Dr. T.VEERASAMY
Director
Dr.K.KUMAR
Principal

Prof.RARAVAZHI
Vice Principal

Pro.N.RAJARAJESWARI
Vice Principal

Prof Mrs .T.KAVITHA
Faculty Incharge

RESOURCE PERSON

Mrs. P.Jayanthiyal
Chief Dietician, Meenakshi Hospital, Madurai

VENUE SEMINAR HALL.

Date : 21.09.2021

Sponsored by
Meenakshi Hospital Thanjavur

ALL ARE CORDIALLY INVITED

ORGANIZING COMMITTEE

Chief Patron

Mrs. G.Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. R.Kumar, M.Com, MBA ,M.Phil,NET,PhD.
Principal Bharath College of Science &
Management

Organizing Chair

Prof P.Suba, MSc.,MPhil. B.Ed.,NET,SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof .R.Radhika, MSc.,MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J.Dhivyaadharsini,M.Sc.,M.Phil.,
Assistant Professor, Dept of N&D

Prof. M.Menaka, M.Sc.,M.Phil.,B.E.d.,
Assistant Professor, , Dept of N&D

Prof.S.Deepapriya,MSc.,MPhil.,
Assistant Professor, , Dept of N&D



About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc.,Food Service Management and Dietetics in 2003 and the MPhil., Program was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community out reach programs.

ONE DAY SEMINAR
ON

IMPACT OF DIABETIC DISEASES IN INDIA

21ST SEPTEMBER 2021

Organized By
PG & RESEARCH

DEPARTMENT OF NUTRITION
AND DIETETICS

**BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,

Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

SPONSORED BY
MEENAKSHI HOSPITAL

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.

Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training

About the Seminar

A one day seminar on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this conference is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most people's bodies naturally produce the hormone insulin, which helps convert sugars from the food we eat into energy that the body can use or store for later. When you have diabetes, your body either doesn't make insulin or doesn't use its insulin well, causing your blood sugar to rise. High blood sugar levels can cause serious health problems over time. Diabetes mellitus refers to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is an important source of energy for the cells that make up the muscles and tissues.

RESOURCE PERSON

Mrs. P.Jayanthiyal

Chief Dietician, Meenakshi Hospital,
Madurai

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)
PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**ONE DAY SEMINAR ON
"DIABETIC DISEASES IN INDIA"**

AGENDA

Date : 21.09.2021

Venue : Seminar Hall

INAUGURATION

- | | |
|----------------------|--|
| Prayer Song | : By Students |
| Welcome Address | : Mrs.P.Suba,
Head, Department of Nutrition and Dietetics,
Bharath College Of Science And Management. |
| Felicitation | : Dr.T.Veerassamy,
Director, Bharath College Of Science And Management |
| | : Dr.K.Kumar
Principal, Bharath College Of Science And Management |
| | : Prof.R.Aravazhi,
Vice Principal, Bharath College Of Science And Management. |
| | : Prof.N.Rajarajeswari ,
Vice Principal, Bharath College Of Science And Management. |
| Presidential Address | : Mrs.PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Resource Person | : Mrs. P.Jayanthiyal,
Chief Dietician, Meenakshi Hospital, Madurai. |
| Vote of thanks | : Prof.R.Radhika,
Department of Nutrition and Dietetics,
Bharath College Of Science And Management. |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2020-2021)

DATE:21.09.2021

NAME OF THE SEMINAR:

DIABETIC DISEASES IN INDIA

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABIMANYU.V	CB18S395161	Abimanyu
2	ABITHA.R	CB18S395162	Abitha
3	AMRUTHA KUMAR	CB18S395163	Amrutha Kumar
4	ANUGRAGA THOMAS	CB18S395164	Anugraga
5	ASHA .M	CB18S395165	Asha
6	BARATH KUMAR .R	CB18S395166	Barath
7	BAVATHARINI .K	CB18S395167	Bavatharini
8	BENCY J	CB18S395168	Bency
9	BHUVANESHWARI .P	CB18S395169	Bhuvaneshwar
10	DEVIKA .M	CB18S395170	Devika
11	DIVYABHARATHI .A	CB18S395171	Divya
12	GOGULALAKSHMI .R	CB18S395173	Gogulalakshmi
13	HADHI JAFRIN LAILA .S	CB18S395174	Hadhi Jafrin
14	JANAKI .S	CB18S395175	Janaki
15	JAMILLA GANI .S	CB18S395176	Jamil
16	JENIFER SHEELA .E	CB18S395177	Jenifer Sheela
17	JENSIYA .S	CB18S395178	Jensiya
18	JESINTHA MARY .A	CB18S395179	Jesinta
19	KALAIMAGAL .P	CB18S395180	Kalaimagal
20	KALIVARTHAN .R	CB18S395181	Kalivarthan
21	KAVITHA .P	CB18S395182	Kavitha
22	KEETHANA .K	CB18S395183	Keethana
23	MADHUMATHI .E	CB18S395184	Madhumathi
24	MADHUMITHA .L	CB18S395185	Madhumitha
25	MAHADEVAN .R.K	CB18S395186	R.K. Mahadevan
26	MAMPAJOTHI .G	CB18S395187	G. Mampajothi
27	MANIBHARATHI .G	CB18S395188	G. Manibharathi
28	MOHANAMBAL .S	CB18S395189	S. Mohanambal
29	NANDHINI .M.U	CB18S395191	M.U. Nandhini
30	NIVETHA .R	CB18S395192	Nivetha
31	NOORNISHA .S	CB18S395193	S. Noornisha
32	POONGUZHALI .D	CB18S395194	D. Poonguzhali
33	PRIYADHARSHINI .D	CB18S395195	D. Priyadharshini
34	PURUSHOTHAMAN .B	CB18S395196	B. Purushothaman
35	RAGAVIN .R	CB18S395197	R. Ragavin
36	SANTHINI .G	CB18S395198	G. Santhini
37	SATHYA .R	CB18S395199	R. Sathya
38	SELLAKANNU .T	CB18S395200	T. Sellakanu
39	SHARMILA .M	CB18S395201	M. Sharmila

40	SNEKA .S	CB185395202	S. Sneka
41	SOBANA .G	CB185395203	G. Sobana
42	SOWMIYA .R	CB185395204	R. Sowmiya
43	THAMSEELA.A	CB185395205	A. Thamseela
44	UDHAYASURIYAN .A	CB185395206	A. Udhayasuriyan
45	VARSHA .A	CB185395207	A. Varsha
46	VERAMUKIL .C	CB185395208	C. Veeramukil
47	VIDHYA .P	CB185395209	P. Vidhya
48	VIVEKA .T	CB185395210	T. Viveka
49	AAFREEN RISHMIYA.A	CB19S395736	A. Aafreen Rishmiya
50	ABDUL RAHUMAN.N	CB19S395631	N. Abdul Rahuman
51	ADHITHYAN.M	CB19S395632	M. Adhithyan
52	AISHWARYA.R	CB19S395633	R. Aishwarya
53	AMEER DEEN.J	CB19S395634	J. Ameer Deen
54	ANITHA CHARLIN.J	CB19S395635	J. Anitha Charlin
55	DAYAL DEV.S	CB19S395636	S. Dayal
56	DEEPIKA.P	CB19S395637	P. Deepika
57	DHANUSHA.G	CB19S395638	G. Dhannusha
58	DHARANI.T	CB19S395639	T. Dharani
59	DIVYA.S(09.03.2001)	CB19S395640	S. Divya
60	DIVYA.S(26.07.2000)	CB19S395641	S. Divya
61	DIVYA BHARATHI.G	CB19S395642	G. Divya Bharathi
62	GAYATHRI.K	CB19S395643	K. Gayathri
63	HARIPRIYA.R	CB19S395644	R. Haripriya
64	KARPAGAM.T	CB19S395645	T. Karpagam
65	KARTHIKA.M	CB19S395646	M. Karthika
66	KATHIRAVAN.E	CB19S395647	E. Kathiravan
67	KOWSALYA.M	CB19S395648	M. Kowsalya
68	MANJU.P	CB19S395649	P. Manju
69	MARY PRICILLA.R	CB19S395670	R. Mary Pricilla
70	NAFISHA.M	CB19S395650	M. Nafisha
71	NAGADHARSHINI.M	CB19S395651	M. Nagadharshini
72	NANDHINI.C	CB19S395652	C. Nandhini
73	NITHISH KUMAR.M	CB19S395653	M. Nithish Kumar
74	PREETHI.S	CB19S395654	S. Preethi
75	PRIYA DHARSHINI.S	CB19S395655	S. Priya Dharshini
76	RAVEENA.M	CB19S395656	M. Raveena
77	RUTHRA.P	CB19S395657	P. Ruthra
78	SAKTHI.R	CB19S395658	R. Sakthi
79	SANGEETHA.K	CB19S395659	K. Sangeetha
80	SHAJITHA BEGUM.A	CB19S395660	A. Shajitha Begum
81	SHARMILA.K	CB19S395661	K. Sharmila
82	SNEHA.T	CB19S395662	T. Sneha
83	SRIRANJANI.R	CB19S395663	R. Sriranjani
84	SURESH.K	CB19S395664	K. Suresh
85	SWETHA.G	CB19S395665	G. Swetha

86	THENNARASIS	CB19S395666	S. Thennaras
87	VADIVARASLT	CB19S395667	T. Vadivasasi
88	VIGNESH.M	CB19S395668	M. Vignesh
89	ACSAH C LENIN	CB19S395671	A. ACSAH C Lenin
90	S.AARTHI	CB20S396303	S. Aarthi
91	A.ABARNA	CB20S396304	A. Abarna
92	G.AMIRTHAVARSHINI	CB20S396305	G. Amirthavarshini
93	R.ANUSHYA	CB20S396306	R. Anushya
94	S.ARCHANA	CB20S396307	S. Archana
95	M.ARUNKUMAR	CB20S396308	M. Arunkumar
96	S.CHARULATHA	CB20S396309	S. Charulatha
97	M.DHANAROJA	CB20S396310	M. Dhanoja
98	V.DHIVYADHASHINI	CB20S396311	V. Dhivyadhashini
99	G.DHIVYA BHARATHI	CB20S396312	G. Dhivyabharathi
100	V.DURGA	CB20S396313	V. Durga
101	J.EPSIBHA	CB20S396314	J. Epsibha
102	M.GAYATHRI	CB20S396315	M. Gayathri
103	A.GLOBAN	CB20S396316	A. Globan
104	P.HEMA	CB20S396317	P. Hema
105	S.JANANI	CB20S396318	S. Janani
106	J.JONES ALFRIED	CB20S396319	J. Jones Alfred
107	K.KAVIYA	CB20S396320	K. Kaviya
108	M.KAVIYA	CB20S395874	M. Kaviya
109	M.S.KEERTHANA	CB20S395875	M. S. Keerthana
110	R.KIRUTHIGA DEVI	CB20S395876	R. Kiruthiga Devi
111	S.MAHESHWARAN	CB20S395877	S. Maheshwaran
112	S.MALIGESWAR GANDHI	CB20S395878	S. Maligeswar Gandhi
113	G.NARMATHA	CB20S395879	G. Narmatha
114	A.NISHA	CB20S395880	A. Nisha
115	K.NISHANTH	CB20S395881	K. Nishanth
116	B.NISHANTH RAJA	CB20S395882	B. Nishanth Raja
117	G.PRABAVATHI	CB20S395883	G. Prabavathi
118	K.PRIYADHARSHINI	CB20S395884	K. Priyadharshini
119	R.PRIYADHARSHINI	CB20S395885	R. Priyadharshini
120	N.RAMESH	CB20S395886	N. Ramesh
121	R.REJINA	CB20S395887	R. Rejina
122	R.REKA	CB20S395888	R. Reka
123	L.SANGAVI	CB20S395889	L. Sangavi
124	R.SHANMUGAM	CB20S395890	R. Shanmugam
125	B.SUBHA	CB20S395891	B. Subha
126	G.SWATHI	CB20S395892	G. Swathi
127	S.SWETHA	CB20S395893	S. Swetha
128	S.SWETHA	CB20S395894	S. Swetha
129	G.THIRUMALAIKUMAR	CB20S395895	G. Thirumalai Kumar
130	V.S.VAISHNAVI	CB20S395896	V. S. Vaishnavi

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.





BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON SEMINAR

NAME OF THE SEMINAR: Diabetics Diseases In India

RESOURCE PERSON: Mrs Jayanthiyal
Chief Dietitian
Meenakshi hospital Madurai

ACADEMIC YEAR : 2020- 2021
(21.09.2021)



One day Seminar on DIABETIC DISEASES IN INDIA was conducted by the Department of Nutrition and Dietetics in the academic year 2020-2021. Totally 130 students were benefited by this seminar. The main objective behind this seminar was to aware about the causes of Diabetes and the measures to be taken for the diabetic patients. This seminar helps to bring awareness on the food to be taken and avoided for the diabetic patients.



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
Thanjavur-5
(UGC Recognised 2(f) and 12 (B) Institution)
Affiliated to Bharathidasan University, Tiruchirappalli)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DEITETICS

IN ASSOCIATION WITH IQAC
&
ONE DAY SEMINAR

ON

IMPACT OF CARDIOVASCULAR AND KINDNEY DISEASE IN INDIA

PRESIDENTIAL ADDRESS

Kalvichemmal, Panmugaghikaram
Mrs. Punitha Ganesan, MA.,
Secretary,
Bharath Group of Institutions, Thanjavur

FALICITATION
Dr.T.Veerassamy
Director

Dr .K.Kumar
Principal

Prof.R.Aravazhi
Vice Principal

Prof.N.Rajarajeswari
Vice Principal

Prof .T.Kavitha
Faculty Incharge

RESOURCE PERSON

Mrs. M.Praveena,
Dietician, Appolo Hospital Trichy

VENUE :SEMINAR HALL

DATE : 05.10.2021

Sponsored by Meenakshi Hospital Thanjavur
ALL ARE CORDIALLY INVITED



About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Program was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

ONE DAY SEMINAR

ON

IMPACT OF CARDIOVASCULAR AND KIDNEY DISEASES IN INDIA

5th October 2021

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

sponsored by

Meenakshi Hospital Thanjavur

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. K. Kumar M.Com, MBA, M.Phil, NET, PhD.
Principal, Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof. P. Suba, M.Sc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, M.Sc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor, Dept of N&D

Prof. S. Deepapriya, M.Sc., MPhil.,
Assistant Professor, Dept of N&D

research and community outreach programs.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through

high quality teaching and training.

About the Seminar

A one day seminar on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this conference is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

The most important behavioural risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. The effects of behavioural risk factors may show up in individuals as raised blood pressure, raised blood glucose, raised blood lipids, and overweight and obesity. These "intermediate risks factors" can be measured in primary care facilities and indicate an increased risk of heart attack, stroke, heart failure and other complications.

Cessation of tobacco use, reduction of salt in the diet, eating more fruit and vegetables,

regular physical activity and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular disease. Health policies that create conducive environments for making healthy choices affordable and available are essential for motivating people to adopt and sustain healthy behaviours.

Chronic kidney disease, also called chronic kidney failure, involves a gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then removed in your urine. Advanced chronic kidney disease can cause dangerous levels of fluid, electrolytes and wastes to build up in your body.

RESOURCE PERSON

Mrs. M.Praveena,

Dietician, Apollo Hospital Trichy

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**One Day Seminar On
"IMPACT OF CARDIOVASCULAR AND KINDNEY DISEASE IN INDIA"
AGENDA**

Date: 05.10.2021

Venue : Seminar Hall

INAUGURATION

- | | |
|----------------------|--|
| Prayer Song | : By Students |
| Welcome Address | : Mrs.P.Suba,
Head, Department of Nutrition and Dietetics,
Bharath College Of Science And Management. |
| Felicitation | : Dr.T.Veerassamy,
Director, Bharath College Of Science And Management. |
| | : Dr.K.Kumar
Principal, Bharath College Of Science And Management. |
| | : Prof.R.Aravazhi,
Vice Principal, Bharath College Of Science And Management. |
| | : Prof.N.Rajarajeswari ,
Vice Principal, Bharath College Of Science And Management. |
| | : Prof .Mrs .T.Kavitha,
Faculty Incharge, Bharath College Of Science And Management. |
| Presidential Address | : Mrs.PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Keynote Address | : RESOURCE PERSON
Mrs. M.Praveena,
Dietician, Appolo Hospital Trichy |
| Vote of thanks | : Prof.R.Radhika
Assistant Professor
Department of Nutrition and Dietetics,
Bharath College Of Science And Management. |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2020-2021)

DATE:05.10.2021

NAME OF THE SEMINAR:

CARDIOVASCULAR AND KIDNEY DISEASES

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABIMANYU.V	CB18S395161	V. Abimanya
2	ABITHA.R	CB18S395162	R. Abitha
3	AMRUTHA KUMAR	CB18S395163	Amrutha Kumar
4	ANUGRAGA THOMAS	CB18S395164	Anurag Thomas
5	ASHA .M	CB18S395165	M. Asha
6	BARATH KUMAR .R	CB18S395166	R. Barath Kumar
7	BAVATHARINI .K	CB18S395167	K. Bavatharini
8	BENCY .J	CB18S395168	J. Bency
9	BHUVANESHWARI .P	CB18S395169	P. Bhuvaneshwari
10	DEVIKA .M	CB18S395170	M. Devika
11	DIVYABHARATHI .A	CB18S395171	A. Divyabhathi
12	GOGULALAKSHMI .R	CB18S395173	R. Gogulalakshmi
13	HADHI JAFRIN LAILA .S	CB18S395174	S. Hadhi Jafri Laila
14	JANAKI .S	CB18S395175	S. Janaki
15	JAMILA GANI .S	CB18S395176	S. Jamila Gani
16	JENIFER SHEELA .E	CB18S395177	E. Jenifer Sheela
17	JENSIYA .S	CB18S395178	S. Jensiya
18	JESINTHA MARY .A	CB18S395179	A. Jesintha Mary
19	KALAIMAGAL .P	CB18S395180	P. Kalaimagal
20	KALIVARTHAN .R	CB18S395181	R. Kalivarthan
21	KAVITHA .P	CB18S395182	P. Kavitha
22	KEETHANA .K	CB18S395183	K. Keethana
23	MADHUMATHI .E	CB18S395184	E. Madhumathi
24	MADHUMITHA .L	CB18S395185	L. Madhumitha
25	MAHADEVAN .R.K	CB18S395186	R.K. Mahadevan
26	MAMPHAJOTHI .G	CB18S395187	G. Mamphajothi
27	MANIBHARATHI .G	CB18S395188	G. Manibharathi
28	MOHANAMBAL .S	CB18S395189	S. Mohanambal
29	NANDHINI .M.U	CB18S395191	U. Nandhini
30	NIVETHA .R	CB18S395192	R. Nivetha
31	NOORNISHA .S	CB18S395193	S. Noornisha
32	POONGUZHALI .D	CB18S395194	D. Poonguzhali
33	PRIYADHARSHINI .D	CB18S395195	D. Priyadharshini
34	PURUSHOTHAMAN .B	CB18S395196	B. Purushothaman
35	RAGAVIN .R	CB18S395197	R. Ragavin
36	SANTHINI .G	CB18S395198	G. Santhini
37	SATHYA .R	CB18S395199	R. Sathya
38	SELLAKANNU .T	CB18S395200	T. Sellakanu
39	SHARMILA .M	CB18S395201	M. Sharmila

40	SNEKA .S	CB18S395202	S. Sneka
41	SOBANA .G	CB18S395203	G. Sobana
42	SOWMIYA .R	CB18S395204	R. Sowmiya
43	THAMSEELA.A	CB18S395205	A. Thamseela
44	UDHAYASURIYAN .A	CB18S395206	A. Udhayasuriyan
45	VARSHA .A	CB18S395207	A. Varsha
46	VERAMUKIL .C	CB18S395208	C. Veeramukil
47	VIDHYA .P	CB18S395209	P. Vidhya
48	VIVEKA .T	CB18S395210	T. Viveka
49	AAFREEN RISHMIYA.A	CB19S395736	A. Aafreen Rishmiya
50	ABDUL RAHUMAN.N	CB19S395631	N. Abdul Rahuman
51	ADHITHYAN.M	CB19S395632	M. Adhithyan
52	AISHWARYA.R	CB19S395633	R. Aishwarya
53	AMEER DEEN.J	CB19S395634	J. Ameer Deen
54	ANITHA CHARLIN.J	CB19S395635	J. Anitha Charlin
55	DAYAL DEV.S	CB19S395636	S. Dayal dev
56	DEEPIKA.P	CB19S395637	P. Deepika
57	DHANUSHA.G	CB19S395638	G. Dhannusha
58	DHARANI.T	CB19S395639	T. Dharani
59	DIVYA.S(09.03.2001)	CB19S395640	S. Divya
60	DIVYA.S(26.07.2000)	CB19S395641	D. Divya
61	DIVYA BHARATHI.G	CB19S395642	G. Divya Bharathi
62	GAYATHRI.K	CB19S395643	K. Gayathri
63	HARIPRIYA.R	CB19S395644	R. Haripriya
64	KARPAGAM.T	CB19S395645	T. Karpagam
65	KARTHIKA.M	CB19S395646	M. Karthika
66	KATHIRAVAN.E	CB19S395647	E. Kathiravan
67	KOWSALYA.M	CB19S395648	M. Kowsalya
68	MANJU.P	CB19S395649	P. Manju
69	MARY PRICILLA.R	CB19S395670	R. Mary Pricilla
70	NAFISHA.M	CB19S395650	M. Nafisha
71	NAGADHARSHINI.M	CB19S395651	M. Nagadharshini
72	NANDHINI.C	CB19S395652	C. Nandhini
73	NITHISH KUMAR.M	CB19S395653	M. Nithish Kumar
74	PREETHI.S	CB19S395654	S. Preethi
75	PRIYA DHARSHINI.S	CB19S395655	S. Priya Dharshini
76	RAVEENA.M	CB19S395656	M. Raveena
77	RUTHRA.P	CB19S395657	P. Ruthra
78	SAKTHI.R	CB19S395658	R. Sakthi
79	SANGEETHA.K	CB19S395659	K. Sangeetha
80	SHAJITHA BEGUM.A	CB19S395660	A. Shajitha Begum
81	SHARMILA.K	CB19S395661	K. Sharmila
82	SNEHA.T	CB19S395662	T. Sneha
83	SRIRANJANI.R	CB19S395663	R. Sriranjani
84	SURESH.K	CB19S395664	K. Suresh
85	SWETHA.G	CB19S395665	G. Swetha

86	THI NNARASIS	CB19S395666	Thianna Arasi
87	VADIVARASIT	CB19S395667	T. Vadivarasai
88	VIGNESH.M	CB19S395668	M. Vignesh
89	ACSAH C LENIN	CB19S395671	A. C. Lenin
90	AASIMA ANSARI .T	P19450101	T. Aasima Ansari
91	ABARNA.A	P19450102	A. Abarna
92	ARPUTA.R	P19450103	R. Arputa
93	DEVA ROOSVELT	P19450104	Deva Roosevelt
94	DEVADHASHINI.R	P19450105	R. Devadhashini
95	DHARANYA.K	P19450106	K. Dhanya
96	DINESH KUMAR.M	P19450107	M. Dinesh Kumar
97	HAJI MOHAMMED.M	P19450108	M. Haji Mohammed
98	JANAKIPRIYA.R	P19450109	R. Janakipriya
99	JESSY MARGARET.J	P19450110	J. Jessy Margaret
100	KOWSIKA.A	P19450111	A. Kowsika
101	MAGESWARI.G	P19450112	G. Mageswari
102	MANISHA.S	P19450113	S. Manisha
103	MONIKA.R	P19450114	R. Monika
104	NANDHINI.M	P19450115	M. Nandhini
105	SANGEETHA.S	P19450116	S. Sangeetha
106	SHAHIN BANU.A	P19450117	A. Shahin Banu
107	SUGUNA.T	P19450118	T. Suguna
108	N.AVANYA RAMKUMARI	P20453401	Avanaya Ram
109	S.ARAVIND	P20453402	S. Aravind
110	A.AWLIN SERABIA	P20453403	A. Awlin Serabia
111	V.BHUVANESWARI	P20453404	V. Bhuvaneshwari
112	U.DIVYA	P20453405	U. Divya
113	M.EZHIL	P20453406	M. Ezhil
114	S.INIYASREE	P20453407	S. Iniyasree
115	L.KARTHIK PRIYA	P20453408	L. Karthik Priya
116	N.KEERTHIKA	P20453409	N. Keerthika
117	N.NASIMA	P20453410	N. Nasima
118	V.PARANTHAKA CHOLAN	P20453411	V. Paranthaka Cholan
119	K.PAVITHRA	P20453412	K. Pavithra
120	K.PRATHIBA	P20453413	K. Prathiba
121	M.SAFRIN ROSE	P20453414	M. Safrin Rose
122	M.SETHUMADHAVAN	P20453416	M. Sethumadha
123	M.SUNDARAVENIL	P20453417	M. Sundaravani




PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613005.

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT



THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON SEMINAR

NAME OF THE SEMINAR : IMPACT OF CARDIO VASCULAR &
KIDNEY DISEASES

RESOURCE PERSON : Mrs .M.PRAVEENA M.Sc

Dietician, Apollo Hospital , Trichy

ACADEMIC YEAR : 2020-2021

(05/10/2021)



One day Seminar on IMPACT OF CARDIO VASCULAR & KIDNEY DISEASES was conducted by the Department of Nutrition and Dietetics in the academic year 2020-2021. Totally 123 students were benefited by this seminar. The main objective behind this seminar was to create awareness on .Patients with chronic kidney disease (CKD) exhibit an elevated cardiovascular risk manifesting as coronary artery disease, heart failure, arrhythmia, and cardiac death.

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.





**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognised 2(f) and 12 (B) (Institution)
Affiliated to Bharathidasan University, Tiruchirappalli)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DEITETICS

IN ASSOCIATION WITH IQAC

ONE DAY WORKSHOP

ON

FOOD ADULTERANTS

PRESIDENTIAL ADDRESS

Kalvisemal, Panmugasikaram
Mrs Punitha Ganesan, MA.,
Secretary,
Bharath Group of Institutions, Thanjavur

FALCITATION

Dr. T.VEERASAMY
Director

Dr.K.KUMAR
Principal

Prof.RARAYAZHI
Vice Principal

Prof N.RAJARAJESWARI
Vice Principal

Prof Mrs .T.KAVITHA
Faculty Incharge

RESOURCE PERSON
Mrs.G.Gomathi,
Head And Asst Prof, Dept of N&D
STET College for Women , Mannargudi

VENUE : SEMINAR HALL

DATE : 29.10.2021

SPONSORED BY MEENAKSHI HOSPITAL

ALL ARE CORDIALLY INVITED

ORGANIZING COMMITTEE

Chief Patron

Mrs.G.PunithaGanesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

.Dr.K.Kumar, MCom, MBA, Mphil, Ph D
Principal Bharath College of Science &
Management , Thanjavur

Organizing Chair

Prof P.Suba.MSc.,MPhil.,B.Ed.,NET,SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof .R.Radhika,MSc.,MPhil.,(Ph.D)

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J.Dhivyadharshini,M.Sc.,M.Phil.,
Assistant Professor, Dept of N&D

Prof. M.Menaka,M.Sc.,M.Phil.,B.E.d.,
Assistant Professor, Dept of N&D

Prof.S.Deepapriya,MSc.,MPhil.,
Assistant Professor, Dept of N&D



ONE DAY WORKSHOP

ON

FOOD ADULTERANTS

29th Oct 2021

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,

Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

SPONSORED BY MEENAKSHI HOSPITAL THANJAVUR

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc.,Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programs.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.

harmful and pose the ability to lower the potency of the product. Even if the adulterant

About the Workshop:

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this conference is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Food is the basic necessity of life. The food we eat is absorbed by our body and is used to run metabolic processes and sustain life. Food is essential for growth, and various life

processes. An array of food in our daily diet includes vegetables, fruits, legumes, pulses, grains, etc. All of these are either consumed raw or made into delicacies and savoured.

But, nowadays, you might have seen very thin milk due to mixing with water, white, yellow, or black pebbles in raw pulses, white tiny stones mixed with rice, and so on. This mixing of elements with food items is adulteration. When food is contaminated with external sources or when its natural

composition or quality is changed, it is adulterated. Food adulteration has serious effects on our health. Despite various measures taken by the government, spreading awareness about the hazards of food adulteration is a prevalent practice in many countries. Various methods of food adulteration are deployed by the food industries using various chemical and synthetic substances.

The substances that lower the quality of food, when added to it, are called adulterants. It is a substance found within other food substances that hamper the natural quality of the food. The adulterant may be present in any form and in any quantity. Adulterants are mostly is not harmful, it reduces the nutritional value of the food to a greater extent.

RESOURCE PERSON

Mrs.G.Gomathi,
Head And Asst Prof, Dept of N&D
STET College for Women , Mannargudi

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**ONE DAY WORKSHOP
ON
FOOD ADULTERANTS**

AGENDA

Date: 29.10.2021

Venue: Seminar Hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Prof.P.Suba, Head Department Of Nutrition Dietetics Bharath College Of Science And Management
Felicitations	: Dr.T.Veerassamy, Director Bharath College Of Science And Management
	: Dr.K.Kumar Principal , Bharath College Of Science And Management
	: Prof.R.Aravazhi, Vice Principal, Bharath College Of Science And Management
	: Prof.N.Rajarajeswari , Vice Principal, Bharath College Of Science And Management
Presidential Address	: Mrs.Punitha Ganesan, Secretary, Bharath group of Institutions, Thanjavur
RESOURCE PERSON	: Mrs.G.Gomathi, Head And Asst Prof, Dept of N&D STET College for Women ,Mannargudi
Vote of thanks	: Prof.R.Radhika Department Of Nutrition Dietetics Bharath College Of Science And Management

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2020-2021)

DATE: 29.10.2021

NAME OF THE WORKSHOP:

FOOD ADULTERANTS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABIMANYU.V	CB18S395161	Abimanyu V
2	ABITHA.R	CB18S395162	Abitha R
3	AMRUTHA KUMAR	CB18S395163	Amrutha Kumar
4	ANUGRAGA THOMAS	CB18S395164	Anugraga Thomas
5	ASHA .M	CB18S395165	Asha M
6	BARATH KUMAR .R	CB18S395166	Barath Kumar R
7	BAVATHARINI .K	CB18S395167	Bavatharini K
8	BENCY .J	CB18S395168	Bency J
9	BHUVANESHWARI .P	CB18S395169	Bhuvaneshwari P
10	DEVIKA .M	CB18S395170	Devika M
11	DIVYABHARATHI .A	CB18S395171	Divyabharathi A
12	GOGULALAKSHMI .R	CB18S395173	Gogulalakshmi R
13	HADHI JAFRIN LAILA .S	CB18S395174	Hadhi Jafrin Laila S
14	JANAKI .S	CB18S395175	Janaki S
15	JAMILLA GANI .S	CB18S395176	Jamilla Gani S
16	JENIFER SHEELA .E	CB18S395177	Jenifer Sheela E
17	JENSIYA .S	CB18S395178	Jensiya S
18	JESINTHA MARY .A	CB18S395179	Jesinta Mary A
19	KALAIMAGAL .P	CB18S395180	Kalaimagal P
20	KALIVARTHAN .R	CB18S395181	Kalivartan R
21	KAVITHA .P	CB18S395182	Kavitha P
22	KEETHANA .K	CB18S395183	Keethana K
23	MADHUMATHI .E	CB18S395184	Madhumathi E
24	MADHUMITHA .L	CB18S395185	Madhumitha L
25	MAHADEVAN .R.K	CB18S395186	Mahadevan R.K
26	MAMPHAJOTHI .G	CB18S395187	Mamphajothi G
27	MANIBHARATHI .G	CB18S395188	Manibharathi G
28	MOHANAMBAL .S	CB18S395189	Mohanambal S
29	NANDHINI .M.U	CB18S395191	Nandhini M.U
30	NIVETHA .R	CB18S395192	Nivetha R
31	NOORNISHA .S	CB18S395193	Noornisha S
32	POONGUZHALI .D	CB18S395194	Poonguzhali D
33	PRIYADHARSHINI .D	CB18S395195	Priyadharshini D
34	PURUSHOTHAMAN .B	CB18S395196	Purushothaman B
35	RAGAVIN .R	CB18S395197	Ragavin R
36	SANTHINI .G	CB18S395198	Santhini G
37	SATHYA .R	CB18S395199	Sathya R
38	SELLAKANNU .T	CB18S395200	Sellakanu T
39	SHARMILA .M	CB18S395201	Sharmila M

40	SNEKA .S	CB185395202	Sneha .S
41	SOBANA .G	CB185395203	SOBANA
42	SOWMIYA .R	CB185395204	Sowmiya
43	THAMSEELA.A	CB185395205	Thamsh
44	UDHAYASURIYAN .A	CB185395206	Udhay
45	VARSHA .A	CB185395207	Varsha
46	VERAMUKIL .C	CB185395208	VERAMUKIL
47	VIDHYA .P	CB185395209	Vidhya
48	VIVEKA .T	CB185395210	Viveka .T
49	AASIMA ANSARI .T	P19450101	Aasima
50	ABARNA.A	P19450102	ABARNA
51	ARPUTA.R	P19450103	ARPUTA .R
52	DEVA ROOSVELT	P19450104	DEVA ROOSVELT
53	DEVADHASHINI.R	P19450105	Devadhashini .R
54	DHARANYA.K	P19450106	Dharanya .K
55	DINESH KUMAR.M	P19450107	Dinesh Kumar
56	HAJI MOHAMMED.M	P19450108	Haji Mohammed
57	JANAKIPRIYA.R	P19450109	Janakipriya .R
58	JESSY MARGARET.J	P19450110	Jessy Margaret
59	KOWSIKA.A	P19450111	Kowsika
60	MAGESWARI.G	P19450112	Mageswari
61	MANISHA.S	P19450113	Manisha
62	MONIKA.R	P19450114	Monika
63	NANDHINI.M	P19450115	N .P .M.
64	SANGEETHA.S	P19450116	Sangeetha
65	SHAHIN BANU.A	P19450117	Shahin Banu
66	SUGUNA.T	P19450118	SUGUNA
67	N.AVANYA RAMKUMARI	P20453401	Avanya Ramkumar
68	S.ARAVIND	P20453402	S .Aravind
69	A.AWLIN SERABIA	P20453403	Alwin SERABIA
70	V.BHUVANESWARI	P20453404	Bhuvan
71	U.DIVYA	P20453405	Divya .U
72	M.EZHIL	P20453406	M .Ezhil
73	S.INIYASREE	P20453407	S .Iniyasree
74	L.KARTHIK PRIYA	P20453408	L .Karthik Priya
75	N.KEERTHIKA	P20453409	N .Keerthika
76	N.NASIMA	P20453410	N .Nasima
77	V.PARANTHAKA CHOLAN	P20453411	Parantha Cholan
78	K.PAVITHRA	P20453412	Pavithra
79	K.PRATHIBA	P20453413	Prathiba
80	M.SAFRIN ROSE	P20453414	Safrin Rose
81	M.SETHUMADHAVAN	P20453416	M .Sethumadavan
82	M.SUNDARAVENIL	P20453417	M .Sundaravenil




PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THIRUVANANTHAPURAM - 611005.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : FOOD ADULTERANTS

RESOURCE PERSON : Mrs G. GOMATHI
Head and Asst Prof
Dept of N&D ,STET College

ACADEMIC YEAR : 2020-2021
(29/10/2021)



One day workshop on FOOD ADULTERANTS Conducted by the Department of Nutrition and Dietetics in the academic year 2020-2021. Totally 82 students were benefited by this workshop. The main objective of this workshop is to bring awareness to the consumers regarding Adulteration in foods. They also learnt about the ways to find out the adulterants in foods and its quality.



PRINCIPAL
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2(f) and 12 (B) Institution)

Affiliated to Bharathidasan University, Tiruchirappalli)

Thanjavur-5

PG & RESEARCH DEPARTMENT OF NUTRITION AND DEITETICS

IN ASSOCIATION WITH IQAC

&

A ONE DAY WORKSHOP

ON

POST COVID FOODS

VENUE

SEMINAR HALL

Date : 19.11.2021

PRESIDENTIAL ADDRESS

Kalvichemmal, Panmugachikaram

Mrs. Punitha Ganesan, MA.,

Secretary,

Bharath Group of Institutions, Thanjavur

FALCITATION

Dr. T.VEERASAMY

DIRECTOR

DR.K.KUMAR

PRINCIPAL

Prof.R.ARAVAZHI
Vice Principal

Prof.N.RAJARAJESWARI
Vice Principal

Prof Mrs .T.KAVITHA
Faculty Incharge

RESOURCE PERSON

DR. B.ANJUGAM

MEDICAL COLLEGE

THANJAVUR.

Sponsored by

Meenakshi Hospital , Thanjavur

ALL ARE CORDIALLY INVITED

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA, M.Phil, NET, PhD
Principal Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor, Dept of N&D

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D



ONE DAY WORKSHOP ON POST COVID FOODS

19 NOVEMBER 2021

Organized By

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 – 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

Sponsored by

Meeanakshi Hospital Thanjavur

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programed was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programs.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

&Dietetics

M.Phil., Food Service Management

&Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

About the workshop

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science ,Nutrition and Dietetics. The aim of this workshop is to bring students, industrialists, to understand the state of their learning and research.

COVID-19 (coronavirus disease-2019) is an infectious disease, which can cause symptoms of fever, coughing, general weakness, pain, difficulty breathing as well as changes to taste and smell. Your diet, nutritional and fluid intake are very important when you have

COVID-19, but the symptoms can affect your appetite and ability to eat, making it difficult for you to meet your nutritional needs.

Eating well can be difficult during COVID-19, as your routine may be disrupted and you may have difficulty shopping for the foods you normally eat. This leaflet provides

important tips to help you to eat well during and after COVID-19 illness. If you have recently been very unwell, have a poor

appetite or have lost weight without meaning to, the yellow information leaflet "Improving Your Nutrition During and After COVID-19 Illness" may be helpful

If you are struggling to eat enough, or if you are losing weight or strength in your muscles, you may need to think differently about the foods you are eating. This leaflet provides important tips to help you get the most out of the foods you eat while you are unwell and may help you to regain some of the weight or strength you have lost. It is important to be aware of your weight and appetite.

particularly if you are older or have a pre-existing medical condition. If you are worried about the fact you are losing weight without trying the information in this leaflet should

help you, however if you continue to lose weight or you struggle to eat enough, even if you are overweight, seek advice from a healthcare professional.

RESOURCE PERSON

Dr.B.ANJUGAM, MIBBS

Medical college

Thanjavur

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(F) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

One Day Workshop On

"POST COVID FOODS"

AGENDA

Date :19.11.2021

Venue : Seminar Hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: MRS. P.SUBA, Head,Department of Nutrition and Dietetics Bharath College of Science and Management.
Felicitation	: Dr.T.Veerassamy,Director Bharath College of Science and Management. : Dr.K.KUMAR PRINCIPAL, Bharath College of Science and Management. : Prof.R.RAVAZHI, Vice Principal, Bharath College of Science and Management. : Prof.N.RAJARAJESWARI , Vice Principal, Bharath College of Science and Management. : Prof .Mrs .T.KAVITHA, Faculty Incharge, Bharath College of Science and Management.
Presidential Address	: MRS.PUNITHAGANESAN, Secretary, Bharath group of Institutions, Thanjavur
Keynote Address	: Dr.B.ANJUGAM, MBBS Medical college Thanjavur
Vote of thanks	: Prof.R.RADHIKA Department of Nutrition and Dietetics Bharath College of Science and Management.

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2020-2021)

DATE:19.11.2021

NAME OF THE WORKSHOP:

POST COVID FOODS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABIMANYU.V	CB185395161	Abimanyu.V
2	ABITHA.R	CB185395162	Abitha.R
3	AMRUTHA KUMAR	CB185395163	Amrutha.K
4	ANUGRAGA THOMAS	CB185395164	Anugraga.Thomas
5	ASHA .M	CB185395165	Asha.M
6	BARATH KUMAR .R	CB185395166	Barath.Kumar.R
7	BAVATHARINI .K	CB185395167	Bavatharini.K
8	BENCY J	CB185395168	Bency.J
9	BHUVANESHWARI .P	CB185395169	Bhuvaneshwari.P
10	DEVIKA .M	CB185395170	Devika.M
11	DIVYABHARATHI .A	CB185395171	Divyabharathi.A
12	GOGULALAKSHMI .R	CB185395173	Gogulalakshmi.R
13	HADHI JAFRIN LAILA .S	CB185395174	Hadhi.Jafrin.Laila.S
14	JANAKI .S	CB185395175	Janaki.S
15	JAMILA GANI .S	CB185395176	Jamila.Gani.S
16	JENIFER SHEELA .E	CB185395177	Jenifer.Sheela.E
17	JENSIYA .S	CB185395178	Jensiya.S
18	JESINTHA MARY .A	CB185395179	Jesinta.Mary.A
19	KALAIMAGAL .P	CB185395180	Kalaimagal.P
20	KALIVARTHAN .R	CB185395181	Kalivarthan.R
21	KAVITHA .P	CB185395182	Kavitha.P
22	KEETHANA .K	CB185395183	Keethana.K
23	MADHUMATHI .E	CB185395184	Madhumathi.E
24	MADHUMITHA .L	CB185395185	Madhumitha.L
25	MAHADEVAN .R.K	CB185395186	Mahadevan.R.K
26	MAMPHAJOTHI .G	CB185395187	Mamphajothi.G
27	MANIBHARATHI .G	CB185395188	Manibharathi.G
28	MOHANAMBAL .S	CB185395189	Mohanambal.S
29	NANDHINI .M.U	CB185395191	Nandhini.M.U
30	NIVETHA .R	CB185395192	Nivetha.R
31	NOORNISHA .S	CB185395193	Noornisha.S
32	POONGUZHALI .D	CB185395194	Poonguzhali.D
33	PRIYADHARSHINI .D	CB185395195	Priyadharshini.D
34	PURUSHOTHAMAN .B	CB185395196	Purushothaman.B
35	RAGAVIN .R	CB185395197	Ragavin.R
36	SANTHINI .G	CB185395198	Santhini.G
37	SATHYA .R	CB185395199	Sathya.R
38	SELLAKANNU .T	CB185395200	Sellakanu.T
39	SHARMILA .M	CB185395201	Sharmila.M

40	SNEKA .S	CB18S395202	Sneha .S
41	SOBANA .G	CB18S395203	
42	SOWMIYA .R	CB18S395204	Sowmya .R
43	THAMSEELA.A	CB18S395205	
44	UDHAYASURIYAN .A	CB18S395206	Udhaya Suriyan .A
45	VARSHA .A	CB18S395207	Varsha .A
46	VERAMUKIL .C	CB18S395208	Veramukil .C
47	VIDHYA .P	CB18S395209	Vidya .P
48	VIVEKA .T	CB18S395210	Viveka .T
49	AASIMA ANSARI .T	P19450101	Aasima Ansari .T
50	ABARNA.A	P19450102	Abarna .A
51	ARPUTA.R	P19450103	Arputa .R
52	DEVA ROOSVELT	P19450104	Deva roosvelt
53	DEVADHASHINI.R	P19450105	Devadhashini .R
54	DHARANYA.K	P19450106	Dhanya .K
55	DINESH KUMAR.M	P19450107	Dineesh Kumar .M
56	HAJI MOHAMMED.M	P19450108	Hanaki puyy
57	JANAKIPRIYA.R	P19450109	Janaki .R
58	JESSY MARGARET.J	P19450110	Jessy Margaret
59	KOWSIKA.A	P19450111	Kowsika .A
60	MAGESWARI.G	P19450112	Mageshwari .G
61	MANISHA.S	P19450113	Manisha .S
62	MONIKA.R	P19450114	Monika .R
63	NANDHINI.M	P19450115	Nandhini .M
64	SANGEETHA.S	P19450116	Sangeetha .S
65	SHAHIN BANU.A	P19450117	Shahin Banu .A
66	SUGUNA.T	P19450118	Suguna .T
67	N.AVANYA RAMKUMARI	P20453401	Avanya .R
68	S.ARAVIND	P20453402	S. Aravind
69	A.AWLIN SERABIA	P20453403	A. Binnave
70	V.BHUVANESWARI	P20453404	V. Binnave
71	U.DIVYA	P20453405	U. Divya
72	M.EZHIL	P20453406	M. Ezhil
73	S.INIYASREE	P20453407	S. Iniyasree
74	L.KARTHIK PRIYA	P20453408	L. Karthi
75	N.KEERTHIKA	P20453409	N. Keerthi
76	N.NASIMA	P20453410	N. Nasima
77	V.PARANTHIKA CHOLAN	P20453411	V. Paranthi
78	K.PAVITHRA	P20453412	K. Pavithra
79	K.PRATHIBA	P20453413	K. Prathiba
80	M.SAFRIN ROSE	P20453414	M. Safrin
81	M.SETHUMADHAVAN	P20453416	M. Sathu
82	M.SUNDARAVENIL	P20453417	M. Sundar
83	AAFREEN RISHIMIYA.A	CB19S395736	Aafreen Rishimiya .A
84	ABDUL RAHUMAN.N	CB19S395631	Abdullah .N
85	ADHITHYAN.M	CB19S395632	Adhithyan .M

86	AISHWARYA.R	CB19S395633	Priya.R
87	AMUR DEVI.J	CB19S395634	Amur Devi
88	ANITHA CHARLIN.J	CB19S395635	Anitha
89	DAYAL DEV.S	CB19S395636	Dayal
90	DEEPIKA.P	CB19S395637	Deepika.P
91	DIHANUSHA.G	CB19S395638	Dhanusha
92	DHARANLT	CB19S395639	Dharani.T
93	DIVYA.S(09.03.2001)	CB19S395640	Divya
94	DIVYA.S(26.07.2000)	CB19S395641	Divya.S
95	DIVYA BHARATHIL.G	CB19S395642	Divya
96	GAYATHRI.K	CB19S395643	Gayathri.K
97	HARIPRIYA.R	CB19S395644	Haripriya
98	KARPAGAM.T	CB19S395645	Karpagam
99	KARTHIKA.M	CB19S395646	Karthika.M
100	KATHIRAVANE	CB19S395647	Kathiravan
101	KOWSALYA.M	CB19S395648	Kowsalya
102	MANJU.P	CB19S395649	Manju.P
103	MARY PRICILLA.R	CB19S395670	Mary Pricilla
104	NAFISHA.M	CB19S395650	Nafisha.M
105	NAGADHARSHINI.M	CB19S395651	Nagadharshini
106	NANDHINI.C	CB19S395652	Nandhini.C
107	NITHISH KUMAR.M	CB19S395653	Nithish
108	PREETHI.S	CB19S395654	Preethi.S
109	PRIYA DHARSHINI.S	CB19S395655	Priya
110	RAVEENA.M	CB19S395656	Raveena
111	RUTHRA.P	CB19S395657	Ruthra.P
112	SAKTHI.R	CB19S395658	Sakthi
113	SANGEETHA.K	CB19S395659	Sangeetha.K
114	SHAJITHA BEGUM.A	CB19S395660	Shajitha
115	SHARMILA.K	CB19S395661	Sharmila
116	SNEHA.T	CB19S395662	Sneha.T
117	SRIRANJANLR	CB19S395663	Sriranjani
118	SURESH.K	CB19S395664	Suresh.K
119	SWETHA.G	CB19S395665	Swetha
120	THENNARASI.S	CB19S395666	Thennarasi
121	VADIVARASI.T	CB19S395667	Vadivarasi
122	VIGNESH.M	CB19S395668	Vignesh.M
123	ACSAH C LENIN	CB19S395671	Acshah Lenin



PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : POST COVID FOODS

RESOURCE PERSON : Dr. B ANJUGAM ,MBBS
Medical College
Thanjavur

ACADEMIC YEAR : 2020-2021

(19.11.2021)



One day workshop on POST COVID FOODS was conducted by the Department of Nutrition and Dietetics in the academic year 2020-2021. Totally 123 students were benefited by this workshop the main objective behind this workshop was to bring awareness on immune foods which are important to prevent COVID 19.



PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005,



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
Thanjavur-5**

(UGC Recognised 2(f) and 12 (B) Institution)

Affiliated to Bharathidasan University, Tiruchirappalli)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DEITETICS

**IN ASSOCIATION WITH IQAC
&**

AWARENESS PROGRAMME on MALNURITION

PRESIDENTIAL ADDRESS

Kalvisemal, Panmugasikaram
Mrs. Punitha Ganesan, MA.,
Secretary,
Bharath Group of Institutions, Thanjavur

FALCITATION
Dr. T. Veerasamy
Director
Dr. K. Kumar
Principal

Prof. R. Aravazhi
Vice Principal

Pro. N. Rajarajeswari
Vice Principal

Prof Mrs .T. Kavitha
Faculty Incharge

VENUE : SEMINAR HALL

DATE : 08.12.2021

Sponsored by Meenakshi hospital

ALL ARE CORDIALLY INVITED

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA, M.Phil, NET, PhD
Principal Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., B.E.d.,
Assistant Professor, Dept of N&D

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D



About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Program was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community out reach programs.

AWARENESS PROGRAMME on MALNUTRITION

8th DECEMBER 2021

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

SPONSORED BY Meenakshi Hospital

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

About the Program

A one day program on Malnutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this program is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Malnutrition refers to getting too little or too much of certain nutrients.

It can lead to serious health issues, including stunted growth, eye problems, diabetes and heart disease.

- **Undernutrition:** This type of malnutrition results from not getting enough protein, calories or micronutrients. It leads to low weight-for-height (wasting), height-for-age (stunting) and weight-for-age (underweight).
- **Overnutrition:** Overconsumption of certain nutrients, such as protein, calories or fat, can also lead to malnutrition. This usually results in

overweight or obesity. Malnutrition affects billions of people worldwide. Some populations have a high risk of developing certain types of malnutrition depending on their environment, lifestyle and resources.

RESOURCE PERSON

Mrs. Punitha Ganesan,

Secretary, Bharath group of Institutions,
Thanjavur

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

“AWARENESS PROGRAMME on MALNURITION”

AGENDA

Date : 08.12.2021

Venue : Seminar hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Mrs.P.Suba, Head, Department of Nutrition and Dietetics, Bharath College of Science and Management.
Felicitation	: Dr.T.Veerasingh,Director Bharath College of Science and Management. : Dr.K.Kumar Principal, Bharath College of Science and Management. : Prof.R.Aravazhi, Vice Principal, Bharath College of Science and Management. : Prof.N.Rajarajeswari , Vice Principal,Bharath College : Prof.Mrs .T.Kavitha, Faculty Incharge, Bharath College of Science and Management.
Presidential Address	: Mrs.PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Vote of thanks	: Prof.R.Radhika Department of Nutrition and Dietetics

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2020-2021)

DATE:08.12.2021

NAME OF THE PROGRAMME:

AWAERNESS PROGRAMME ON MALNUTRITION

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	AASIMA ANSARI .T	P19450101	Aasima Ansari
2	ABARNA.A	P19450102	ABARNA
3	ARPUTA.R	P19450103	Arputa
4	DEVA ROOSVELT	P19450104	Deva Roosvelt
5	DEVADHASHINI.R	P19450105	Devadhashini
6	DHARANYA.K	P19450106	Dharanya K
7	DINESH KUMAR.M	P19450107	Dinesh Kumar
8	HAJI MOHAMMED.M	P19450108	Haji Mohammed
9	JANAKIPRIYA.R	P19450109	Janakipriya
10	JESSY MARGARET.J	P19450110	Jessy Margaret
11	KOWSIKA.A	P19450111	Kowsika
12	MAGESWARI.G	P19450112	Mageswari
13	MANISHA.S	P19450113	Manisha
14	MONIKA.R	P19450114	Monika
15	NANDHINI.M	P19450115	Nandhini
16	SANGEETHA.S	P19450116	Sangeetha
17	SHAHIN BANU.A	P19450117	Shahin Banu
18	SUGUNA.T	P19450118	Suguna
19	N.AVANYA RAMKUMARI	P20453401	N.Avanya Ramkumari
20	S.ARAVIND	P20453402	S.Aravind
21	A.AWLIN SERABIA	P20453403	A.Awlina Serabia
22	V.BHUVANESWARI	P20453404	Bhuvaneshwari
23	U.DIVYA	P20453405	Divya
24	M.EZHIL	P20453406	Ezhil
25	S.INIYASREE	P20453407	Iniyasree
26	L.KARTHIK PRIYA	P20453408	Karthik Priya
27	N.KEERTHIKA	P20453409	Keerthika
28	N.NASIMA	P20453410	Nasima
29	V.PARANTHAKA CHOLAN	P20453411	Paranthaka Cholan
30	K.PAVITHRA	P20453412	Pavithra
31	K.PRATHIBA	P20453413	Prathiba
32	M.SAFRIN ROSE	P20453414	Safrin Rose
33	M.SETHUMADHAVAN	P20453416	Sethumadhevan
34	M.SUNDARAVENIL	P20453417	Sundaravenil
35	AAFREEN RISHMIYA.A	CB19S395736	Aafreen Rishmiya
36	ABDUL RAHUMAN.N	CB19S395631	Abdul Rahuman
37	ADHITHYAN.M	CB19S395632	Adhithyan M
38	AISHWARYA.R	CB19S395633	Aishwarya R
39	AMEER DEEN.J	CB19S395634	Amir Deen

40	ANITHA CHARLINJ	CB19S395635	Anitha Charlin J
41	DAYAL DEV.S	CB19S395636	Dayal Dev.S
42	DEEPIKA.P	CB19S395637	Deepika.P
43	DHANUSHA.G	CB19S395638	Dhanusha
44	DHARANI.T	CB19S395639	Dharani.T
45	DIVYA.S(09.03.2001)	CB19S395640	Divya.S
46	DIVYA.S(26.07.2000)	CB19S395641	Divya.S
47	DIVYA BHARATHI.G	CB19S395642	Divya Bharathi
48	GAYATHRI.K	CB19S395643	Gayathri.K
49	HARIPRIYA.R	CB19S395644	Haripriya
50	KARPAGAM.T	CB19S395645	Karpagam.T
51	KARTHIKA.M	CB19S395646	Karthika
52	KATHIRAVAN.E	CB19S395647	Kathiravan.E
53	KOWSALYA.M	CB19S395648	Kowsalya
54	MANJU.P	CB19S395649	Manju.P
55	MARY PRICILLA.R	CB19S395670	Mary Pricilla.R
56	NAFISHA.M	CB19S395650	Nafisha
57	NAGADHARSHINI.M	CB19S395651	Nagadharshini
58	NANDHINI.C	CB19S395652	Nandhini.C
59	NITHISH KUMAR.M	CB19S395653	Nithish Kumar
60	PREETHI.S	CB19S395654	Preethi
61	PRIYA DHARSHINI.S	CB19S395655	Priya Dharshini
62	RAVEENA.M	CB19S395656	Raveena
63	RUTHRA.P	CB19S395657	Ruthra
64	SAKTHI.R	CB19S395658	Sakthi
65	SANGEETHA.K	CB19S395659	Sangeetha
66	SHAJITHA BEGUM.A	CB19S395660	Shajitha Begum
67	SHARMILA.K	CB19S395661	Sharmila
68	SNEHA.T	CB19S395662	Sneha
69	SRIRANJAN.R	CB19S395663	Sriranjan
70	SURESH.K	CB19S395664	Suresh
71	SWETHA.G	CB19S395665	Swetha
72	THENNARASI.S	CB19S395666	Thennarasi
73	VADIVARASI.T	CB19S395667	Vadivarasi
74	VIGNESH.M	CB19S395668	Vignesh
75	ACSAH C LENIN	CB19S395671	Acshah Lenin




PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON AWARENESS PROGRAM

NAME OF THE PROGRAM : AWARENESS PROGRAM ON MALNUTRITION
RESOURCE PERSON : Mrs. Punitha Ganesan, M A
Secretary, Bharath Group of Institutions
Thanjavur
ACADEMIC YEAR : 2020-2021
(8.12.2021)



One day awareness program on Malnutrition was conducted by the Department of Nutrition and Dietetics in the academic year 2020-2021. Totally 75 students were benefited by this Program. Malnutrition refers to deficiencies or excesses in nutrient intake, imbalance of essential nutrients or impaired nutrient utilization. The objective of this program is to create awareness on Malnutrition and its ill effects on health.

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005



2019-2020

One day workshop on

FOOD PRODUCT DEVELOPMENT

VENUE : SEMINAR HALL
BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT

RESOURCE
PERSON

13.08.2019

Sponsored by
Meenakshi Hospital
Thanjavur

MRS. ROSLINE
ASSISTANT PROFESSOR,
DEPT OF NUTRITION AND
DIETETICS,
BISHOP COLLEGE,
TRICHY

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. T. VeeraSamy M.A., M.Phil., PhD,
Principal Bharath College of Science &
Management

Organizing Chair

Prof. P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Department of Nutrition and Dietetics

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor

Prof. M. Menaka, M.Sc., M.Phil., B.Ed.,
Assistant Professor

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor



ONE DAY WORKSHOP ON

Food product Development

13 AUGUST 2019

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

**Sponsored by Meenakshi Hospital
Thanjavur**

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community out reach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

About the Workshop

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Food Product Development

- In charge of developing new products, especially in terms of the hands-on testing and managing the development process
- Formulate Product
- Determine Sensory Attributes
- Run Shelf Life Testing
- Know Food Safety Concerns
- Test the Process
- Consider Nutrition

- Calculate Costs (may need input from others)
- Equipment Design and Maintenance
- Process Controls
- Production Costs (line speeds, overhead cost)
- Employee Training
- Sanitation
- They may also help with Package Design
 - Shelf Life
 - Handling
 - Cost
 - Consumer Safety
 - Consumer Handling

Quality

- Ensures consumer expectations are met
- Sensory and Quality attributes are tested to make sure the product meets specifications
- Food Safety
 - HACCP and Preventative Controls plus Prerequisite Programs
 - Microbiology Testing
 - Foreign Material Testing
 - Process Checks
 - Incoming ingredient and packaging safety checks

Regulatory

- Makes sure the new product is legal and safe
- Coordinates a Generally Recognized As Safe (GRAS) dossier if necessary (typically for ingredient development)

Regulations

- Product Name
- Standard of Identity
- Nutrition Labeling
- Product Codes

Marketing & Sales

- Defines product market and positioning
- Confirms consumer need for a new product through surveys and consumer data
- Develops advertising strategy
- Monitors competitor's sales and new product introductions
- Helps design product packaging, especially tied to attracting the target audience

RESOURCE PERSON

Ms. Madeline

ASSISTANT PROFESSOR
DEPARTMENT OF NUTRITION AND DIETETICS
BISHOP COLLEGE
MUMBAI

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**One Day workshop On
"FOOD PRODUCT DEVELOPMENT"**

AGENDA

Date: 13.08.2019

Venue : Seminar Hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Mrs.P.Suba, Head,Department of Nutrition and Dietetics, Bharath College Of Science And Management.
Felicitation	: Dr. T.Veerasingam,Principal , Bharath College Of Science And Management. : Prof.R.ARAVAZHI, Vice Principal, Bharath College Of Science And Management. : Prof.N.RAJARAJESWARI , Vice Principal, Bharath College Of Science And Management. : Prof .Mrs .T.KAVITHA, Faculty Incharge, Bharath College Of Science And Management.
Presidential Address	: Mrs.PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Keynote Address:	: Mrs.Rosline Assistant Professor Department Of Nutrition And Dietetics Bishop College Trichy
Vote of thanks	: Prof. R. Radhika Department of Nutrition and Dietetics

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2019-2020)

DATE:13.08.2019

NAME OF THE WORKSHOP:

FOOD PRODUCT DEVELOPMENT

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABIMANYU.V	CB18S395161	Abimanyu
2	ABITHA.R	CB18S395162	Abitha R
3	AMRUTHA KUMAR	CB18S395163	Amrutha Kumar
4	ANUGRAGA THOMAS	CB18S395164	Anugraha Thomas
5	ASHA .M	CB18S395165	Asha M
6	BARATH KUMAR .R	CB18S395166	Barath Kumar
7	BAVATHARINI .K	CB18S395167	Bavatharini K
8	BENCY J	CB18S395168	Bency J
9	BHUVANESHWARI .P	CB18S395169	Bhuvaneshwari K
10	DEVIKA .M	CB18S395170	Devika M
11	DIVYABHARATHI .A	CB18S395171	Divyabhathi A
12	GOGULALAKSHMI .R	CB18S395173	Gogulalakshmi
13	HADHI JAFRIN LAILA .S	CB18S395174	Hadhi Jafirin Laila
14	JANAKI .S	CB18S395175	Janaki S
15	JAMILA GANI .S	CB18S395176	Jamil Gani
16	JENIFER SHEELA .E	CB18S395177	Jenifer Sheela E
17	JENSIYA .S	CB18S395178	Jensiya S
18	JESINTHA MARY .A	CB18S395179	Jesinta Mary A
19	KALAIMAGAL .P	CB18S395180	Kalaimagal P
20	KALIVARTHAN .R	CB18S395181	Kalivarthan R
21	KAVITHA .P	CB18S395182	Kavitha P
22	KEETHANA .K	CB18S395183	Keethana K
23	MADHUMATHI .E	CB18S395184	Madhumathi E
24	MADHUMITHA .L	CB18S395185	Madhumitha L
25	MAHADEVAN .R.K	CB18S395186	Mahadevan R.K
26	MAMPHAJOTHI .G	CB18S395187	Mamphajothi G
27	MANIBHARATHI .G	CB18S395188	Manibharathi G
28	MOHANAMBAL .S	CB18S395189	Mohanambal S
29	NANDHINI .M.U	CB18S395191	Nandhini M.U
30	NIVETHA .R	CB18S395192	Nivetha R
31	NOORNISHA .S	CB18S395193	Noornisha S
32	POONGUZHALI .D	CB18S395194	Poonguzhali D
33	PRIYADHARSHINI .D	CB18S395195	Priyadharshini D
34	PURUSHOTHAMAN .B	CB18S395196	Purushothaman B
35	RAGAVIN .R	CB18S395197	Ragavin R
36	SANTHINI .G	CB18S395198	Santhini G
37	SATHYA .R	CB18S395199	Sathya R
38	SELLAKANNU .T	CB18S395200	Sellakannu T
39	SHARMILA .M	CB18S395201	Sharmila M

40	SNEKA S	CB185395202	Sneka S
41	SOBANA G	CB185395203	Sobana G
42	SOWMIYA R	CB185395204	Sowmya R
43	THAMSEELA A	CB185395205	Thamseela A
44	UDHAYASURIYAN A	CB185395206	Udhayasuriyan A
45	VARSHA A	CB185395207	Varsha A
46	VERAMUKIL C	CB185395208	Veramukil C
47	VIDHYA P	CB185395209	Vidhya P
48	VIVEKA T	CB185395210	Viveka T
49	AADREEN RISHMIYA A	CB19S395736	Aadreen Rishmiy
50	ABDUL RAHUMAN N	CB19S395631	Abdul Rahuman
51	ADITHYAN M	CB19S395632	Adithyan M
52	AISHWARYA R	CB19S395633	Aishwarya R
53	AMEER DEEN J	CB19S395634	Ameerdeen J
54	ANITHA CHARLIN J	CB19S395635	Anitha Charlin J
55	DAYAL DEV S	CB19S395636	Dayal Dev S
56	DEEPIKA P	CB19S395637	Deepika P
57	DHANUSHA G	CB19S395638	Dhanusha G
58	DIHARAN T	CB19S395639	Diharan T
59	DIVYA S (09.03.2001)	CB19S395640	Divya S
60	DIVYA S (26.07.2000)	CB19S395641	Divya S
61	DIVYA BHARATHI G	CB19S395642	Divya Bharathi G
62	GAYATHRI K	CB19S395643	Gayathri K
63	HARIPRIYA R	CB19S395644	Haripriya R
64	KARPAGAM T	CB19S395645	Karpagam T
65	KARTHIKA M	CB19S395646	Karthika M
66	KATHIRAVANE E	CB19S395647	Kathiravan E
67	KOWSALYA M	CB19S395648	Kowsalya M
68	MANJU P	CB19S395649	Manju P
69	MARY PRICILLA R	CB19S395670	Mary Pricilla R
70	NAFISHA M	CB19S395650	Nafisha M
71	NAGADHARSHINI M	CB19S395651	Nagadharshini M
72	NANDHINI C	CB19S395652	Nandhini C
73	NITHISH KUMAR M	CB19S395653	Nithish Kumar M
74	PREETHI S	CB19S395654	Preethi S
75	PRIYA DHARSHINI S	CB19S395655	Priya Dharshini S
76	RAVEENA M	CB19S395656	Raveena M
77	RUTHRA P	CB19S395657	Ruthra P
78	SAKTHI R	CB19S395658	Sakthi R
79	SANGEETHA K	CB19S395659	Sangeetha K
80	SHAJITHA BEGUM A	CB19S395660	Shajitha Begum A
81	SHARMILA K	CB19S395661	Sharmila K
82	SNEHA T	CB19S395662	Sneha T
83	SRIRANJAN R	CB19S395663	Sriranjana R
84	SURESH K	CB19S395664	Suresh K
85	SWETHA G	CB19S395665	Swetha G

86	THIENNARASLS	CB19S395666	Thennarasi
87	VADIVARASLT	CB19S395667	Vadivarasi
88	VIGNESH.M	CB19S395668	Vignesh.M
89	ACSAH C LENIN	CB19S395671	Acsh C lena
90	AJUMAANSARLT	P18450066	Ajuma
91	BALAKRISHNAN.UR	P18450067	Balul
92	GAYATHRI .M	P18450068	Gayathri
93	HAMSAVARITHINI .S	P18450069	Hamsavarthini
94	KRISHNAVENI .R	P18450070	Krishna Veni
95	LEENAJENIFER .J	P18450071	Leenajenifer
96	MAHESWARGANDHI.S	P18450072	Leenajenifer
97	MOUNIKA .P	P18450073	monika
98	NANDHINI .S	P18450075	Nandhi
99	NIVEDHA .B	P18450076	Nivedha
100	PRİYANGA .R	P18450077	Priyanga
101	SABARIMANI .B	P18450078	Sabarimani. B
102	SOWMIYA .V	P18450079	Sowmya
103	SURUDHI .V	P18450080	Surudhi
104	UTHAYA .B	P18450081	Uthaya
105	VENNILA .A	P18450082	Vennila
106	VIDYA .C	P18450084	Vidya



[Signature]
PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : FOOD PRODUCT DEVELOPMENT

RESOURCE PERSON : Mrs. Rosline
Assistant professor
Department Of Nutrition And Dietetics
Bishop Heber College(Autonomous)
Trichy.

ACADEMIC YEAR: 2019-2020
(13.08.2019)



One day workshop on Food Product Development by the Department of Nutrition and Dietetics in the academic year 2019-2020. Totally 106 students were benefited by this workshop. the main objective behind this workshop was to make aware about Food product development. This explains the steps that a business takes to create a new food product and put it on the market (or alternatively: refine an established product). This process demands a lot of planning, creativity, experimentation and testing.



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



INVITATION

*One day
Seminar*

Anemia in adolescents girls

RESOURCE PERSON

Dr.C.Gunasekaran
RM HOSPITAL
THANJAVUR

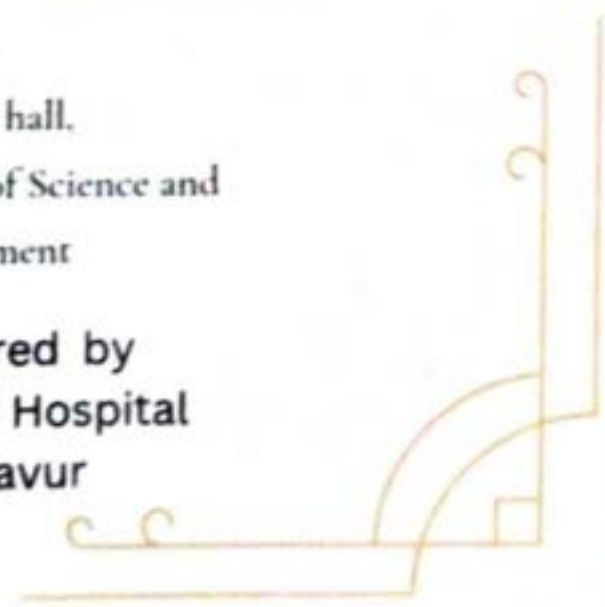
SEPTEMBER

11

2019

Seminar hall,
Bharath college of Science and
Management

Sponsored by
Meenakshi Hospital
Thanjavur



ORGANIZING COMMITTEE

Chief Patron

Mrs.G.PunithaGanesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr.T.VeeraSamy M.A., M.Phil., PhD.
Principal Bharath College of Science &
Management

Organizing Chair

Prof P.Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof .R.Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J.Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M.Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor, Dept of N&D

Prof.S.Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D



ONE DAY SEMINAR ON

ANEMIA IN ADOLESCENTS GIRLS

11th September 2019

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

sponsored by Meenakshi Hospital

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities high quality teaching and training.

Contributing to the knowledge-base of nutrition undergraduate and graduate students through

About the Workshop

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this conference is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. Having **anemia**, also referred to as low hemoglobin, can make you feel tired and weak.

There are many forms of **anemia**, each with its own cause. **Anemia** can be temporary or long term and can range from mild to severe. Anemia occurs when there aren't enough healthy red blood cells to carry oxygen to your body's organs. As a result, it's common to feel cold and symptoms of tiredness or weakness. There are

many different types of anemia, but the most common type is iron-deficiency anemia.

While some types of anemia are short-term and mild, others can last for a lifetime. There are several ways to help manage anemia, including:

- Following a healthy diet:
- Drinking enough water to stay hydrated.
- Getting regular exercise
- Avoiding exposure to certain chemicals.
- Washing your hands often to avoid infection
- Taking good care of your teeth and going to the dentist regularly
- Tracking your symptoms and letting your healthcare provider know about any changes.

RESOURCE PERSON:

DR. COUNASEKARAN
RM HOSPITAL
THANJAVUR

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

One Day Seminar On

"ANEMIA IN ADOLESCENT GIRLS"

Date :11.09. 2019

Venue : Seminar Hall

AGENDA

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Mrs.P.Suba, Head,Department of Nutrition and Dietetics Bharath College of Science and Management, Thanjavur
Felicitation	: Dr.T.Veerasingam,Principal , Bharath College of Science and Management, Thanjavur : Prof.R.Aravazhi, Vice Principal, Bharath College of Science and Management, Thanjavur : Prof.N.Rajarajeswari , Vice Principal, Bharath College of Science And Management, Thanjavur
Presidential Address	: Mrs.PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Keynote Address	: Dr.C.Gunasekaran Rm Hospital Thanjavur
Vote of thanks	: Prof.R.Radhika Department of Nutrition and Dietetics Bharath College of Science and Management, Thanjavur

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2019-2020)

DATE:11.09.2019

NAME OF THE SEMINAR:

ANEMIA IN ADOLSCENT GIRLS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	AARTHIL.C	CB175394686	C. Aarthi
2	AARTHIL.S	CB175394687	S. Aarthi
3	ABDULMAJEED.F	CB175394688	Abdulmajeed
4	AMBIKA.R	CB175394689	F. Ambika
5	ANITHA.k	CB175394690	Anitha.k
6	ARAVIND.S	CB175394691	Aravind.S
7	ARAVINTHAN.P	CB175394692	P. Aravintan
8	AWLIN SEREBIA.A	CB175394693	A. Awlin Serebia
9	AYASHA.A	CB175394694	Ayasha.A
10	BHUVANESHWARI.V	CB175394695	V. Bhuvaneshwari
11	BHUVANESHWARI.G	CB175394696	G. Bhuvaneshwari
12	DHEVADHARSHINI.V	CB175394697	V. Dhevadharshini
13	DHIVYA.U	CB175394698	V. Dhivya
14	DIVYA.S	CB175394699	Divya.S
15	ELAMPARITHIL.L	CB175394700	L. Elamparithil
16	EZHIL.M	CB175394701	M. Ezhil
17	GAYATHRI.J	CB175394702	Gayathri.J
18	HARNISH TONY JAWAHAR.	CB175394703	Harnish Tony Jawahar
19	INIYASREE.S	CB175394704	S. Iniyasree
20	JANAKI.G	CB175394705	G. Janaki
21	JENIFER.I	CB175394706	Jenifer.I
22	JOTHISWARI.V	CB175394707	V. Jothiswari
23	KARTHIKPRIYA.L	CB175394708	L. Karthikpriya
24	KEERTHANA.RD	CB175394709	R.D. Keerthana
25	KEERTHIKA.D	CB175394710	D. Keerthika
26	KIRUTHIKA.K	CB175394711	K. Kiruthika
27	KIRUTHIKA.S	CB175394712	S. Kiruthika
28	MAHIMA.M	CB175394713	M. Mahima
29	MENAKA.G	CB175394714	G. Menaka
30	MERBIN ASHA.S	CB175394715	S. Merbin Asha
31	MICHAEL JANCY MARY.S	CB175394716	Michael Jancy Mary
32	NERUPA.S	CB175394717	S. Nerupa
33	PAVITHRA.K	CB175394718	K. Pavithra
34	PAVITHRA.T	CB175394719	T. Pavithra
35	PRATHIBA.k	CB175394720	K. Prathiba
36	PRATHIKA.B	CB175394721	B. Prathika
37	RAHINI.V	CB175394722	V. Rahini
38	RAJARAJESHWARI.P	CB175394723	P. Rajarajeswari
39	RAMYA.V	CB175394724	V. Ramya

40	RUFINA.A	CB17S394725	A. Rufina
41	SADAMHUSSAIN.J	CB17S394726	J. Sadam Hussain
42	SAKTHIPRIYA.S	CB17S394727	S. Sakthipriya
43	SETHUMADHAVAN.M	CB17S394728	M. Sethumadavan
44	SHIYAMALADEVI.R	CB17S394729	R. Shiyamaladevi
45	SIVASHENKA.S	CB17S394730	S. Sivashenka
46	SUBHASRI.R	CB17S394731	R. Subhasri
47	SUMATHI.S	CB17S394732	S. Sumathi
48	SUVAITHIRA.A	CB17S394733	S. Suvaithira
49	SWATHI.S	CB17S394734	S. Swathi
50	UMAIRA BEEVI.I	CB17S394735	I. Umair Beevi
51	VARSHA.B	CB17S394736	B. Varsha
52	VIKASH EBI MERVIN.N	CB17S394737	N. Vikash Ebi Mervin
53	YAZHINI.S	CB17S394738	S. Yazhini
54	ABIMANYU.V	CB18S395161	V. Abimanyu
55	ABITHA.R	CB18S395162	R. Abitha
56	AMRUTHA KUMAR	CB18S395163	K. Amrutha Kumar
57	ANUGRAGA THOMAS	CB18S395164	S. Anugraga Thomas
58	ASHA .M	CB18S395165	M. Asha
59	BARATH KUMAR .R	CB18S395166	R. Barath Kumar
60	BAVATHARINI .K	CB18S395167	K. Bavatharini
61	BENCY J	CB18S395168	J. Bency
62	BHUVANESHWARI .P	CB18S395169	P. Bhuvaneshwari
63	DEVIKA .M	CB18S395170	M. Devika
64	DIVYABHARATHI .A	CB18S395171	A. Divyabharathi
65	GOGULALAKSHMI .R	CB18S395173	R. Gogulalakshmi
66	HADHI JAFRIN LAILA .S	CB18S395174	S. Hadhi Jafrin Laila
67	JANAKI .S	CB18S395175	S. Janaki
68	JAMILA GANI .S	CB18S395176	S. Jamila Gani
69	JENIFER SHEELA .E	CB18S395177	E. Jenifer Sheela
70	JENSIYA .S	CB18S395178	S. Jensiya
71	JESINTHA MARY .A	CB18S395179	A. Jesinta Mary
72	KALAIMAGAL .P	CB18S395180	P. Kalaimagal
73	KALIVARTHAN .R	CB18S395181	R. Kalivarthan
74	KAVITHA .P	CB18S395182	P. Kavitha
75	KEETHANA .K	CB18S395183	K. Keethana
76	MADHUMATHI .E	CB18S395184	E. Madhumathi
77	MADHUMITHA .L	CB18S395185	L. Madhumitha
78	MAHADEVAN .R.K	CB18S395186	R.K. Mahadevan
79	MAMPHAJOTHI .G	CB18S395187	G. Mampajothi
80	MANIBHARATHI .G	CB18S395188	G. Manibharathi
81	MOHANAMBAL .S	CB18S395189	S. Mohanambal
82	NANDHINI .M.U	CB18S395191	M.U. Nandhini
83	NIVETHA .R	CB18S395192	R. Nivetha
84	NOORNISHA .S	CB18S395193	S. Noornisha
85	POONGUZHALI .D	CB18S395194	D. Poonguzhali
86	PRIYADHARSHINI .D	CB18S395195	D. Priyadharshini

87	PURUSHOTHAMAN .B	CB18S395196	B. Purushotham
88	RAGAVIN .R	CB18S395197	R. Ragav
89	SANTHINI .G	CB18S395198	G. Santhini
90	SATHYA .R	CB18S395199	R. Sathya
91	SELLAKANNU .T	CB18S395200	T. Sellakannu
92	SHARMILA .M	CB18S395201	M. Sharmila
93	SNEKA .S	CB18S395202	S. Sneka
94	SOBANA .G	CB18S395203	G. Sobana
95	SOWMIYA .R	CB18S395204	R. Sowmiya
96	THAMSEELA.A	CB18S395205	A. Thamseela
97	UDHAYASURIYAN .A	CB18S395206	A. Udhayasuriyan
98	VARSHA .A	CB18S395207	A. Varsha
99	VERAMUKIL .C	CB18S395208	C. Veramukil
100	VIDHYA .P	CB18S395209	P. Vidhya
101	VIVEKA .T	CB18S395210	T. Viveka
102	AAFREEN RISHIMIYA.A	CB19S395736	A. Aafreen Rishmiya
103	ABDUL RAHUMAN.N	CB19S395631	N. Abdulrahman
104	ADHITHYAN.M	CB19S395632	M. Adhithyan
105	AISHWARYA.R	CB19S395633	R. Aishwarya
106	AMEER DEEN.J	CB19S395634	J. Amerdeen
107	ANITHA CHARLIN.J	CB19S395635	J. Anitha Charlin
108	DAYAL DEV.S	CB19S395636	S. Dayaldev
109	DEEPIKA.P	CB19S395637	P. Deepika
110	DHANUSHA.G	CB19S395638	G. Dhannusha
111	DHARANI.T	CB19S395639	T. Dharani
112	DIVYA.S(09.03.2001)	CB19S395640	S. Divya
113	DIVYA.S(26.07.2000)	CB19S395641	S. Diviya
114	DIVYA BHARATHI.G	CB19S395642	G. Divya Bharathi
115	GAYATHRI.K	CB19S395643	K. Gayathri
116	HARIPRIYA.R	CB19S395644	R. Haripriya
117	KARPAGAM.T	CB19S395645	T. Karpagam
118	KARTHIKA.M	CB19S395646	M. Karthika
119	KATHIRAVAN.E	CB19S395647	E. Keerthi
120	KOWSALYA.M	CB19S395648	M. Kowsalya
121	MANJU.P	CB19S395649	P. Manju
122	MARY PRICILLA.R	CB19S395670	R. Mary Pricilla
123	NAFISHA.M	CB19S395650	M. Nafisha
124	NAGADHARSHINI.M	CB19S395651	M. Nagadharshini
125	NANDHINI.C	CB19S395652	C. Nandhini
126	NITHISH KUMAR.M	CB19S395653	M. Nithish Kumar
127	PREETHI.S	CB19S395654	S. Preethi
128	PRIYA DHARSHINI.S	CB19S395655	S. Priya Dharshini
129	RAVEENA.M	CB19S395656	M. Raveena
130	RUTHRA.P	CB19S395657	P. Ruthra
131	SAKTHI.R	CB19S395658	R. Sakthi
132	SANGEETHA.K	CB19S395659	K. Sangeetha

133	SHAJITHA BEGUM.A	CB19S395660	A. Shajitha begum
134	SHARMILA.K	CB19S395661	K. Sharmila
135	SNEHA.T	CB19S395662	T. Sneha
136	SRIRANJANI.R	CB19S395663	R. Sriranjani
137	SURESH.K	CB19S395664	K. Suresh
138	SWETHA.G	CB19S395665	G. Swetha
139	THENNARASI.S	CB19S395666	S. Vait
140	VADIVARASI.T	CB19S395667	S. Thennarasi
141	VIGNESH.M	CB19S395668	M. Vignesh
142	ACSAH C LENIN	CB19S395671	Acsah leni



[Signature]

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(F) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON SEMINAR

NAME OF THE SEMINAR : ANEMIA IN ADOLESCENT GIRLS

RESOURCE PERSON : Dr. C. Gunasekaran
RM hospital
Thanjavur

ACADEMIC YEAR : 2019- 2020
(11.09.2019)



One day Seminar on ANAEMIA IN ADOLESCENT GIRLS was conducted by the Department of Nutrition and Dietetics in the academic year 2019-2020. Totally 142 students were benefited by this seminar. the main objective behind this seminar was to aware about adolescents hemoglobin level Anemia may be affected due to the t, decreased iron intake, rapid physical growth, menstrual loss, and high iron demand for hemoglobin (Hgb) formation.

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



YOU ARE
INVITED FOR A
ONE DAY
WORKSHOP ON
IMMUNE BOOSTING
FOOD

21 October, 2019

VENUE : SEMINAR HALL
BHARATH COLLEGE OF SCIENCE
AND MANAGEMENT

RESOURCE PERSON

Mrs. Sivagama sundrari,
Assistant Professor,
Gvt Arts college,
Sivagangai

Sponsored by
Meenakshi Hospital
Thanjavur

ORGANIZING COMMITTEE

Chief Patron

Mrs.G.Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr.K.KUMAR, MCom, MBA, NET, Ph D
Principal Bharath College of Science &
Management

Organizing Chair

Prof P.Suba..MSc.,MPhil.,B.Ed.,NET,SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof .R.Radhika, MSc.,MPhil.,
Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J.Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. A.Arokia Maxiline M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M.Menaka, M.Sc., M.Phil., B.E.d.,
Assistant Professor

Prof. S.Deepapriya, MSc., MPhil.,
Assistant Professor



About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

ONE DAY WORKSHOP ON IMMUNE BOOSTING FOODS

21 october 2019

**Organized By
PG & RESEARCH**

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

sponsored by

Meenakshi Hospital, Thanjavur

research and community outreach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities through high quality teaching and training.

About the Workshop

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

The Immune system is a network of biological processes that protects an organism from diseases. It detects and responds to a wide variety of pathogens, from viruses to parasitic worms, as well as cancer cells and objects such as wood splinters, distinguishing them from the organism's own healthy tissue. Many species have two major subsystems of the immune system. The innate immune system provides a preconfigured response to broad groups of situations and stimuli. The adaptive immune system provides a tailored response to each stimulus by learning to recognize molecules it has previously encountered. Both use molecules and cells to perform their functions.

RESOURCE PERSON

Mr. SIVAGAMA SUNDARI
ASSISTANT PROFESSOR
GOVT ARTS COLLEGE
SIVAGANGAI

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**One Day Seminar on
“IMMUNE BOOSTING FOOD”**

AGENDA

Date: 21.10.2019

Venue: Seminar Hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Mrs.P.Suba, Head,Department of Nutrition and Dietetics, Bharath College of Science And Management.
Felicitation	: Dr.T.Veerassamy,Director , Bharath College of Science and Management.
	: Dr.K.Kumar Principal, Bharath College of Science and Management.
	: Prof.R.ARAVAZHI, Vice Principal, Bharath College Of Science And Management.
	: Prof.N.RAJARAJESWARI , Vice Principal, Bharath College of Science And Management.
Presidential Address	: Mrs.PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Keynote Address	: Mrs.SIVAGAMA SUNDARI Assistant Professor Govt Arts College Sivagangai
Vote of thanks	: Prof.R.Radhika Department of Nutrition and Dietetics, Bharath College of Science and Management.

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2019-2020)

DATE:21.10.2019

NAME OF THE WORKSHOP:

IMMUNE BOOSTING FOODS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABIMANYU.V	CB18S395161	V. Any
2	ABITHA.R	CB18S395162	Abitha R
3	AMRUTHA KUMAR	CB18S395163	Amrutha Kumar
4	ANUGRAGA THOMAS	CB18S395164	Anugraha Thomas
5	ASHA .M	CB18S395165	A. S. M.
6	BARATH KUMAR .R	CB18S395166	B. Barath Kumar
7	BAVATHARINI .K	CB18S395167	Bavatharini K
8	BENCY .J	CB18S395168	B. Bency
9	BHUVANESHWARI .P	CB18S395169	Bhuvaneshwari P
10	DEVIKA .M	CB18S395170	D. Devika
11	DIVYABHARATHI .A	CB18S395171	Divya Bharathi A
12	GOGULALAKSHMI .R	CB18S395173	G. Gogulalakshmi
13	HADHI JAFRIN LAILA .S	CB18S395174	H. Hadhi Jafrin Laila S
14	JANAKI .S	CB18S395175	J. Janaki
15	JAMILLA GANI .S	CB18S395176	J. Jamilla Gani S
16	JENIFER SHEELA .E	CB18S395177	J. Jenifer Sheela E
17	JENSIYA .S	CB18S395178	J. Jeniya S
18	JESINTHA MARY .A	CB18S395179	J. Jesinta Mary A
19	KALAIMAGAL .P	CB18S395180	K. Kalaimagal P
20	KALIVARTHAN .R	CB18S395181	K. Kalivartan R
21	KAVITHA .P	CB18S395182	K. Kavitha P
22	KEETHANA .K	CB18S395183	K. Keethana K
23	MADHUMATHI .E	CB18S395184	M. Madhumathi E
24	MADHUMITHA .L	CB18S395185	M. Madhumitha L
25	MAHADEVAN .R.K	CB18S395186	M. Mahadevan R.K
26	MAMPHAJOTHI .G	CB18S395187	M. Mamphajothi G
27	MANIBHARATHI .G	CB18S395188	M. Manibharathi G
28	MOHANAMBAL .S	CB18S395189	M. Mohanambal S
29	NANDHINI .M.U	CB18S395191	N. Nandhini M.U
30	NIVETHA .R	CB18S395192	N. Nivetha R
31	NOORNISHA .S	CB18S395193	N. Noornisha S
32	POONGUZHALI .D	CB18S395194	P. Poonguzhali D
33	PRIYADHARSHINI .D	CB18S395195	P. Priyadharshini D
34	PURUSHOTHAMAN .B	CB18S395196	P. Purushothaman B
35	RAGAVIN .R	CB18S395197	R. Ragavin R
36	SANTHINI .G	CB18S395198	S. Santhini G
37	SATHYA .R	CB18S395199	S. Sathya R
38	SELLAKANNU .T	CB18S395200	S. Sellakanu T
39	SHARMILA .M	CB18S395201	S. Sharmila M

40	SNIEKA S	CB185395202	S. Sneekha
41	SORANA G	CB185395203	G. Sorana
42	SOWMIYA R	CB185395204	R. Sowmiya
43	THAMSELLA A	CB185395205	A. Thamseella
44	UDHAYASUBRIYAN A	CB185395206	A. Udhayasubriyan
45	VARSHA A	CB185395207	A. Varsha
46	VERAMUKHI C	CB185395208	C. Veramukhi
47	VIDHYA P	CB185395209	P. Vidhya
48	VIVEKA T	CB185395210	T. Viveka
49	AAFREEN RESHMIYA A	CB19S395736	A. Aafreen Reshmiya
50	ABDUL RAHUMAN N	CB19S395631	N. Abdul Rahuman
51	ADHITHYAN M	CB19S395632	M. Adhithyan
52	AISHWARYA R	CB19S395633	R. Aishwarya
53	AMEER DEEN J	CB19S395634	J. Ameer Deen
54	ANITHA CHARLIN J	CB19S395635	J. Anitha Charlin
55	DAYAL DEVS	CB19S395636	S. Dayal Devs
56	DEEPIKA P	CB19S395637	P. Deepika
57	DIHANUSHA G	CB19S395638	G. Dihanusha
58	DHARANIT	CB19S395639	T. Dharanit
59	DIVYA.S(09.03.2001)	CB19S395640	S. Divya
60	DIVYA.S(26.07.2000)	CB19S395641	S. Divya
61	DIVYA BHARATHI G	CB19S395642	G. Divya Bharathi
62	GAYATHIRI K	CB19S395643	K. Gayathiri
63	HARIPRIYA R	CB19S395644	R. Haripriya
64	KARPAGAM T	CB19S395645	T. Karpagam
65	KARTHIKA M	CB19S395646	M. Kartika
66	KATHIRAVANE	CB19S395647	E. Kathiravan
67	KOWSALYA M	CB19S395648	M. Kowsalya
68	MANJU P	CB19S395649	P. Manju
69	MARY PRICILLA R	CB19S395670	R. Mary Pricilla
70	NAFISHA M	CB19S395650	M. Nafisha
71	NAGADHARSHINI M	CB19S395651	M. Nagadharshini
72	NANDHINI C	CB19S395652	C. Nandhini
73	NITHISH KUMAR M	CB19S395653	M. Nithish Kumar
74	PREETHI S	CB19S395654	S. Preethi
75	PRIYA DHARSHINI S	CB19S395655	S. Priya Dharshini
76	RAVEENA M	CB19S395656	M. Raveena
77	RUTHRA P	CB19S395657	P. Ruthra
78	SAKTHI R	CB19S395658	R. Sakthi

79	SANGEETHA.K	CB19S395659	Sangeetha.K
80	SHAJITHA BEGUM.A	CB19S395660	Shajitha.Begum.A
81	SHARMILA.K	CB19S395661	Sharmila.K
82	SNEHA.T	CB19S395662	Sneha.T
83	SRIRANJANI.R	CB19S395663	Sriranjani.R
84	SURESH.K	CB19S395664	Suresh.K
85	SWETHA.G	CB19S395665	Swetha.G
86	THENNARASI.S	CB19S395666	Thenнарasi.S
87	VADIVARASI.T	CB19S395667	Vadivarasi.T
88	VIGNESH.M	CB19S395668	Vignesh.M
89	ACSAH C LENIN	CB19S395671	Acshah C Lenin
90	AJJUMAANSARI.T	P18450066	Ajjumananari.T
91	BALAKRISHNAN.UR	P18450067	Balakrishnan.UR
92	GAYATHRI .M	P18450068	Gayathri .M
93	HAMSAVARITHINI .S	P18450069	S. Hamsavar
94	KRISHNAVENI .R	P18450070	D. Krishnakani
95	LEENAJENIFER .J	P18450071	Leenajenifer .J
96	MAHESWARGANDHI.S	P18450072	Maheshwargandhi.S
97	MOUNIKA .P	P18450073	Mounika .P
98	NANDHINI .S	P18450075	Nandhini .S
99	NIVEDHA .B	P18450076	Nivedha .B
100	PRIYANGA .R	P18450077	Priyanga .R
101	SABARIMANI .B	P18450078	Sabarimani .B
102	SOWMIYA .V	P18450079	Sowmya .V
103	SURUDHI .V	P18450080	Surudhi .V
104	UTHAYA .B	P18450081	Uthaya .B
105	VENNILA .A	P18450082	Vennila .A
106	VIDYA .C	P18450084	Vidya .C



[Signature]
PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613005

79	SANGEETHA.K	CB19S395659	<i>Sangeetha.K</i>
80	SHAJITHA BEGUM.A	CB19S395660	<i>Shajitha.B</i>
81	SHARMILA.K	CB19S395661	<i>Sharmila.K</i>
82	SNEHA.T	CB19S395662	<i>Sneha.T</i>
83	SRIRANJAN.R	CB19S395663	<i>Sr.Ranjana</i>
84	SURESH.K	CB19S395664	<i>Suresh.K</i>
85	SWETHA.G	CB19S395665	<i>Swetha.G</i>
86	THENNARASIS	CB19S395666	<i>Thennaras</i>
87	VADIVARASI.T	CB19S395667	<i>Vadivarasi.T</i>
88	VIGNESH.M	CB19S395668	<i>Vignesh.M</i>
89	ACSAH C LENIN	CB19S395671	<i>Acshah C Lenin</i>
90	AJUMAANSARI.T	P18450066	<i>Ajumaansari.T</i>
91	BALAKRISHNAN.UR	P18450067	<i>Balakrishnan.UR</i>
92	GAYATHRI.M	P18450068	<i>Gayathri.M</i>
93	HAMSAVARITHINI.S	P18450069	<i>Hamsavarithini.S</i>
94	KRISHNAVENI.R	P18450070	<i>Krishnaveni.R</i>
95	LEENAJENIFER.J	P18450071	<i>Leenajenifer.J</i>
96	MAHESWARGANDHI.S	P18450072	<i>Maheswargandhi.S</i>
97	MOUNIKA.P	P18450073	<i>Mounika.P</i>
98	NANDHINI.S	P18450075	<i>Nandhini.S</i>
99	NIVEDHA.B	P18450076	<i>Nivedha.B</i>
100	PRIYANGA.R	P18450077	<i>Priyanga.R</i>
101	SABARIMANI.B	P18450078	<i>Sabarimani.B</i>
102	SOWMIYA.V	P18450079	<i>Sowmiya.V</i>
103	SURUDHI.V	P18450080	<i>Surudhi.V</i>
104	UTHAYA.B	P18450081	<i>Uthaya.B</i>
105	VENNILA.A	P18450082	<i>Vennila.A</i>
106	VIDYA.C	P18450084	<i>Vidya.C</i>



[Signature]
PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : IMMUNE BOOSTING FOODS

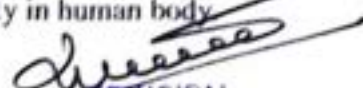
RESOURCE PERSON : Mrs. Sivagama Sudas
Assistant professor
Govt Arts College
Sivagangai

ACADEMIC YEAR: 2019-2020
(21.10.2019)

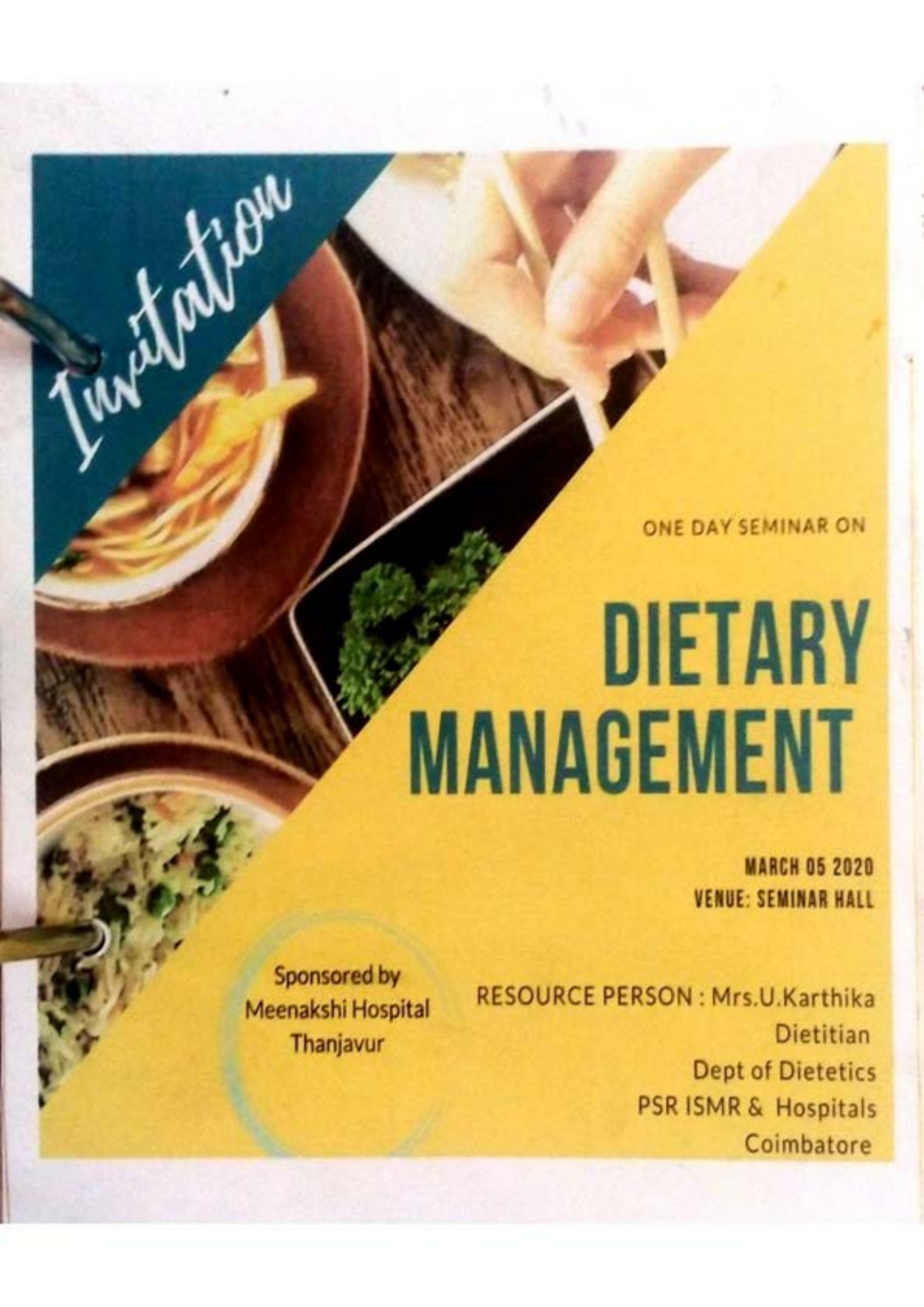


One day workshop on Immune Boosting Foods was conducted by the Department of Nutrition and Dietetics in this academic year 2019-2020. Totally 106 students were benefited by this workshop. The main objective of this workshop was to create awareness about high-fiber plant-rich diet with plenty of fruits, vegetables, whole grains, and legumes appear to support the growth and maintenance of beneficial microbes. This also helps to bring knowledge about the foods which increases immunity in human body.




PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



Invitation

ONE DAY SEMINAR ON

DIETARY MANAGEMENT

MARCH 05 2020
VENUE: SEMINAR HALL

Sponsored by
Meenakshi Hospital
Thanjavur

RESOURCE PERSON : Mrs.U.Karthika
Dietitian
Dept of Dietetics
PSR ISMR & Hospitals
Coimbatore

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. K. Kumar, MBA, Mphil, Ph D.
Principal, Bharath College of Science &
Management

Organizing Chair

Prof P. Suba. MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika. MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., B.E.d.,
Assistant Professor, Dept of N&D

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D



ONE DAY SEMINAR ON DIETARY MANAGEMENT

5th March 2020

**Organized By
PG & RESEARCH**

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)
Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in
bharathcollege@gmail.com

Sponsored by
Meenakshi Hospital

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research - and community - out reach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities high quality teaching and training.

About the Seminar

A one day seminar on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this conference is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

RESOURCE PERSON

**MRS. U.KARTHIKA
DIETICIAN**

**DEPARTMENT OF DIETETICS
PSG IMSR & HOSPITALS
COIMBATORE**

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-74)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**One Day seminar On
DIETARY MANAGEMENT
AGENDA**

Date: 05.03. 2020

Venue: Seminar Hall

INAUGURATION

- Prayer Song : By Students
- Welcome Address : **Mrs. P.Suba,**
Head, Department of Nutrition and Dietetics,
Bharath college, Thanjavur
- Felicitation : **Dr. T.Veerasingam, Director**
Bharath College
: **DR.K.KUMAR**
PRINCIPAL, Bharath College.
- : Prof. R.ARAVAZHIL,
Vice Principal, Bharath College
- : Prof. N.RAJARAJESWARI,
Vice Principal, Bharath College
- : Prof. Mrs. T.KAVITHA,
Faculty Incharge,
Bharath College
- Presidential Address : **Mrs. Punitha Ganesan,**
Secretary, Bharath group of Institutions,
Thanjavur
- Keynote Address : **RESOURCE PERSON**
MRS.U.KARTHIKA
DIETITIAN
DEPARTMENT OF DIETETICS
PSG IMSR & HOSPITALS
COIMBATORE
- Vote of thanks : **Prof.R.Radhika,**
Asst Prof
Department of Nutrition and Dietetics

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(B) & 12(B) Institution)

Affiliated to Bharathidasan University, Tiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2019-2020)

DATE: 05.03.2020

NAME OF THE SEMINAR:

DIETARY MANAGEMENT

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABHIMANYU.V	CB18S395161	Abhimanyu
2	ABITHA.R	CB18S395162	Abitha
3	AMRUTHA KUMAR	CB18S395163	Amrutha
4	ANUGRAGA THOMAS	CB18S395164	Anugraga Thomas
5	ASHA .M	CB18S395165	Asha
6	BARATH KUMAR .R	CB18S395166	Barath
7	BAVATHARINI .K	CB18S395167	Bavatharini
8	BENCY .J	CB18S395168	Bency
9	BHUVANESHWARI .P	CB18S395169	Bhuvaneshwari
10	DEVIKA .M	CB18S395170	Devika
11	DIVYABHARATHI .A	CB18S395171	Divyabhathi
12	GOGULALAKSHMI .R	CB18S395173	Gogulalakshmi
13	HADHI JAFRIN LAILA .S	CB18S395174	Hadhi Jafri
14	JANAKI .S	CB18S395175	Janaki
15	JAMILA GANI .S	CB18S395176	Jamil
16	JENIFER SHEELA .E	CB18S395177	Jenifer
17	JENSIYA .S	CB18S395178	Jensiya
18	JESINTHA MARY .A	CB18S395179	Jesinta
19	KALAIMAGAL .P	CB18S395180	Kalaimagal
20	KALIVARTHAN .R	CB18S395181	Kalivarthan
21	KAVITHA .P	CB18S395182	Kavitha
22	KEETHANA .K	CB18S395183	Keethana
23	MADHUMATHI .E	CB18S395184	Madhumathi
24	MADHUMITHA .L	CB18S395185	Madhumitha
25	MAHADEVAN .R.K	CB18S395186	Maha
26	MAMPHAJOTHI .G	CB18S395187	Mamphajothi
27	MANIBHARATHI .G	CB18S395188	Manibharathi
28	MOHANAMBAL .S	CB18S395189	Mohanambal
29	NANDHINI .M.U	CB18S395191	Nandhini
30	NIVETHA .R	CB18S395192	Nivetha
31	NOORNISHA .S	CB18S395193	Noornisha
32	POONGUZHALI .D	CB18S395194	Poonguzhali
33	PRIYADHARSHINI .D	CB18S395195	Priyadharshini
34	PURUSHOTHAMAN .B	CB18S395196	Purushothaman
35	RAGAVIN .R	CB18S395197	Ragavin
36	SANTHINI .G	CB18S395198	Santhini
37	SATHYA .R	CB18S395199	Sathya
38	SELLAKANNU .T	CB18S395200	Sellakannu
39	SHARMILA .M	CB18S395201	Sharmila

40	SNEKA .S	CB18S395202	Sneka .S.
41	SOBANA .G	CB18S395203	Sobana .G.
42	SOWMIYA .R	CB18S395204	Sowmiya .R.
43	THAMSEELA .A	CB18S395205	Thamseela .A.
44	UDHAYASURIYAN .A	CB18S395206	Udhayasuriyan .A.
45	VARSHA .A	CB18S395207	Varsha .A.
46	VERAMUKIL .C	CB18S395208	Veramukil .C.
47	VIDHYA .P	CB18S395209	Vidhya .P.
48	VIVEKA .T	CB18S395210	Viveka .T.
49	AAFREEN RISHMIYA .A	CB19S395736	Aafreen Rishmiya .A.
50	ABDUL RAHUMAN.N	CB19S395631	Abdul Rahuman .N.
51	ADHITHYAN.M	CB19S395632	Adhithyan .M.
52	AISHWARYA .R	CB19S395633	Aishwarya .R.
53	AMEER DEEN.J	CB19S395634	Ameer Deen .J.
54	ANITHA CHARLIN.J	CB19S395635	Anitha Charlin .J.
55	DAYAL DEV.S	CB19S395636	Dayal Dev .S.
56	DEEPIKA .P	CB19S395637	Deepika .P.
57	DHANUSHA .G	CB19S395638	Dhanusha .G.
58	DHARANI .T	CB19S395639	Dharani .T.
59	DIVYA .S(09.03.2001)	CB19S395640	Divya .S.
60	DIVYA .S(26.07.2000)	CB19S395641	Divya .S.
61	DIVYA BHARATHI.G	CB19S395642	Divya Bharathi .G.
62	GAYATHRI .K	CB19S395643	Gayathri .K.
63	HARIPRIYA .R	CB19S395644	Haripriya .R.
64	KARPAGAM .T	CB19S395645	Karpagam .T.
65	KARTHIKA .M	CB19S395646	Karthika .M.
66	KATHIRAVAN .E	CB19S395647	Kathiravan .E.
67	KOWSALYA .M	CB19S395648	Kowsalya .M.
68	MANJU .P	CB19S395649	Manju .P.
69	MARY PRICILLA .R	CB19S395670	Mary Pricilla .R.
70	NAFISHA .M	CB19S395650	Nafisha .M.
71	NAGADHARSHINI .M	CB19S395651	Nagadharshini .M.
72	NANDHINI .C	CB19S395652	Nandhini .C.
73	NITHISH KUMAR .M	CB19S395653	Nithish Kumar .M.
74	PREETHI .S	CB19S395654	Preethi .S.
75	PRIYA DHARSHINI .S	CB19S395655	Priya Dharshini .S.
76	RAVEENA .M	CB19S395656	Raveena .M.

77	RUTHRA.P	CB19S395657	Ruthra.P
78	SAKTHIR	CB19S395658	Sakthir
79	SANGEETHA.K	CB19S395659	Sangeetha.K
80	SHAJITHA BEGUM.A	CB19S395660	A. Shajitha Begum
81	SHARMILA.K	CB19S395661	K. Sharmila
82	SNEHA.T	CB19S395662	Sneha.T
83	SRIRANJAN.R	CB19S395663	Sriranjana.R
84	SURESH.K	CB19S395664	Suresh.K
85	SWETHA.G	CB19S395665	G. Swetha
86	THENNARASIS	CB19S395666	Thennarasu
87	VADIVARASI.T	CB19S395667	Vadivarasi.T
88	VIGNESH.M	CB19S395668	Vignesh.M
89	ACSAH C LENIN	CB19S395671	Acshah C Lenin
90	AJUMAANSARI.T	P18450066	Ajumaansari.T
91	BALAKRISHNAN.UR	P18450067	Balakrishnan.UR
92	GAYATHRI .M	P18450068	Gayathri .M
93	HAMSAVARITHINI .S	P18450069	Hamsavarithini .S
94	KRISHNAVENI .R	P18450070	Krishnaveni .R
95	LEENAJENIFER .J	P18450071	Leenajenifer .J
96	MAHESWARGANDHI.S	P18450072	Maheswargandhi.S
97	MOUNIKA .P	P18450073	Mounika .P
98	NANDHINI .S	P18450075	Nandhini .S
99	NIVEDHA .B	P18450076	Nivedha .B
100	PRIYANGA .R	P18450077	Priyanga .R
101	SABARIMANI .B	P18450078	Sabarimani .B
102	SOWMIYA .V	P18450079	Sowmiya .V
103	SURUDHI .V	P18450080	Surudhi .V
104	UTHAYA .B	P18450081	Uthaya .B
105	VENNILA .A	P18450082	Vennila .A
106	VIDYA .C	P18450084	Vidya .C
107	AARTHI.C	CB17S394686	Aarthi.C
108	AARTHI.S	CB17S394687	Aarthi.S
109	ABDULMAJEED.F	CB17S394688	Abdulmajeed.F
110	AMBIKA.R	CB17S394689	Ambika.R
111	ANITHA.K	CB17S394690	Anitha.K
112	ARAVIND.S	CB17S394691	Aravind.S
113	ARAVINTHAN.P	CB17S394692	Aravintan.P
114	AWLIN SEREBIA.A	CB17S394693	Awlin Serebia.A
115	AYASHA.A	CB17S394694	Ayasha.A
116	BHUVANESHWARI.V	CB17S394695	Bhuvaneshwari.V
117	BHUVANESHWARI.G	CB17S394696	Bhuvaneshwari.G
118	DEVADARSHINI.V	CB17S394697	Devadarshini.V

119	DHIVYA.U	CB17S394698	Dhivya
120	DIVYA.S	CB17S394699	Divya S.
121	ELAMPARITHI.L	CB17S394700	Elamparathi
122	EZHIL.M	CB17S394701	m. Ezhil
123	GAYATHRI.J	CB17S394702	Gayathri
124	HARNISH TONY JAWAHAR.A	CB17S394703	Harnish
125	INIYASREE.S	CB17S394704	Iniyasree
126	JANAKI.G	CB17S394705	Janakia
127	JOTHISWARI.V	CB17S394707	Jothiswari
128	KARTHIKPRIYA.L	CB17S394708	Karthi Priya
129	KEERTHANA.RD	CB17S394709	Keethana RD
130	KEERTHIKA.D	CB17S394710	Keethika
131	KIRUTHIKA.K	CB17S394711	Kiruthika
132	KIRUTHIKA.S	CB17S394712	Kiruthika S.
133	MAHIMA.M	CB17S394713	M. Mahima
134	MENAKA.G	CB17S394714	Menaka
135	MERBIN ASHA.S	CB17S394715	Merbin Asha
136	MICHAEL JANCY MARY.S	CB17S394716	Michael Jancy Mary
137	NERUPA.S	CB17S394717	Nerupa
138	PAVITHRA.K	CB17S394718	Pavithra
139	PAVITHRA.T	CB17S394719	Pavithra T.
140	PRATHIBA. k	CB17S394720	Prathiba
141	PRATHIKA.B	CB17S394721	Prathika
142	RAHINI.V	CB17S394722	Rahini
143	RAJARAJESHWARI.P	CB17S394723	Rajarajeswari
144	RAMYA.V	CB17S394724	Ranya
145	RUFINA.A	CB17S394725	Rufina
146	SADAMHUSSAIN.J	CB17S394726	Sadam Hussain
147	SAKTHIPRIYA.S	CB17S394727	Sakthipriya
148	SETHUMADHAVAN.M	CB17S394728	M. Sathu
149	SHIYAMALADEVI.R	CB17S394729	Shyamadevi
150	SIVASHENKA.S	CB17S394730	Sivashenka
151	SUBHASRI.R	CB17S394731	R. Subashri
152	SUVAITHIRA.A	CB17S394733	Suvaithira
153	SWATHI.S	CB17S394734	Swathi
154	UMAIRA BEEVI.I	CB17S394735	Umaira Beevi
155	VARSHA.B	CB17S394736	Varsha
156	VIKASH EBI MERVIN.N	CB17S394737	N. Vikash Ebi Mervin



PRINCIPAL
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 015.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON SEMINAR

NAME OF THE SEMINAR : DIETARY MANAGEMENT

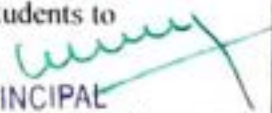
RESOURCE PERSON : Mrs .U.KARTHIKA

Dietitian
Department of Dietetics
PSG Hospitals
Coimbatore

ACADEMIC YEAR : 2019-2020
(05.03.2020)

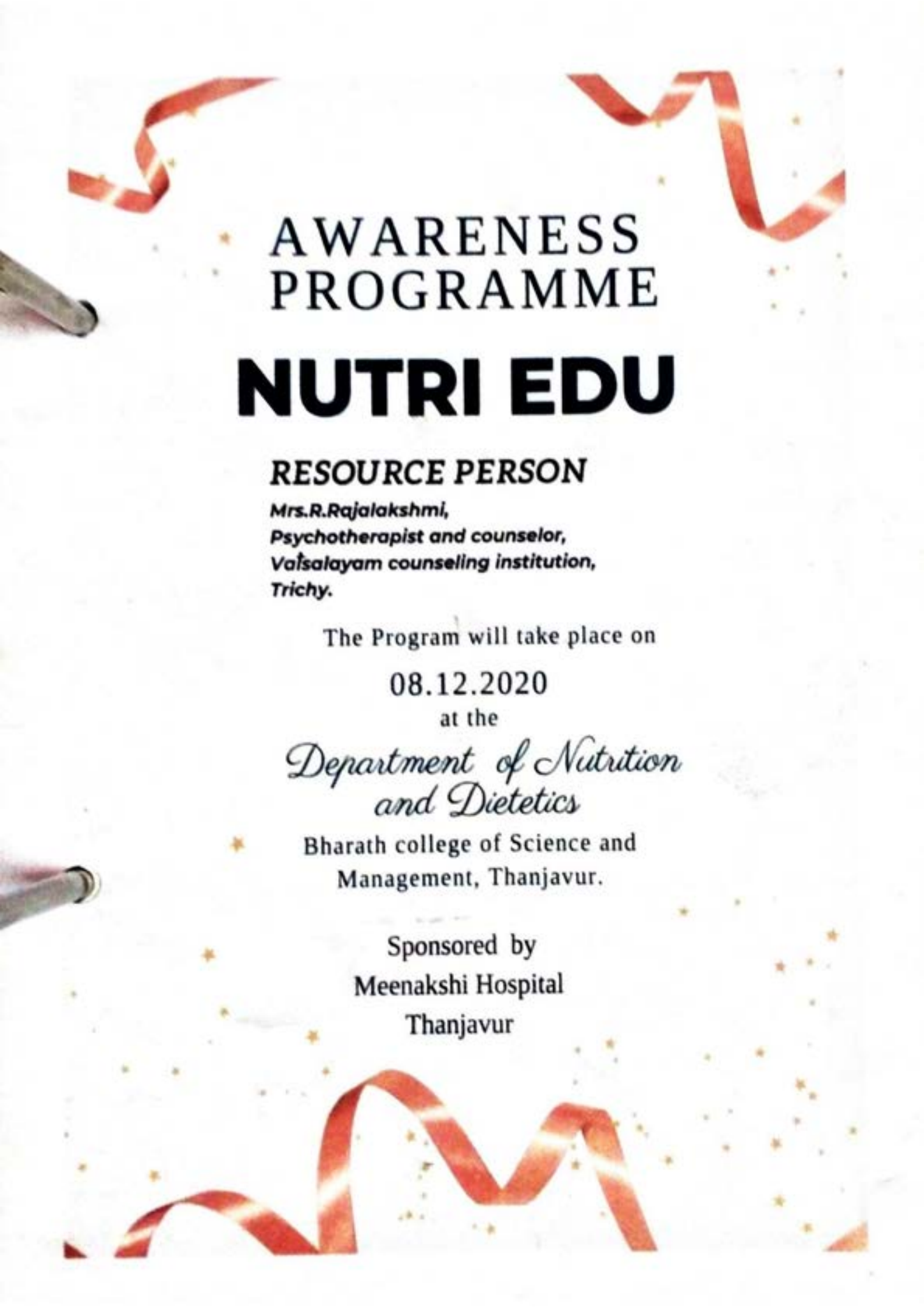


One day Seminar on DIETARY MANAGEMENT was conducted by the Department of Nutrition and Dietetics in the academic year 2019-2020. Totally 156 students were benefited by this seminar. the main objective behind this seminar was to aware about dietary Management and its practice of providing nutritional option for individuals and diet concerns through supervision of food service. It helps the students to maintain their health with normal intake of nutritious foods.


PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)

THANJAVUR - 613 005.



AWARENESS PROGRAMME **NUTRI EDU**

RESOURCE PERSON

Mrs.R.Rajalakshmi,
Psychotherapist and counselor,
Vaalsalayam counseling institution,
Trichy.

The Program will take place on

08.12.2020

at the

*Department of Nutrition
and Dietetics*

**Bharath college of Science and
Management, Thanjavur.**

Sponsored by
Meenakshi Hospital
Thanjavur



ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. K. Kumar, M.Com, MBA, M.Phil, NET, PhD.
Principal, Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof .R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor, Dept of N&D

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

ONE DAY AWARENESS PROGRAMME

ON

NUTRI EDU

8th December 2020

Organized By

PG & RESEARCH

**DEPARTMENT OF NUTRITION
AND DIETETICS**

**BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,

Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

SPONSORED BY MEENAKSHI HOSPITAL

research and community outreach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

About the Programme

A one day Programme on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this Program is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Nutrition education is the process of teaching the science of nutrition to an individual or group. Health professionals have a different role in educating an individual in the clinic, community, or long-term health-care facility.

The major focus of this type of nutrition is not knowledge and facts, but rather the development of permanent behavioral changes. This is the art of nutrition education – breaking down a large body of knowledge into small, individual components that are represented to a patient or client at a rate and level, at which they are able to absorb and use the information. Effective education is making nutrition information digestible and usable in an everyday setting.

RESOURCE PERSON:

Mrs. Raja Lakshmi

Psychotherapist and counsellor

Vatsalayam

Trichy

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

A ONE DAY AWARENESS PROGRAMME ON

NUTRI EDU

AGENDA

Date : 08.12.2020

Venue : DEPARTMENT OF NUTRITION AND DIETETICS

INAUGURATION

Prayer Song

: By Students

Welcome Address

: **Mrs.P.Suba,**
Head, Department of Nutrition and Dietetics,
Bharath College of Science and Management.

Felicitation

: **Dr.T.Veerassamy,**
Director,
Bharath College of Science and Management.

: **Dr.K.Kumar,** Principal,
Bharath College of Science and Management.

: **Prof.R.ARAVAZHI,**
Vice Principal, Bharath College of Science and Management.

: **Prof .N.RAJARAJESWARI,**
Vice Principal, Bharath College of Science and Management.

Presidential Address

: **Mrs.PunithaGanesan,**
Secretary, Bharath group of Institutions,
Thanjavur

Keynote Address:

: **Mrs.R. Raja Lakshmi**
Psychotherapist And Counsellor
Vatsalayam
Trichy

Vote of thanks

: **Prof. R. Radhika**
Department of Nutrition and Dietetics,
Bharath College of Science and Management.

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2019-2020)

DATE:08.12.2020

NAME OF THE PROGRAMME:

AWARENESS PROGRAMME ON NUTRI EDU

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	ABIMANYU.V	CB18S395161	Abimanyu.V.
2	ABITHA.R	CB18S395162	Abitha.R.
3	AMRUTHA KUMAR	CB18S395163	Amrutha
4	ANUGRAGA THOMAS	CB18S395164	Anugraha
5	ASHA .M	CB18S395165	Asha.M.
6	BARATH KUMAR .R	CB18S395166	Barath Kumar.R.
7	BAVATHARINI .K	CB18S395167	Bavatharini.K.
8	BENCY .J	CB18S395168	Bency.J.
9	BHUVANESHWARI .P	CB18S395169	Bhuvaneshwari.P.
10	DEVIKA .M	CB18S395170	Devika.M.
11	DIVYABHARATHI .A	CB18S395171	Divyabhathi.A.
12	GOGULALAKSHMI .R	CB18S395173	Gogulalakshmi.R.
13	HADHI JAFRIN LAILA .S	CB18S395174	Hadhi Jafri.Laila.S.
14	JANAKI .S	CB18S395175	Janaki.S.
15	JAMILA GANI .S	CB18S395176	Jamil Gani.S.
16	JENIFER SHEELA .E	CB18S395177	Jenifer Sheela.E.
17	JENSIYA .S	CB18S395178	Jensiya.S.
18	JESINTHA MARY .A	CB18S395179	Jesinta Mary.A.
19	KALAIMAGAL .P	CB18S395180	Kalaimagal.P.
20	KALIVARTHAN .R	CB18S395181	Kalivarthan.R.
21	KAVITHA .P	CB18S395182	Kavitha.P.
22	KEETHANA .K	CB18S395183	Keethana.K.
23	MADHUMATHI .E	CB18S395184	Madhumathi.E.
24	MADHUMITHA .L	CB18S395185	Madhumitha.L.
25	MAHADEVAN .R.K	CB18S395186	Mahadevan.R.K.
26	MAMPHAJOTHI .G	CB18S395187	Mamphajothi.G.
27	MANIBHARATHI .G	CB18S395188	Manibharathi.G.
28	MOHANAMBAL .S	CB18S395189	Mohanambal.S.
29	NANDHINI .M.U	CB18S395191	Nandhini.M.U.
30	NIVETHA .R	CB18S395192	Nivetha.R.
31	NOORNISHA .S	CB18S395193	Noornisha.S.
32	POONGUZHALI .D	CB18S395194	Poonguzhali.D.
33	PRIYADHARSHINI .D	CB18S395195	Priyadharshini.D.
34	PURUSHOTHAMAN .B	CB18S395196	Purushothaman.B.
35	RAGAVIN .R	CB18S395197	Ragavin.R.
36	SANTHINI .G	CB18S395198	Santhini.G.
37	SATHYA .R	CB18S395199	Sathya.R.
38	SELLAKANNU .T	CB18S395200	Sellakannu.T.
39	SHARMILA .M	CB18S395201	Sharmila.M.

40	SNEHA S	CB185395202	S. S. S.
41	SORANA G	CB185395201	S. S. S.
42	SOWMIYA B	CB185395204	S. S. S.
43	THAMSELLA A	CB185395205	S. S. S.
44	UDHAYASURIYAN A	CB185395206	S. S. S.
45	VAISHA A	CB185395207	S. S. S.
46	VERAMUKIL C	CB185395208	S. S. S.
47	VIDHYA P	CB185395209	S. S. S.
48	VIVEKA T	CB185395210	S. S. S.
49	AAREEN RPSHIMIYA A	CB195395736	S. S. S.
50	ABDUL RAHUMAN N	CB195395631	S. S. S.
51	ADITHYAN M	CB195395632	S. S. S.
52	AISHWARYA R	CB195395633	S. S. S.
53	AMEER DEEN J	CB195395634	S. S. S.
54	ANITHA CHARLIN J	CB195395635	S. S. S.
55	DAYAL DEV S	CB195395636	S. S. S.
56	DEEPIKA P	CB195395637	S. S. S.
57	DHANUSHA G	CB195395638	S. S. S.
58	DHARANIT	CB195395639	S. S. S.
59	DIVYA S(09.03.2001)	CB195395640	S. S. S.
60	DIVYA S(26.07.2000)	CB195395641	S. S. S.
61	DIVYA BHARATHI G	CB195395642	S. S. S.
62	GAYATHRI K	CB195395643	S. S. S.
63	HARIPRIYA R	CB195395644	S. S. S.
64	KARPAGAM T	CB195395645	S. S. S.
65	KARTHIKA M	CB195395646	S. S. S.
66	KATHIRAVAN E	CB195395647	S. S. S.
67	KOWSALYA M	CB195395648	S. S. S.
68	MANJU P	CB195395649	S. S. S.
69	MARY PRICILLA R	CB195395670	S. S. S.
70	NAFISHA M	CB195395650	S. S. S.
71	NAGADHARSHINI M	CB195395651	S. S. S.
72	NANDHINI C	CB195395652	S. S. S.
73	NITHISH KUMAR M	CB195395653	S. S. S.
74	PREETHI S	CB195395654	S. S. S.
75	PRIYA DHARSHINI S	CB195395655	S. S. S.
76	RAVEENA M	CB195395656	S. S. S.
77	RUTHRA P	CB195395657	S. S. S.
78	SAKTHI R	CB195395658	S. S. S.
79	SANGEETHA K	CB195395659	S. S. S.

80	SHAJITHA BEGUM.A	CB19S395660	Shajitha A.
81	SHARMILA.K	CB19S395661	Sharmila
82	SNEHA.T	CB19S395662	Sneha T.
83	SRIRANJAN.R	CB19S395663	Srinani
84	SURESH.K	CB19S395664	Suresh K.
85	SWETHA.G	CB19S395665	Swetha
86	THENNARASLS	CB19S395666	Then Narasls
87	VADIVARASLT	CB19S395667	Vadivaraslt
88	VIGNESH.M	CB19S395668	Vignesh
89	ACSAH C LENIN	CB19S395671	Acshah C. Lenin
90	AJJUMAANSARLT	P18450066	Ajjumaansarlt
91	BALAKRISHNAN.UR	P18450067	Balakrishnan
92	GAYATHRI .M	P18450068	Gayathri M.
93	HAMSAVARITHINI .S	P18450069	Hamsavarithini S
94	KRISHNAVENI .R	P18450070	Krishnaveni
95	LEENA/JENIFER .J	P18450071	Leena/Jenifer
96	MAHESWARGANDHI.S	P18450072	Maheswargandhi S
97	MOUNIKA .P	P18450073	Mounika P.
98	NANDHINI .S	P18450075	Nandhini S
99	NIVEDHA .B	P18450076	Nivedha B
100	PRIYANGA .R	P18450077	Priyanga R.
101	SABARIMANI .B	P18450078	Sabarimani B
102	SOWMIYA .V	P18450079	Sowmiya V
103	SURUDHI .V	P18450080	Surudhi V
104	UTHAYA .B	P18450081	Uthaya B
105	VENNILA .A	P18450082	Vennila A
106	VIDYA .C	P18450084	Vidya C



PRINCIPAL
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR-612 005



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON PROGRAM

NAME OF THE PROGRAM : NUTRI EDU PROGRAM FOR COLLEGE GOING
RESOURCE PERSON : Mrs. Raja Lakshmi
Psychotherapist and Counsellor
Vatsalam
Trichy
ACADEMIC YEAR : 2019-2020
(08.12.2020)



One day Program on Nutri education was conducted by the Department of Nutrition and Dietetics in the academic year 2019-2020. Totally 106 students were benefited by this Program. The main objective of this program was to bring awareness on healthy eating choices and other nutrition related behaviour among college students. From this program students learnt about the Importance of Nutritious diet and their needs.



PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.

2018-2019

You're invited

Workshop

On
NUTRI EXPO



Resource Person

Mrs L Ramya
ASSISTANT PROFESSOR
DEPT OF NUTRITION AND DIETETICS
CAUVERY COLLEGE
TRICHY.

JULY 13, 2018
VENUE: SEMINAR HALL
BHARATH COLLEGE OF SCIENCE
AND MANAGEMENT

Sponsored by
Meenakshi hospital
Thanjavur

ORGANIZING COMMITTEE

Chief Patron

Mrs .G.Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr.T.Veerassamy M.A.,M.Phil.,PhD,
Principal Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P.Suba ,MSc.,MPhil. ,B.Ed.,NET,SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof .R.Radhika, MSc.,MPhil,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Department of Nutrition and Dietetics

Prof. J.Dhivyadharshini,M.Sc.,M.Phil.,
Assistant Professor, Dept of N&D

Prof. M.Menaka,M.Sc.,M.Phil.,BE.d.,
Assistant Professor, Dept of N&D

Prof. S.Deepapriya, MSc.,MPhil.,
Assistant Professor, Dept of N&D



About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadinuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc.,Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community out reach programmes.

ONE DAY WORKSHOP ON NUTRI- EXPO 13 July 2018

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION & AND DIETETICS

SPONSORED

BY

MEENAKSHI HOSPITAL

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

&Dietetics

M.Phil., Food Service Management

&Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

About the Workshop

A one day workshop on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

The main reason behind unhealthy food habits is the lack of knowledge. Hence an awareness about food habits is important.

Hence “**Nutri expo – Nutrition Awareness Exhibition**” is conducted. We hope this will be helpful for those who are looking for a healthy long life.

Good nutrition is one of the keys to a healthy and happy life. You can improve your health by keeping a controlled diet. You should eat foods that contain vitamins, minerals, proteins. This includes fruits, vegetables, whole grains, dairy, etc



Combined with physical and mental activity, your diet can help you to reach and maintain a healthy and balanced weight, reduce your risk of chronic diseases, and promote your overall health.

Resource Person

Mrs L. Ramya M.sc.,Mphil..

Asst professor Cauvery college

Trichy

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(F) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)
PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**One day Workshop on
NUTRI-EXPO**

AGENDA

DATE:11.07.2018

VENUE: Seminar Hall

INAUGURATION

- | | |
|----------------------|---|
| Prayer Song | : By Students |
| Welcome Address | : Prof. P.Suba,
Head, Department of Nutrition and Dietetics |
| Felicitation | : Dr. T.Veerasingh, Principal,
Bharath College of Science and Management,
Thanjavur. |
| | : Prof. R. Aravazhi,
Vice Principal,
Bharath College of Science and Management,
Thanjavur. |
| | : Prof. N. Rajarajeswari,
Vice Principal,
Bharath College of Science and Management
Thanjavur. |
| Presidential Address | : Mrs. PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Key note Address: | : L. Ramya,
Asst Professor, Dept of N&D
Cauvery College, Trichy |
| Vote of Thanks | : Mrs. R. Radhika
Assistant Professor
Department of Nutrition and Dietetics,
Bharath College of Science and Management. |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2018-2019)

DATE:13.07.2018

NAME OF THE WORKSHOP :

NUTRI EXPO

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	AASIMMA ANSARI.T	CB16S394270	A. Asimma
2	ABARNA.A	CB16S394271	A. Abarna
3	ARPUTHA.R	CB16S394272	Arputha.R
4	DEVAROSVELT.A	CB16S394273	D. Devarosvelt
5	DEVADHARSHINI.R	CB16S394274	Devadharshini.R
6	DEVASHRI.S	CB16S394275	Devashri.S
7	DHARANYA.K	CB16S394276	Dharanya.K
8	DHIVYA.S	CB16S394277	Dhivya
9	DINESH KUMAR.M	CB16S394278	M. Dinesh Kumar
10	HAJI MOHAMMED.M	CB16S394279	Haji Mohammedi
11	HARITHA DEVI.M	CB16S394280	Haritha Devi.M
12	JANAKIPRIYA.R	CB16S394281	R. Janakipriya
13	JESSY MARGARET.J	CB16S394282	J. Jessy Margaret
14	KALPANA.G	CB16S394283	K. Kalpana
15	KANIMOZHI.R	CB16S394284	R. Kanimozhi
16	KAVIYA.M	CB16S394285	M. Kaviya
17	KEERTHANA.E	CB16S394286	E. Keerthana
18	KOWSHIKA.A	CB16S394287	A. Kowshika
19	MADHUPRIYA.K	CB16S394288	K. Madhupriya
20	MANISHA.S	CB16S394289	S. Manisha
21	MONIKA.R	CB16S394290	R. Monika
22	NAGALAKSHMI.R	CB16S394291	R. Nagalakshmi
23	NANDHINI.M	CB16S394292	M. Nandhini
24	PADMALAKSHMI.A	CB16S394293	A. Padmalakshmi
25	PANCHALI.N	CB16S394294	N. Panchali
26	POOJA.R	CB16S394295	R. Pooja
27	REENA.B	CB16S394296	B. Reena
28	SHAHIN BANU.A	CB16S394297	A. Shahin Banu
29	SIVASAKTHI.R	CB16S394298	R. Sivasakthi
30	SRIDEVI.D.V	CB16S394299	D.V. Sridevi
31	SUGUNA.J	CB16S394300	J. Suguna
32	SUGUNA.R	CB16S394301	R. Suguna
33	SUMAIYA BEGUM.S	CB16S394302	S. Sumaiya Begum
34	VINOTHINI.V	CB16S394303	V. Vinothini
35	AARTHI.C	CB17S394686	C. Arathi
36	AARTHI.S	CB17S394687	S. Arathi
37	ABDULMAJEED.F	CB17S394688	F. Abdulmajeed
38	AMBIKA.R	CB17S394689	R. Ambika
39	ANITHA.K	CB17S394690	K. Anitha

40	ARAVIND.S	CB17S394691	Aravind.S
41	ARAVINTHAN.P	CB17S394692	Aravintan
42	AWLIN SEREBIA.A	CB17S394693	Aulin Serebia
43	AYASHA.A	CB17S394694	A. Ayasha
44	BHUVANESHWARI.V	CB17S394695	Bhuvaneshwari
45	BHUVANESHWARI.G	CB17S394696	G. Bhuvaneshwari
46	DHEVADHARSHINI.V	CB17S394697	Dheevadharshini
47	DHIVYA.U	CB17S394698	V. Divya
48	DIVYA.S	CB17S394699	Divya
49	ELAMPARITHI.L	CB17S394700	Elamparithi
50	EZHIL.M	CB17S394701	M. Ezhil
51	GAYATHRI.J	CB17S394702	Gayathri
52	HARNISH TONY JAWAHAR.	CB17S394703	Harnish Tony Jawahar
53	INIYASREE.S	CB17S394704	Iniyasree
54	JANAKI.G	CB17S394705	G. Janaki
55	JENIFER.I	CB17S394706	Jenifer
56	JOTHISWARI.V	CB17S394707	Jothiswari
57	KARTHIKPRIYA.L	CB17S394708	L. Karthi Priya
58	KEERTHANA.RD	CB17S394709	Keerthana
59	KEERTHIKA.D	CB17S394710	D. Keerthika
60	KIRUTHIKA.K	CB17S394711	Keetha
61	KIRUTHIKA.S	CB17S394712	S. Kiruthika
62	MAHIMA.M	CB17S394713	Mahima
63	MENAKA.G	CB17S394714	Menaka
64	MERBIN ASHA.S	CB17S394715	Merbin Asha.S
65	MICHAEL JANCY MARY.S	CB17S394716	Michael Jancy Mary
66	NERUPA.S	CB17S394717	S. Nerupa
67	PAVITHRA.K	CB17S394718	Nerupa
68	PAVITHRA.T	CB17S394719	Pavithra
69	PRATHIBA. k	CB17S394720	Prathiba
70	PRATHIKA.B	CB17S394721	B. Prathika
71	RAHINI.V	CB17S394722	Rahini
72	RAJARAJESHWARI.P	CB17S394723	Rajarajeswari
73	RAMYA.V	CB17S394724	Ranya
74	RUFINA.A	CB17S394725	A. Rufina
75	SADAMHUSSAIN.J	CB17S394726	Sadamhussain
76	SAKTHIPRIYA.S	CB17S394727	Sakthipriya
77	SETHUMADHAVAN.M	CB17S394728	Sethumadavan
78	SHIYAMALADEVI.R	CB17S394729	Shiyamaladevi
79	SIVASHENKA.S	CB17S394730	Sivashanka
80	SUBHASRI.R	CB17S394731	R. Subhasri
81	SUMATHI.S	CB17S394732	Sumati
82	SUVAITHIRA.A	CB17S394733	Suwaitira
83	SWATHI.S	CB17S394734	S. Swathi
84	UMAIRA BEEVI.I	CB17S394735	Umar Beevi
85	VARSHA.B	CB17S394736	Varsha.B
86	VIKASH EBI MERVIN.N	CB17S394737	N. Vikash Ebi Mervin

87	YAZHINI S	CB18S195161	Yazhini
88	ADIMANYU V	CB18S195161	Adimanyu
89	ABITHA R	CB18S195162	Abitha
90	AMRUTHA KUMAR	CB18S195163	Amrutha Kumar
91	ANUGRAGA THOMAS	CB18S195164	Anugra
92	ASHA M	CB18S195165	Asha
93	BARATH KUMAR R	CB18S195166	Barath
94	BAVATHARINI K	CB18S195167	B. Bavatharini
95	BENCY J	CB18S195168	J. Bency
96	BHUVANESHWARI P	CB18S195169	P. Bhuvaneshwari
97	DEVIKA M	CB18S195170	Devika
98	DIVYABHARATHI A	CB18S195171	Divyabhathi
99	GOGULAKSHMI R	CB18S195173	G. Gogulakshmi
100	HADHI JAFRIN LAILA S	CB18S195174	Hadhi Jafri
101	JANAKI S	CB18S195175	Janaki
102	JAMILA GANI S	CB18S195176	Sandhya Gani
103	JENIFER SHEELA E	CB18S195177	Jenifer Sheela
104	JENSIYA S	CB18S195178	Jensiya
105	JESINTHA MARY A	CB18S195179	Jesinta Mary
106	KALAIMAGAL P	CB18S195180	Kalaimagal
107	KALIVARTHAN R	CB18S195181	Kalivarthan
108	KAVITHA P	CB18S195182	Kavitha
109	KELTHANA K	CB18S195183	K. Kelthana
110	MADHUMATHI E	CB18S195184	M. Madhumathi
111	MADHUMITHA I	CB18S195185	M. Madhumitha
112	MAHADEVAN R.K	CB18S195186	R.K. Mahadevan
113	MAMPATHIOTHI G	CB18S195187	G. Mampathi
114	MANI HARATHI G	CB18S195188	G. Mani Harathi
115	MOHANAMBAL S	CB18S195189	S. Mohanambal
116	NANDHINI M.U	CB18S195191	M.U. Nandhini
117	NIVETHA R	CB18S195192	R. Nivetha
118	NOORNISHA S	CB18S195193	S. Noornisha
119	POONGUZHALL D	CB18S195194	D. Poonguzhall
120	PRIYADHARSHINI D	CB18S195195	D. Priyadharshini
121	PURUSHOTHAMAN B	CB18S195196	B. Purushothaman
122	RAGAVIN R	CB18S195197	R. Ragavin
123	SANTHINI G	CB18S195198	G. Santhini
124	SATHYA R	CB18S195199	R. Sathya
125	SELLAKANNU T	CB18S195200	T. Sellakanu
126	SHARMILA M	CB18S195201	M. Sharmila
127	SNEKA S	CB18S195202	S. Sneka
128	SOBANA G	CB18S195203	G. Sobana
129	SOWMIYA R	CB18S195204	R. Sowmiya
130	THAMSEELA A	CB18S195205	A. Thamseela
131	UDHAYASURIYAN A	CB18S195206	A. Udhayasuriyan
132	VARSHA A	CB18S195207	A. Varsha
133	VEERAMUKIL C	CB18S195208	C. Veeramukil

134	VIDHYA .P	CB185195209	Vidya .P
135	VIVEKA .T	CB185195210	Viveka .T
136	ABIRAMLM	P17450101	A. B. Ram
137	AKSHYA.V	P17450102	V. Akshaya
138	EDITH PRBHAVATHILA	P17450103	A. Edith Prabhavathila
139	GAYATHRI.N	P17450104	G. Gayathri
140	HARIHARAN.D	P17450105	H. Hariharan
141	JANAKIRAMAN.S	P17450106	J. Janakiraman
142	KEERTHIKA.G	P17450107	G. Keerthika
143	KOUSALYA.M	P17450108	K. Kousalya
144	MATHUMITHA.P	P17450109	M. Mathumitha
145	MOHANESWARIS	P17450110	M. Mohaneswaris
146	NASREEN MUNAWARA.M	P17450111	M. Nasreen Munawara
147	NIVETH.S	P17450112	S. Nivetha
148	PATTAAMAL.S	P17450113	P. Pattaamal
149	PRIYA.P	P17450114	P. Priya
150	PRIYANKA.V	P17450115	P. Priyanka
151	SIVAGAMILK	P17450116	S. Sivagami
152	SOWMIYA.C	P17450117	C. Sowmya
153	VINITHA.MC	P17450118	M. C. Vinitha
154	VINOSRI.T	P17450119	T. Vinosri
155	YAZHINI.S	P17450120	S. Yazhini
156	AJJUMAANSARI.T	P18450066	T. Ajjumaansari
157	BALAKRISHNAN.UR	P18450067	U. R. Balakrishnan
158	GAYATHRI .M	P18450068	M. Gayathri
159	HAMSAVARITHINI .S	P18450069	S. Hamsavarithini
160	KRISHNAVENI .R	P18450070	R. Krishnaveni
161	LEENAJENIFER .J	P18450071	J. Leenajenifer
162	MAHESWARGANDHI.S	P18450072	S. Maheswargandhi
163	MOUNIKA .P	P18450073	P. Mounika
164	NANDHINI .C	P18450074	C. Nandhini
165	NANDHINI .S	P18450075	S. Nandhini
166	NIVEDHA .B	P18450076	B. Nivedha
167	PRIYANGA .R	P18450077	R. Priyanga
168	SABARIMANI .B	P18450078	B. Sabarimani
169	SOWMIYA .V	P18450079	V. Sowmya
170	SURUDHI .V	P18450080	V. Surudhi
171	UTHAYA .B	P18450081	B. Uthaya
172	VENNILA .A	P18450082	A. Vennila
173	VIDHYA .A	P18450083	A. Vidhya
174	VIDYA .C	P18450084	C. Vidya



[Signature]
PRINCIPAL
 Bharath College of Science and Management
 Bharath Vennai (Near New Bus Stand)
 THANJAVUR - 613 005



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : NUTRI EXPO

RESOURCE PERSON : L.RAMYA ,
Asst Prof Dept of N&D
Cauvery College Trichy

ACADEMIC YEAR : 2018 -2019
(13.07.2018)



One day workshop Nutri expo was Conducted by the Department of Nutrition and Dietetics in the academic year 2018- 2019. Totally 174 students were benefited by this workshop. The main objective behind this workshop was to know that unhealthy food habits is from lack of knowledge. And to understand that Good nutrition is one of the keys to a healthy and happy life.



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.

SEMINAR ON

Future prospects of Dietician

Resource Person
Mrs.R.Krithika
Clinical Dietitian
Sanofi Pasteur,
Chennai.

SEP 19, 2018 |

VENUE : SEMINAR HALL
BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT

Sponsored by
Meenakshi Hospital
Thanjavur

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. T. Veerasamy M.A., M.Phil., PhD.
Principal Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof .R.Radhika, MSc., MPhil.,
Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Department of Nutrition and Dietetics

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor, Dept of N&D

Prof S. Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D



ONE DAY SEMINAR ON FUTURE PROSPECTUS OF DIETICIANS

19 September 2018

Organized By

PG& RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

**SPONSORED BY MEENAKSHI
HOSPITAL,
THANJAVUR**

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community out reach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training

ABOUT THE SEMINAR

A one day Seminar

on role of Dietitians highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of this conference is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Dietitians are experts in the use of food and nutrition to promote health and manage disease. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.

Dietitians typically do the following:

- Assess patients' and clients' nutritional and health needs
- Counsel patients on nutrition issues and healthy eating habits
- Develop meal and nutrition plans, taking both clients' preferences and budgets into account
- Evaluate the effects of meal plans and change the plans as needed
- Promote better health by speaking to groups about diet, nutrition, and the relationship between good eating

habits and preventing or managing specific diseases

- Create educational materials about healthy food choices
- Keep up with or contribute to the latest food and nutritional science research
- Document patients' progress

Many dietitians and nutritionists provide customized information for specific individuals. For example, a dietitian or nutritionist might teach a client with diabetes how to plan meals to balance the client's blood sugar. Others work with groups of people who have similar needs. For example, a dietitian or nutritionist might plan a diet with healthy fat and limited sugar to help clients who are at risk for heart disease. They may work with other healthcare professionals to coordinate patient care.

Resource Person

Mrs.R.krithika..M.Sc
Clinical dietitian
Chennai

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**ONE DAY SEMINAR ON
FUTURE PROSPECTS OF DIETECIANS**

AGENDA

DATE: 19.09.2018

VENUE: Seminar Hall

INAUGURATION

- | | |
|----------------------|--|
| Prayer Song | : By Students |
| Welcome Address | : Prof. P.Suba,
Head, Department of Nutrition and Dietetics,
Bharath College of Science and Management. |
| Felicitation | : Dr. T.Veerasamy, Principal,
Bharath College of Science and Management,
Thanjavur.

: Prof. R. Aravazhi,
Vice Principal,
Bharath College of Science and Management,
Thanjavur.

: Prof. N. Rajarajeswari,
Vice Principal,
Bharath College of Science and Management
Thanjavur. |
| Presidential Address | : Mrs. PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Resource Person | : Mrs. R. Krithika,
Clinical Dietitian,
Chennai. |
| Vote of Thanks | : Prof. R. Radhika
Department of Nutrition and Dietetics,
Bharath College of Science and Management. |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2018-2019)

DATE:19.09.2018

NAME OF THE SEMINAR:

FUTURE PROSPECTS OF DIETITIANS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE OF THE STUDENTS
1	AASIMMA ANSARI.T	CB16S394270	Aasimma Ansari
2	ABARNA.A	CB16S394271	Abarna A
3	ARPUTHA.R	CB16S394272	R. Arputha
4	DEVAROSVELT.A	CB16S394273	Devarosvelt A
5	DEVADHARSHINI.R	CB16S394274	Devadharshini R
6	DEVASHRI.S	CB16S394275	Devashri S
7	DHARANYA.K	CB16S394276	Dharanya K
8	DHIVYA.S	CB16S394277	Dhivya S
9	DINESH KUMAR.M	CB16S394278	M. Dinesh Kumar
10	HAJI MOHAMMED.M	CB16S394279	Haji Mohammed M
11	HARITHA DEVI.M	CB16S394280	Haritha Devi M
12	JANAKIPRIYA.R	CB16S394281	Janakipriya R
13	JESSY MARGARET.J	CB16S394282	Jessy Margaret J
14	KALPANA.G	CB16S394283	Kalpana G
15	KANIMOZHI.R	CB16S394284	Kanimozhi R
16	KAVIYA.M	CB16S394285	Kaviya M
17	KEERTHANA.E	CB16S394286	E Keerthana
18	KOWSHIKA.A	CB16S394287	Kowshika A
19	MADHUPRIYA.K	CB16S394288	Madhupriya K
20	MANISHA.S	CB16S394289	Manisha S
21	MONIKA.R	CB16S394290	Monika R
22	NAGALAKSHMI.R	CB16S394291	Nagalakshmi R
23	NANDHINI.M	CB16S394292	Nandhini M
24	PADMALAKSHMI.A	CB16S394293	Padmalakshmi A
25	PANCHALI.N	CB16S394294	Panchali N
26	POOJA.R	CB16S394295	Pooja R
27	REENA.B	CB16S394296	B. Reena
28	SHAHIN BANU.A	CB16S394297	A. Shahin Banu
29	SIVASAKTHI.R	CB16S394298	R. Sivasakthi
30	SRIDEVI.D.V	CB16S394299	D.V. Sridevi
31	SUGUNA.J	CB16S394300	J. Suguna
32	SUGUNA.R	CB16S394301	R. Suguna
33	SUMAIYA BEGUM.S	CB16S394302	S. Sumaiya Begum
34	VINOTHINI.V	CB16S394303	V. Vinothini
35	AARTHI.C	CB17S394686	Aarthi C
36	AARTHI.S	CB17S394687	S. Arathi
37	ABDULMAJEED.F	CB17S394688	F. Abdulmajeed
38	AMBIKA.R	CB17S394689	R. Ambika

39	ANITHA.K	CB17S394690	Anitha.k
40	ARAVIND.S	CB17S394691	S. Aravind
41	ARAVINTHAN.P	CB17S394692	Aravind P
42	AWLIN SEREBIA.A	CB17S394693	Avinlin Serebia .A
43	AYASHA.A	CB17S394694	Ayasha .a
44	BHUVANESHWARI.V	CB17S394695	V. Bhuvaneshwari
45	BHUVANESHWARI.G	CB17S394696	Bhuvaneshwari .G
46	DEVADARSHINI.V	CB17S394697	Devadarshini
47	DHIVYA.U	CB17S394698	U.Dhivya
48	DIVYA.S	CB17S394699	S. Divya
49	ELAMPARITHI.L	CB17S394700	Elamparathi .L
50	EZHIL.M	CB17S394701	Ezhil .M
51	GAYATHRI.J	CB17S394702	Gayathri
52	HARNISH TONY JAWAHAR.A	CB17S394703	Harnish Tony Jawahar .A
53	INIYASREE.S	CB17S394704	Iniyasree .S
54	JANAKI.G	CB17S394705	Janaki .G
55	JENIFER. I	CB17S394706	Jenifer .I
56	JOTHSWARI.V	CB17S394707	V. Jothswari
57	KARTHIKPRIYA.L	CB17S394708	Karthikpriya .L
58	KEERTHANA.RD	CB17S394709	Keerthana .RD
59	KEERTHIKA.D	CB17S394710	Keerthika .D
60	KIRUTHIKA.K	CB17S394711	Kiruthika .K
61	KIRUTHIKA.S	CB17S394712	S. Kiruthika
62	MAHIMA.M	CB17S394713	M. Mahi
63	MENAKA.G	CB17S394714	Menaka .G
64	MERBIN ASHA.S	CB17S394715	Merbin Asha .S
65	MICHAEL JANCY MARY.S	CB17S394716	S. Michael Jancy Mary
66	NERUPA.S	CB17S394717	S. Nerupa
67	PAVITHRA.K	CB17S394718	K. Pavithra
68	PAVITHRA.T	CB17S394719	Pavithra .T
69	PRATHIBA. k	CB17S394720	Prathiba .k
70	PRATHIKA.B	CB17S394721	Prathika .B
71	RAHINI.V	CB17S394722	V. Rahini
72	RAJARAJESHWARI.P	CB17S394723	P. Rajarajeswari
73	RAMYA.V	CB17S394724	Ramya .v
74	RUFINA.A	CB17S394725	Rufina .A
75	SADAMHUSSAIN.J	CB17S394726	Sadam Hussain .J
76	SAKTHIPRIYA.S	CB17S394727	Sakthipriya .S
77	SETHUMADHAVAN.M	CB17S394728	Sethumadavan .M
78	SHIYAMALADEVI.R	CB17S394729	Shiyamaladevi .R
79	SIVASHENKA.S	CB17S394730	Siva Shanka .S
80	SUBHASRI.R	CB17S394731	R. Subhasri
81	SUVAITHIRA.A	CB17S394733	Suvaithira .a
82	SUMATHI.S	CB17S394732	Sumathi .S
83	SWATHI.S	CB17S394734	S. Swathi
84	UMAIRA BEEVI.I	CB17S394735	Uma Beevi .I
85	VARSHA.B	CB17S394736	Varsha .B

86	VIKASH EBI MERVIN .N	CB17S394737	N. Vikash E.B. Mervin
87	YAZHINI .S	CB17S394738	Yazhini .S
88	ABIMANYU .V	CB18S395161	Abimanyu .V
89	ABITHA .R	CB18S395162	Abitha .R
90	AMRUTHA KUMAR	CB18S395163	Amrutha .Kumar
91	ANUGRAGA THOMAS	CB18S395164	A. Thomas
92	ASHA .M	CB18S395165	Asha .M
93	BARATH KUMAR .R	CB18S395166	Barath .Kumar .R
94	BAVATHARINI .K	CB18S395167	K. Bavatharini
95	BENCY .J	CB18S395168	Bency .J
96	BHUVANESHWARI .P	CB18S395169	P. Bhuvaneshwari
97	DEVIKA .M	CB18S395170	Devika .M
98	DIVYABHARATHI .A	CB18S395171	A. Divyabhargathi
99	GOGULALAKSHMI .R	CB18S395173	G. G. Lakshmi .R
100	HADHI JAFRIN LAILA .S	CB18S395174	Hadhi Jafri Laila .S
101	JANAKI .S	CB18S395175	Janaki .S
102	JAMILA GANI .S	CB18S395176	S. Jamila
103	JENIFER SHEELA .E	CB18S395177	Jenifer Sheela E
104	JENSIYA .S	CB18S395178	S. Jenisya
105	JESINTHA MARY .A	CB18S395179	J. M. A
106	KALAIMAGAL .P	CB18S395180	P. Kalaimagal
107	KALIVARTHAN .R	CB18S395181	R. Kalivarthan
108	KAVITHA .P	CB18S395182	Kavitha .P
109	KEETHANA .K	CB18S395183	Keethana .K
110	MADHUMATHI .E	CB18S395184	E. Madhumathi
111	MADHUMITHA .L	CB18S395185	Madhumathi .L
112	MAHADEVAN .R.K	CB18S395186	M. Mahadevan R.K
113	MAMPHAJOTHI .G	CB18S395187	M. Mampajothi
114	MANIBHARATHI .G	CB18S395188	G. Manibharathi
115	MOHANAMBAL .S	CB18S395189	M. Mohanambal S
116	NANDHINI .M.U	CB18S395191	Nandhini .M.U
117	NIVETHA .R	CB18S395192	Nivetha .R
118	NOORNISHA .S	CB18S395193	S. Noornisha
119	POONGUZHALI .D	CB18S395194	P. Poonguzhali D
120	PRIYADHARSHINI .D	CB18S395195	P. Priyadharshini D
121	PURUSHOTHAMAN .B	CB18S395196	B. Purushothaman
122	RAGAVIN .R	CB18S395197	R. Ragavini
123	SANTHINI .G	CB18S395198	Santhini .G
124	SATHYA .R	CB18S395199	Sathya .R
125	SELLAKANNU .T	CB18S395200	T. Sellakanu .M
126	SHARMILA .M	CB18S395201	M. Sharmila
127	SNEKA .S	CB18S395202	Sneka .S
128	SOBANA .G	CB18S395203	Sobana .G
129	SOWMIYA .R	CB18S395204	Sowmiya .R
130	THAMSEELA .A	CB18S395205	A. Thamseela
131	UDHAYASURIYAN .A	CB18S395206	Udhayan .A
132	VARSHA .A	CB18S395207	Varsha .A

133	VERAMUKIL .C	CB18S395208	Veramukil . C
134	VIDHYA .P	CB18S395209	P. Vidhya
135	VIVEKA .T	CB18S395210	Vivika T
136	ABIRAMI.M	P17450101	Abirami M
137	AKSHYA.V	P17450102	Akshya V
138	EDITH PRBHAVATHI.A	P17450103	Edith P. A
139	GAYATHRI.N	P17450104	Gayathri N
140	HARIHARAN.D	P17450105	Hariharan D
141	JANAKIRAMAN.S	P17450106	Janakiraman . S
142	KEERTHIKA.G	P17450107	Keerthika . G
143	KOUSALYA.M	P17450108	Kousalya M
144	MATHUMITHA.P	P17450109	Mathumitha . P
145	MOHANESWARI.S	P17450110	Mohaneswari S
146	NASREEN MUNAWARA.M	P17450111	Nasreen M. M
147	NIVETH.S	P17450112	S. Nivetha
148	PATTAAMAL.S	P17450113	S. Pattaamal
149	PRIYA.P	P17450114	Priya . P
150	PRIYANKA.V	P17450115	Priyanka . V
151	SIVAGAMI.K	P17450116	Sivagami K
152	SOWMIYA.C	P17450117	Sowmya . C
153	VINITHA.MC	P17450118	M.C. Vinitha
154	VINOSRI.T	P17450119	Vinosri T
155	YAZHINI.S	P17450120	Yazhini . S
156	AJJUMAANSARI.T	P18450066	Ajjumaansari T
157	BALAKRISHNAN.UR	P18450067	Balakrishnan U.R
158	GAYATHRI .M	P18450068	Gayathri M
159	HAMSAVARITHINI .S	P18450069	Hamsavarithini
160	KRISHNAVENI .R	P18450070	Krishnaveni R
161	LEENAJENIFER J	P18450071	Leenajenifer J
162	MAHESWARGANDHI.S	P18450072	Maheshwargandhi S
163	MOUNIKA .P	P18450073	Mounika P
164	NANDHINI .C	P18450074	Nandhini . C
165	NANDHINI .S	P18450075	Nandhini . S
166	NIVEDHA .B	P18450076	B. Nivedha
167	PRIYANGA .R	P18450077	A. Priyanga
168	SABARIMANI .B	P18450078	Sabarimani
169	SOWMIYA .V	P18450079	Sowmya . V
170	SURUDHI .V	P18450080	Surudhi . V
171	UTHAYA .B	P18450081	Uthaya B
172	VENNILA .A	P18450082	Vennila . A
173	VIDYA .a	P18450083	Vidhya . A
174	VIDYA .C	P18450084	C. Vidya




PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)

(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS REPORT ON SEMINAR

NAME OF THE SEMINAR : FUTURE PROSPECTS OF DIETICIANS

RESOURCE PERSON : Mrs. R. Krithika
Clinical Dietitian,
Chennai

ACADEMIC YEAR : 2018-2019
(19.09.2018)



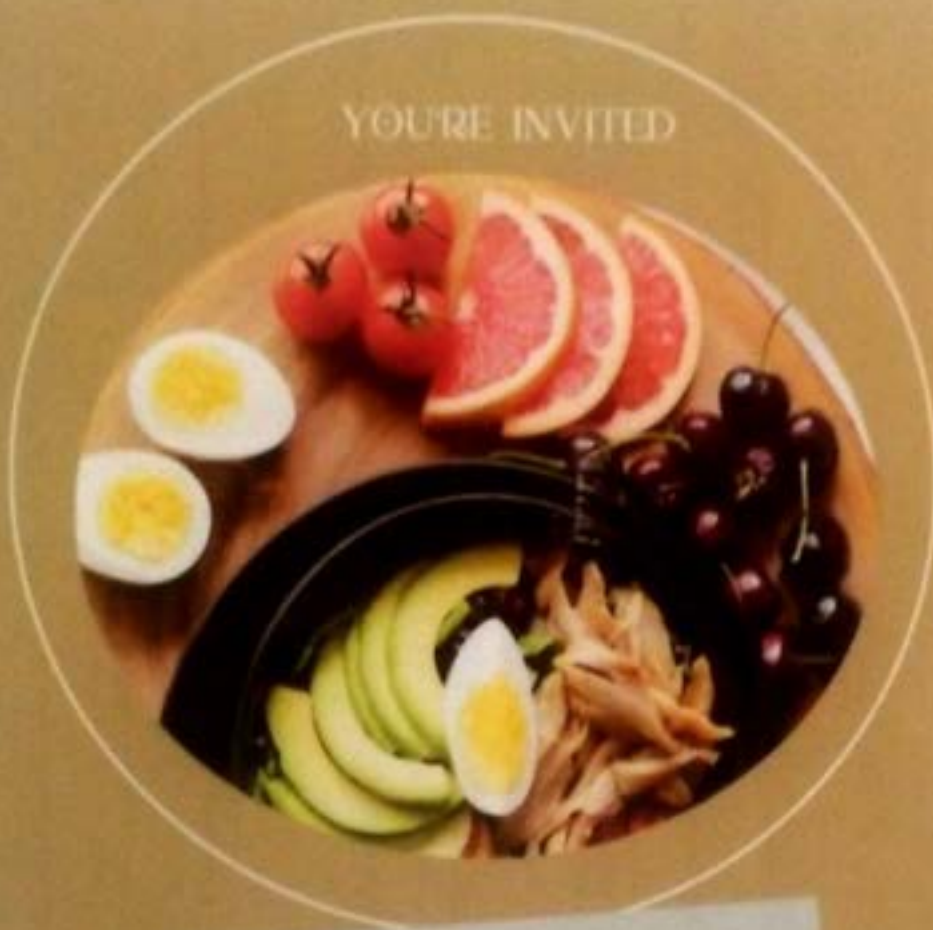
One day Seminar on FUTURE PROSPECTS OF DIETICIANS was conducted by the Department of Nutrition and Dietetics in the academic year 2018-2019. Totally 174 students were benefited by this seminar. The main objective behind this seminar was to aware about a dietitian can be a very rewarding career as you're able to make a significant contribution to improving patients' health. It helps to understand the demand for nutrition-based health professionals is increasing with alternative career opportunities available easily.



[Signature]
Principal
Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)

THANJAVUR - 613 005.

YOU'RE INVITED



Workshop on
SAFE
NUTRITIOUS
FOOD

Resource Person
Mr. Muthaiyan
Food Analyst
Thanjavur.

Sponsored by
Meenakshi Hospital
Thanjavur

28 FEB 2019

Venue: SEMINAR HALL
Bharath college of science and management

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. T. Veerasamy M.A., M.Phil., P.h.D.
Principal, Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof. P. Suba. MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. M. Stella Mary, MSc., MPhil.,
Assistant Professor, Dept of N&D
Prof. A. Arokia Maxline, MSc., MPhil.,
Assistant Professor, Dept of N&D
Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D
Prof. M. Menaka, M.Sc., M.Phil., B.Ed.,
Assistant Professor, Dept of N&D
Prof. G. Ganga Devi, MSc., MPhil., SET.,
Assistant Professor, Dept of N&D



About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Departments

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community outreach programmes.

ONE DAY WORKSHOP ON SAFE NUTRITIOUS FOOD

28 Feb 2019

Organized By

PG & RESEARCH

**DEPARTMENT OF NUTRITION AND
DIETETICS**

**BHARATH COLLEGE OF SCIENCE
AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

About the Workshop:

Workshop on safe Nutrition highlights the solutions for rising problems in the field of Science, Information and Nutrition. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Safe food is not contaminated with potentially harmful bacteria, parasites, viruses, toxins, chemicals and/or radionuclides. However,

food can become contaminated at any point of production and distribution. A large proportion of foodborne disease incidents are caused by foods improperly or unhygienically prepared or mishandled at home, in food service establishments or markets

Food safety, nutrition and food security are closely linked. Unsafe food creates a vicious cycle of disease and malnutrition, particularly affecting infants, young children, elderly and the sick. In addition to contributing to food and nutrition security, a safe food supply also supports national economies, trade and tourism, stimulating sustainable development.

Resource Person
Mr.M.Muthaiah, Food analyst
Thanjavur.

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)
PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

One day Workshop on

“SAFE NUTRITIOUS FOOD”

AGENDA

DATE: 28.02.2019

VENUE: Department of N&D

INAUGURATION

- | | |
|----------------------|--|
| Prayer Song | : By Students |
| Welcome Address | : Prof. P.Suba,
Head, Department of Nutrition and Dietetics,
Bharath College of Science and Management. |
| Felicitation | : Dr. T.Veerassamy, Principal ,
Bharath College of Science and Management,
Thanjavur. |
| | : Prof. R. Aravazhi,
Vice Principal,
Bharath College of Science and Management,
Thanjavur. |
| | : Prof. N. Rajarajeswari ,
Vice Principal,
Bharath College of Science and Management
Thanjavur. |
| Presidential Address | : Mrs. PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Resource Person | : Mr.Muthaiyan,
Food Analyst,
Thanjavur |
| Vote of Thanks | : Mrs. R.Radhika
Assistant Professor
Department of Nutrition and Dietetics,
Bharath College of Science and Management. |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(I) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2018-2019)

DATE:28.02.2018

NAME OF THE WORKSHOP :

SAFE NUTRITIOUS FOODS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	AASIMMA ANSARI.T	CB16S394270	T.A. Ansamma
2	ABARNA.A	CB16S394271	A. Abarna
3	ARPUTHA.R	CB16S394272	R. Arputha
4	DEVAROOSVELT.A	CB16S394273	A. Devaroosvelt
5	DEVADHARSHINI.R	CB16S394274	R. Devadharshini
6	DEVASHRI.S	CB16S394275	S. Devashri
7	DHARANYA.K	CB16S394276	K. Dhanya
8	DHIVYA.S	CB16S394277	S. Dhivya
9	DINESH KUMAR.M	CB16S394278	M. Dinesh Kumar
10	HAJI MOHAMMED.M	CB16S394279	M. Haji Mohammed
11	HARITHA DEVI.M	CB16S394280	M. Haritha Devi
12	JANAKIPRIYA.R	CB16S394281	R. Janakipriya
13	JESSY MARGARET.J	CB16S394282	J. Jessy Margaret
14	KALPANA.G	CB16S394283	G. Kalpana
15	KANIMOZHI.R	CB16S394284	R. Kanimozhi
16	KAVIYA.M	CB16S394285	M. Kaviya
17	KEERTHANA.E	CB16S394286	E. Keerthana
18	KOWSHIKA.A	CB16S394287	A. Kowshika
19	MADHUPRIYA.K	CB16S394288	K. Madhupriya
20	MANISHA.S	CB16S394289	S. Manisha
21	MONIKA.R	CB16S394290	R. Monika
22	NAGALAKSHMI.R	CB16S394291	R. Nagalakshmi
23	NANDHINI.M	CB16S394292	M. Nandhini
24	PADMALAKSHMI.A	CB16S394293	A. Padmalakshmi
25	PANCHALI.N	CB16S394294	N. Panchali
26	POOJA.R	CB16S394295	R. Pooja
27	REENA.B	CB16S394296	B. Reena
28	SHAHIN BANU.A	CB16S394297	A. Shahin Banu
29	SIVASAKTHI.R	CB16S394298	R. Sivasakthi
30	SRIDEVI.D.V	CB16S394299	V. Sridevi
31	SUGUNA.J	CB16S394300	J. Suguna
32	SUGUNA.R	CB16S394301	R. Suguna
33	SUMAIYA BEGUM.S	CB16S394302	S. Sumaiya Begum
34	VINOTHINI.V	CB16S394303	V. Vinothini
35	AARTHI.C	CB17S394686	C. Arathi
36	AARTHI.S	CB17S394687	S. Arathi
37	ABDULMAJEED.F	CB17S394688	F. Abdulmajeed
38	AMBIKA.R	CB17S394689	R. Ambika
39	ANITHA.k	CB17S394690	k. Anitha

40	ARAVIND.S	CB17S394691	Aravind.S.
41	ARAVINTHAN.P	CB17S394692	Aravintan.P
42	AWLIN SEREBIA.A	CB17S394693	Aulin Serebia.A
43	AYASHA.A	CB17S394694	Ayasha.A.
44	BHUVANESHWARI.V	CB17S394695	Bhuvaneshwari.V.
45	BHUVANESHWARI.G	CB17S394696	Bhuvaneshwari.G.
46	DHEVADHARSHINI.V	CB17S394697	Dhevadharshini.V.
47	DHIVYA.U	CB17S394698	Dhivya.U
48	DIVYA.S	CB17S394699	Divya.S
49	ELAMPARITHI.L	CB17S394700	Elamparithi.L
50	EZHIL.M	CB17S394701	Ezhil.M
51	GAYATHRI.J	CB17S394702	Gayathri.J
52	HARNISH TONY JAWAHAR.	CB17S394703	Harnish Tony Jawahar.
53	INIYASREE.S	CB17S394704	Iniyasree.S
54	JANAKI.G	CB17S394705	Janaki.G
55	JENIFER.I	CB17S394706	Jenifer.I
56	JOTHISWARI.V	CB17S394707	Jothiswari.V
57	KARTHIKPRIYA.L	CB17S394708	Karthikpriya.L
58	KEERTHANA.RD	CB17S394709	Keerthana.RD
59	KEERTHIKA.D	CB17S394710	Keerthika.D
60	KIRUTHIKA.K	CB17S394711	Kiruthika.K
61	KIRUTHIKA.S	CB17S394712	Kiruthika.S
62	MAHIMA.M	CB17S394713	Mahima.M
63	MENAKA.G	CB17S394714	Menaka.G
64	MERBIN ASHA.S	CB17S394715	Merbin Asha.S
65	MICHAEL JANCY MARY.S	CB17S394716	Michael Jancy Mary.S
66	NERUPA.S	CB17S394717	Nerupa.S
67	PAVITHRA.K	CB17S394718	Pavithra.K
68	PAVITHRA.T	CB17S394719	Pavithra.T
69	PRATHIBA. k	CB17S394720	Prathiba.k
70	PRATHIKA.B	CB17S394721	Prathika.B
71	RAHINI.V	CB17S394722	Rahini.V
72	RAJARAJESHWARI.P	CB17S394723	Rajarajeswari.P
73	RAMYA.V	CB17S394724	Ramyav.V
74	RUFINA.A	CB17S394725	Rufina.A
75	SADAMHUSSAIN.J	CB17S394726	Sadamhussain.J
76	SAKTHIPRIYA.S	CB17S394727	Sakthipriya.S
77	SETHUMADHAVAN.M	CB17S394728	SethumadHAVAN.M
78	SHIYAMALADEVI.R	CB17S394729	Shiyamaladevi.R
79	SIVASHENKA.S	CB17S394730	Sivashenka.S
80	SUBHASRI.R	CB17S394731	Subhasri.R
81	SUMATHI.S	CB17S394732	Sumathi.S
82	SUVAITHIRA.A	CB17S394733	Suvaithira.A
83	SWATHI.S	CB17S394734	Swathi.S
84	UMAIRA BEEVI.I	CB17S394735	Umaira Beevi.I
85	VARSHA.B	CB17S394736	Varsha.B
86	VIKASH EBI MERVIN.N	CB17S394737	Vikash Ebi Mervin.N

87	YAZHINI S	CB175194738	Yazhini
88	ABIRAMI M	P17450101	A. Abirami
89	AKSHYA V	P17450102	A. Akshya
90	EDITH PRBHAVATHI A	P17450103	E. Prbhavathi
91	GAYATHRI N	P17450104	G. Gayathri
92	HARIHARAN D	P17450105	H. Hariharan
93	JANAKIRAMAN S	P17450106	J. Janakiraman
94	KEERTHIKA G	P17450107	K. Keerthika
95	KOUSALYA M	P17450108	K. Kousalya
96	MATHUMITHA P	P17450109	M. Mathumitha
97	MOHANESWARIS	P17450110	M. Mohaneswaris
98	NASREEN MUNAWARA M	P17450111	N. Nasreen
99	NIVETH S	P17450112	N. Niveth
100	PATTAAMAL S	P17450113	P. Pattaamal
101	PRIYA P	P17450114	P. Priya
102	PRIYANKA V	P17450115	P. Priyanka
103	SIVAGAMI K	P17450116	S. Sivagami
104	SOWMIYA C	P17450117	S. Sowmiya
105	VINITHA MC	P17450118	V. Vinitha
106	VINOSRI T	P17450119	V. Vinosri
107	YAZHINI S	P17450120	Y. Yazhini
108	AJJUMAANSARI T	P18450066	A. Ajjumaansari
109	BALAKRISHNAN UR	P18450067	B. Balakrishnan
110	GAYATHRI M	P18450068	G. Gayathri
111	HAMSAVARITHINI S	P18450069	H. Hamsavarithini
112	KRISHNAVENI R	P18450070	K. Krishnaveni
113	LEENAJENIFER J	P18450071	L. Leenajenifer
114	MAHESWARGANDHI S	P18450072	M. Maheswargandhi
115	MOUNIKA P	P18450073	M. Mounika
116	NANDHINI C	P18450074	N. Nandhini
117	NANDHINI S	P18450075	N. Nandhini
118	NIVEDHA B	P18450076	N. Nivedha
119	PRIYANGA R	P18450077	P. Priyanga
120	SABARIMANI B	P18450078	S. Sabarimani
121	SOWMIYA V	P18450079	S. Sowmiya
122	SURUDHI V	P18450080	S. Surudhi
123	UTHAYA B	P18450081	U. Uthaya
124	VENNILA A	P18450082	V. Vennila
125	VIDHYA A	P18450083	V. Vidhya
126	VIDYA C	P18450084	V. Vidya




 PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613003.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : SAFE NUTRITIOUS FOOD

RESOURCE PERSON : Mr. MUTHAIYAN
Food Analyst
Thanjavur

ACADEMIC YEAR : 2018 -2019
(28.02.2019)



One day workshop on SAFE NUTRITIOUS FOOD was conducted by the Department of Nutrition and Dietetics in the academic year 2018- 2019. Totally 126 students were benefited by this workshop the main objective behind this workshop was to know about sufficient amounts of safe and nutritious food is key to sustaining life and promoting good health. This workshop helps our students to know about the needs of Safe food which is not contaminated with potentially harmful bacteria, parasites, viruses, toxins, Additives.



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



W
H E A L T H

YOU'RE INVITED
SEMINAR ON

HEALTHY LIFE STYLE

SEMINAR ON
HEALTHY LIFESTYLE
FOR ALL AGES AND
GENDER

Sponsored by
Meenakshi Hospital
Thanjavur

Resource Person
Mrs.P.Jasmine Nisha
Chief Dietitian
Apollo Multi-specialty hospitals
KARAIKUDI.





About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community outreach programmes.

ONE DAY SEMINAR ON HEALTHY LIFE STYLE

24th MARCH 2019

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND
DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (i) & 12 (B)
Institution)

(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

sponsored by Meenakshi Hospital,
Thanjavur

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. T. Veerasamy M.A., M.Phil., Ph.D.
Principal, Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof. P. Suba. M.Sc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika M.Sc., MPhil.
Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. M. Stella Mary M.Sc., MPhil.,

Assistant Professor, Dept of N&D

Prof. A. Arokia Maxilline M.Sc., MPhil.,

Assistant Professor, Dept of N&D

Prof. J. Dhivya dharshini M.Sc., M.Phil.,

Assistant Professor, Dept of N&D

Prof. M. Menaka M.Sc., M.Phil., B.E.d.,

Assistant Professor, Dept of N&D

Prof. S. Deepapriya M.Sc., MPhil.,

Assistant Professor, Dept of N&D

National Seminar on Nutrition and Dietetics highlights the solutions for rising problems in the field of Science, Information and Nutrition. The aim of this seminar is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

Good nutrition, daily exercise and adequate sleep are the foundations of healthy living. A healthy lifestyle keeps you fit, energetic and at reduced risk for disease

Physical fitness is not the sole basis of being healthy; being healthy means being mentally and emotionally fit. Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a healthy lifestyle by doing what is right for your body. Good health means freedom from sickness and diseases. It is a costly gift of nature to us for living a purposeful life. Also, good health means that we can do more work than our capacity without getting tired.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5.

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)
PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

ONE DAY SEMINAR ON

HEALTHY LIFE STYLE

AGENDA

DATE: 24.03.2019

VENUE: SMART CLASS ROOM

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Prof. P.Suba, Head, Department of Nutrition and Dietetics, Bharath College of Science and Management
Felicitation	: Dr. T.Veerassamy, Principal, Bharath College of Science and Management, Thanjavur. : Prof. R. ARAVAZHI, Vice Principal, Bharath College of Science and Management, Thanjavur. : Prof. N. RAJARAJESWARI , Vice Principal, Bharath College of Science and Management Thanjavur. : Prof.T.KAVITHA, Faculty Incharge, Bharath College of Science and Management Thanjavur.
Presidential Address	: Mrs. PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Resource Person	: Mrs. P.Jasmine Nisha Chief Dietician Apollo Multispeciality Hospital Karaikudi.
Vote of Thanks	: Mrs. R.Radhika Department of Nutrition and Dietetics, Bharath College of Science and Management

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2018-2019)

DATE: 24.03.2019

NAME OF THE SEMINAR :

HEALTHY LIFE STYLE

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	AASIMMA ANSARI.T	CB16S394270	A. Anasima Ansari
2	ABARNA.A	CB16S394271	ABARNA.A.
3	ARPUTHA.R	CB16S394272	R. Arputha
4	DEVAROOSVELT.A	CB16S394273	Devarosvelt.A
5	DEVADHARSHINI.R	CB16S394274	R. Devadharshini
6	DEVASHRI.S	CB16S394275	Devashri.S.
7	DHARANYA.K	CB16S394276	K. Dharmanya
8	DHIVYA.S	CB16S394277	Dhivya.S.
9	DINESH KUMAR.M	CB16S394278	Dinesh Kumar.M.
10	HAJI MOHAMMED.M	CB16S394279	M. Haji Muhammed
11	HARITHA DEVI.M	CB16S394280	Haritha Devi.M.
12	JANAKIPRIYA.R	CB16S394281	R. Janakipriya
13	JESSY MARGARET.J	CB16S394282	Jessy Margaret.J.
14	KALPANA.G	CB16S394283	G. Kalpana
15	KANIMOZHI.R	CB16S394284	R. Kanimozhi
16	KAVIYA.M	CB16S394285	M. Kaviya
17	KEERTHANA.E	CB16S394286	E. Keerthana
18	KOWSHIKA.A	CB16S394287	A. Koushika
19	MADHUPRIYA.K	CB16S394288	K. Madhupriya
20	MANISHA.S	CB16S394289	S. Manisha
21	MONIKA.R	CB16S394290	R. Monika
22	NAGALAKSHMI.R	CB16S394291	R. Nagalakshmi
23	NANDHINI.M	CB16S394292	M. Nandhini
24	PADMALAKSHMI.A	CB16S394293	A. Padmalakshmi
25	PANCHALI.N	CB16S394294	N. Panchali
26	POOJA.R	CB16S394295	R. Pooja
27	REENA.B	CB16S394296	B. Reena
28	SHAHIN BANU.A	CB16S394297	A. Shahin Banu
29	SIVASAKTHI.R	CB16S394298	R. Sivasakthi
30	SRIDEVI.D.V	CB16S394299	V. Sridevi.D.
31	SUGUNA.J	CB16S394300	J. Suguna
32	SUGUNA.R	CB16S394301	R. Suguna
33	SUMAIYA BEGUM.S	CB16S394302	S. Sumaiya Begum
34	VINOTHINI.V	CB16S394303	V. Vinothini
35	AARTHI.C	CB17S394686	C. Arthi
36	AARTHI.S	CB17S394687	S. Arthi
37	ABDULMAJEED.F	CB17S394688	F. Abdulmajeed
38	AMBIKA.R	CB17S394689	R. Ambika
39	ANITHA.k	CB17S394690	k. Anitha

40	ARAVIND S	CB175394691	Aravind S.
41	ARAVINTHAN P	CB175394692	Aravintan P.
42	AWLIN SEREBIA A	CB175394693	Aulin Serebia A.
43	AYASHA A	CB175394694	Ayasha A.
44	BHUVANESHWARI V	CB175394695	Bhuvaneshwari V.
45	BHUVANESHWARI G	CB175394696	Bhuvaneshwari G.
46	DHEVADHARSHINI V	CB175394697	Dhevaadharshini V.
47	DHIVYA U	CB175394698	Dhivya U.
48	DIVYA S	CB175394699	Divya S.
49	ELAMPARITHI L	CB175394700	Elamparithi L.
50	EZHIL M	CB175394701	Ezhil M.
51	GAYATHRI J	CB175394702	Gayathri J.
52	HARNISH TONY JAWAHAR	CB175394703	Harnish Tony Jawahar
53	INIYASREE S	CB175394704	Iniyasree S.
54	JANAKI G	CB175394705	Janaki G.
55	JENIFER I	CB175394706	Jenifer I.
56	JOTHISWARI V	CB175394707	Jothiswari V.
57	KARTHIKPRIYA L	CB175394708	Karthik Priya L.
58	KEERTHANA RD	CB175394709	Keerthana R.D.
59	KEERTHIKA D	CB175394710	Keerthika D.
60	KIRUTHIKA K	CB175394711	Kiruthika K.
61	KIRUTHIKA S	CB175394712	Kiruthika S.
62	MAHIMA M	CB175394713	Mahima M.
63	MENAKA G	CB175394714	Menaka G.
64	MERBIN ASHA S	CB175394715	Merbin Asha S.
65	MICHAEL JANCY MARY S	CB175394716	Michael Jancy Mary S.
66	NERUPA S	CB175394717	Nerupa S.
67	PAVITHRA K	CB175394718	Pavithra K.
68	PAVITHRA T	CB175394719	Pavithra T.
69	PRATHIBA K	CB175394720	Prathiba K.
70	PRATHIKA B	CB175394721	Prathika B.
71	RAHINI V	CB175394722	Rahini V.
72	RAJARAJESHWARI P	CB175394723	Rajarajeswari P.
73	RAMYA V	CB175394724	Ramya V.
74	RUFINA A	CB175394725	Rufina A.
75	SADAMHUSSAIN J	CB175394726	Sadam Hussain J.
76	SAKTHIPRIYA S	CB175394727	Sakthipriya S.
77	SETHUMADHAVAN M	CB175394728	Sethumadavan M.
78	SHIYAMALADEVI R	CB175394729	Shiyamaladevi R.
79	SIVASHNEKA S	CB175394730	Sivashneka S.
80	SUBHASRI R	CB175394731	Subhasri R.
81	SUMATHI S	CB175394732	Sumathi S.
82	SUVAITHIRA A	CB175394733	Suvaithira A.
83	SWATHI S	CB175394734	Swathi S.
84	UMAIRA BEEVI J	CB175394735	Umaria Beevi J.
85	VARSHA B	CB175394736	Varsha B.
86	VIKASH EBI MERVIN N	CB175394737	Vikash Ebi Mervin N.

87	YAZHINI.S	CB175394738	Yazhini. S.
88	ABIRAMI.M	P17450101	Abirami. M.
89	AKSHYA.V	P17450102	V. Akshya
90	EDITH PRBHAVATHI.A	P17450103	A. Edith prabhavathi
91	GAYATHRI.N	P17450104	N. Gayathri
92	HARIHARAN.D	P17450105	D. Hariharan
93	JANAKIRAMAN.S	P17450106	S. Janakiraman
94	KEERTHIKA.G	P17450107	G. Keerthika
95	KOUSALYA.M	P17450108	M. Kousalya
96	MATHUMITHA.P	P17450109	P. Mathumitha
97	MOHANESWARI.S	P17450110	S. Mohaneswari
98	NASREEN MUNAWARA.M	P17450111	M. Nasreen munawara
99	NIVETH.S	P17450112	S. Nivetha
100	PATTAAMAL.S	P17450113	S. Pattaamal
101	PRIYA.P	P17450114	P. Priya
102	PRIYANKA.V	P17450115	V. Priyanka
103	SIVAGAMI.K	P17450116	K. Sivagami
104	SOWMIYA.C	P17450117	C. Sowmiya
105	VINITHA.MC	P17450118	Vinitha. M.C
106	VINOSRI.T	P17450119	T. Vinosri
107	YAZHINI.S	P17450120	S. Yazhini
108	AJUMAANSARI.T	P18450066	T. Ajumansari
109	BALAKRISHNAN.UR	P18450067	UR. Balakrishnan
110	GAYATHRI.M	P18450068	M. Gayathri
111	HAMSAVARITHINI.S	P18450069	S. Hamsavarathi
112	KRISHNAVENI.R	P18450070	R. Krishnaveni
113	LEENAJENIFER.J	P18450071	J. Leenajenifer
114	MAHESWARGANDHI.S	P18450072	S. Maheswargandhi
115	MOUNIKA.P	P18450073	P. Mounika
116	NANDHINI.C	P18450074	C. Nandhini
117	NANDHINI.S	P18450075	S. Nandhini
118	NIVEDHA.B	P18450076	B. Nivedha
119	PRIYANGA.R	P18450077	R. Priyanga
120	SABARIMANI.B	P18450078	B. Sabarimani
121	SOWMIYA.V	P18450079	V. Sowmiya
122	SURUDHI.V	P18450080	V. Surudhi
123	UTHAYA.B	P18450081	B. Uthaya
124	VENNILA.A	P18450082	A. Vennila
125	VIDHYA.A	P18450083	A. Vidhya
126	VIDYA.C	P18450084	C. Vidya



[Signature]
PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS REPORT ON SEMINAR

NAME OF THE SEMINAR : HEALTHY LIFE STYLE

RESOURCE PERSON : Mrs. P. JASMINE NISHA
Chief Dietitian
Apollo Multispecialty Hospital,
Karaikudi

ACADEMIC YEAR : 2018-2019
(24.03.2019)



One day Seminar on HEALTHY LIFE STYLE. was Conducted by the Department of Nutrition and Dietetics in the academic year 2018-2019. Totally 126 students were benefited by this seminar. The main objective behind this seminar was to aware about sufficient amounts of safe and nutritious food is a key to sustaining in life and promoting good health. And to know that Safe food is not contaminated with potentially harmful bacteria, parasites, viruses, toxins and Additives.




PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005

AIDS

Awareness programme

YOU'RE INVITED

DEC
25
2018

RESOURCE PERSON

MRS L RANVA
ASST PROFESSOR
DEPT OF NAD
CAUVERY COLLEGE
TRICHY

VENUE : SEMINAR HALL
BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR

Sponsored by
Meenakshi Hospital
Thanjavur

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science
& Management, Thanjavur.

Patron

Dr. T. VeeraSamy M.A., M.Phil., PhD.
Principal Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,
Assistant Professor

Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Department of Nutrition and Dietetics

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Dept of N&D

Prof. M. Menaka, M.Sc., M.Phil., B.Ed.,
Assistant Professor, Dept of N&D

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor, Dept of N&D



AIDS AWARENESS PROGRAMME

25 December 2018

Organized By

PG & RESEARCH

DEPARTMENT OF NUTRITION AND DIETETICS

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil. Programme was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community out reach programmes.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

About the Programme:

A one day Programme on Nutrition awareness AIDS highlights the solutions for rising problems in the field of Science, Nutrition and Dietetics. The aim of the programme is to bring Changes in behavior of People.

The human immunodeficiency virus (HIV)

targets the immune system and weakens

people's defense against many infections and

some types of cancer that people with healthy

immune systems can more easily fight off. As

the virus destroys and impairs the function of

immune cells, infected individuals gradually

become immunodeficient. Immune function

is typically measured by CD4 cell count.

The most advanced stage of HIV infection is

acquired immunodeficiency syndrome

(AIDS), which can take many years to

develop if not treated, depending on the

individual. AIDS is defined by the

development of certain cancers, infections or

other severe long-term clinical

manifestations.

Resource Person

Mrs L. Ramya M.sc.,Mphil.,

Asst professor Cauvery college

Trichy



**FAITH HIV/AIDS
AWARENESS DAY**

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5.

(UGC Recognized 2(F) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)
PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

Aids Awareness Programme

AGENDA

DATE: 25.12.2018

VENUE: Department of N&D

INAUGURATION

- | | |
|----------------------|--|
| Prayer Song | : By Students |
| Welcome Address | : Prof. P.Suba,
Head, Department of Nutrition and Dietetics,
Bharath College of Science and Management. |
| Felicitation | : Dr. T.Veerasingam, Principal,
Bharath College of Science and Management,
Thanjavur. |
| | : Prof. R. Aravazhi,
Vice Principal,
Bharath College of Science and Management,
Thanjavur. |
| | : Prof. N. Rajarajeswari,
Vice Principal,
Bharath College of Science and Management,
Thanjavur. |
| Presidential Address | : Mrs. PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur. |
| Resource Person | : L.Ramya,
Asst Professor, Dept of N&D
Cauvery College, Trichy. |
| Vote of Thanks | : Mrs. R.Radhika
Assistant Professor
Department of Nutrition and Dietetics,
Bharath College of Science and Management. |

10

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2018-2019)

DATE:25.12.2018

NAME OF THE PROGRAMME:

AIDS AWARENESS PROGRAMME

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE
1	AASIMMA ANSARI.T	CB16S394270	Aasimma Ansari
2	ABARNA.A	CB16S394271	Abarna.A
3	ARPUTHA.R	CB16S394272	Arputh
4	DEVAROOSVELT.A	CB16S394273	Devarooovel
5	DEVADHARSHINI.R	CB16S394274	PM
6	DEVASHRI.S	CB16S394275	Devani.S
7	DHARANYA.K	CB16S394276	DM
8	DHIVYA.S	CB16S394277	Dhiva.S
9	DINESH KUMAR.M	CB16S394278	DM
10	HAJI MOHAMMED.M	CB16S394279	H
11	HARITHA DEVI.M	CB16S394280	Haritha.D
12	JANAKIPRIYA.R	CB16S394281	J.P
13	JESSY MARGARET.J	CB16S394282	K
14	KALPANA.G	CB16S394283	Kalp.G
15	KANIMOZHI.R	CB16S394284	K.M
16	KAVIYA.M	CB16S394285	Kaviga.M
17	KEERTHANA.E	CB16S394286	K
18	KOWSHIKA.A	CB16S394287	K
19	MADHUPRIYA.K	CB16S394288	M
20	MANISHA.S	CB16S394289	M
21	MONIKA.R	CB16S394290	M
22	NAGALAKSHMI.R	CB16S394291	N
23	NANDHINI.M	CB16S394292	N
24	PADMALAKSHMI.A	CB16S394293	P
25	PANCHALI.N	CB16S394294	P
26	POOJA.R	CB16S394295	P
27	REENA.B	CB16S394296	R
28	SHAHIN BANU.A	CB16S394297	S
29	SIVASAKTHI.R	CB16S394298	S
30	SRIDEVI.D.V	CB16S394299	S
31	SUGUNA.J	CB16S394300	S
32	SUGUNA.R	CB16S394301	S
33	SUMAIYA BEGUM.S	CB16S394302	S
34	VINOTHINI.V	CB16S394303	V
35	AARTHI.C	CB17S394686	A
36	AARTHI.S	CB17S394687	A
37	ABDULMAJEED.F	CB17S394688	A
38	AMBIKA.R	CB17S394689	Ambika
39	ANITHA.k	CB17S394690	Anitha

40	ARAVIND.S	CB17S394691	Aravind
41	ARAVINTHAN.P	CB17S394692	Aravind
42	AWLIN SEREBIA.A	CB17S394693	Awlin
43	AYASHA.A	CB17S394694	Ayasha
44	BHUVANESHWARI.V	CB17S394695	Bhuvaneshwari
45	BHUVANESHWARI.G	CB17S394696	Bhuvaneshwari
46	DHEVADHARSHINI.V	CB17S394697	Dheva
47	DHIVYA.U	CB17S394698	Dhivya
48	DIVYA.S	CB17S394699	Divya
49	ELAMPARITHI.L	CB17S394700	Elamparathi
50	EZHIL.M	CB17S394701	Ezhil
51	GAYATHRI.J	CB17S394702	Gayathri
52	HARNISH TONY JAWAHAR.	CB17S394703	Harnish
53	INIYASREE.S	CB17S394704	Iniyasree
54	JANAKI.G	CB17S394705	Janaki
55	JENIFER.I	CB17S394706	Jenifer
56	JOTHISWARI.V	CB17S394707	Jothiswari
57	KARTHIKPRIYA.L	CB17S394708	Karthikpriya
58	KEERTHANA.RD	CB17S394709	Keerthana
59	KEERTHIKA.D	CB17S394710	Keerthika
60	KIRUTHIKA.K	CB17S394711	Kiruthika
61	KIRUTHIKA.S	CB17S394712	Kiruthika
62	MAHIMA.M	CB17S394713	Mahima
63	MENAKA.G	CB17S394714	Menaka
64	MERBIN ASHA.S	CB17S394715	Merbin
65	MICHAEL JANCY MARY.S	CB17S394716	Michael
66	NERUPA.S	CB17S394717	Nerupa
67	PAVITHRA.K	CB17S394718	Pavithra
68	PAVITHRA.T	CB17S394719	Pavithra
69	PRATHIBA. k	CB17S394720	Prathiba
70	PRATHIKA.B	CB17S394721	Prathika
71	RAHINI.V	CB17S394722	Rahini
72	RAJARAJESHWARI.P	CB17S394723	Rajarajeswari
73	RAMYA.V	CB17S394724	Ramya
74	RUFINA.A	CB17S394725	Rufina
75	SADAMHUSSAIN.J	CB17S394726	Sadamhussain
76	SAKTHIPRIYA.S	CB17S394727	Sakthipriya
77	SETHUMADHAVAN.M	CB17S394728	Sethumadavan
78	SHIYAMALADEVI.R	CB17S394729	Shiyamaladevi
79	SIVASHENKA.S	CB17S394730	Sivashenka
80	SUBHASRI.R	CB17S394731	Subhasri
81	SUMATHI.S	CB17S394732	Sumathi
82	SUVAITHIRA.A	CB17S394733	Suvaithira
83	SWATHI.S	CB17S394734	Swathi
84	UMAIRA BEEVI.I	CB17S394735	Umaira
85	VARSHA.B	CB17S394736	Varsha
86	VIKASH EBI MERVIN.N	CB17S394737	Vikash

87	YAZHINI.S	CB175394738	Yazhini
88	ABIRAMI.M	P17450101	Abirami
89	AKSHYA.V	P17450102	Akshya.V.
90	EDITH PRBHAVATHI.A	P17450103	Edith
91	GAYATHRI.N	P17450104	Gayathri.N.
92	HARIHARAN.D	P17450105	Hariharan
93	JANAKIRAMAN.S	P17450106	Tanaka
94	KEERTHIKA.G	P17450107	Keerthika
95	KOUSALYA.M	P17450108	Kousalya.M.
96	MATHUMITHA.P	P17450109	Mathumitha
97	MOHANESWARIS	P17450110	Mohaneswaris
98	NASREEN MUNAWARA.M	P17450111	Nasreen
99	NIVETH.S	P17450112	Niveth.S.
100	PATTAAMAL.S	P17450113	Pattamal
101	PRIYA.P	P17450114	Priya
102	PRIYANKA.V	P17450115	Priyanka
103	SIVAGAMI.K	P17450116	Sivagami
104	SOWMIYA.C	P17450117	Sowmya
105	VINITHA.MC	P17450118	Vinitha.MC.
106	VINOSRI.T	P17450119	Vinosri
107	YAZHINI.S	P17450120	Yazhini.S.



[Signature]

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON AWARENESS PROGRAMME

NAME OF THE PROGRAMME : AIDS AWARENESS PROGRAMME

RESOURCE PERSON: L.RAMYA,

Asst Prof.,
Dept Of N&D Cauvery College,
Trichy

ACADEMIC YEAR: 2018-2019

(25.12.2018)



One day AIDS AWARENESS PROGRAMME was conducted by the Department of Nutrition and Dietetics in the academic year 2018-2019. Totally 107 students were benefited by this Programme. The main objective behind this programme was to empower and increase the awareness to participants of HIV & AIDS and its impact, management and availability of support system.




PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.

2017-2018



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
(UGC Recognised 2(f) and 12 (B) Institution)
Affiliated to Bharathidasan University, Tiruchirappalli)
Thanjavur-613005

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

IN ASSOCIATION WITH IQAC
&
ONE DAY SEMINAR

ON

“FRUITO VEG”

PRESIDENTIAL ADDRESS

Kalvichemmal, Panmugaghikaram
Mrs. Punitha Ganesan, M.A.,
Secretary,
Bharath Group of Institutions, Thanjavur

FALCITATION
DR .T. VEERASAMY
Principal

Prof. R. ARAVAZHI
Vice Principal

Prof. N. RAJARAJESWARI
Vice Principal

Prof. Mrs. T. KAVITHA
Faculty Incharge

RESOURCE PERSON
Mrs. V. SUGANYA
CHIEF DIETITIAN
APPO SPECIALITY HOSPITAL
MADURAI

Date : 01.08.2017

VENUE: SEMINAR HALL

SPONSORED BY MEENAKSHI HOSPITAL

ALL ARE CORDIALLY INVITED

**BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT, THANJAVUR-613005,**

TAMILNADU

ONE DAY SEMINAR

ON

FRUITO VEG

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. T. Veerasamy M.A., M.Phil., PhD.
Principal Bharath College of Science &
Management

Organizing Chair

Prof. P. Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor Department of Nutrition
and Dietetics

Prof. M. Menaka, M.Sc., M.Phil., B.Ed.,
Assistant Professor Department of Nutrition
and Dietetics

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor Department of Nutrition
and Dietetics.



ONE DAY SEMINAR

ON

FRUITO VEG

1ST August 2017

Organized By

**DEPARTMENT OF NUTRITION
AND DIETETICS**

&

**SPONSORED BY MEENAKCHI
HOSPITAL, THANJAVUR.**

**BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Program was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach

PROGRAMS.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

and Dietetics

M.Phil., Food Service Management

and Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through

high quality teaching and training.

ABOUT THE SEMINAR

Seminar on Nutrition and Dietetics highlights the solution for rising problems in the field of Science, Information and Nutrition. The aim of this seminar is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

- Benefits of fruits and vegetables in diet
- Natural ripening vs artificial ripening
- No to pesticide
- Organic farming

Fruits and vegetables are vegetarian as well as vegan, hence constitute a big part of the staple diet in almost every household. Traditionally,

most people categorize "vegetables" as foods that are eaten as part of a meal's main course and "fruits" as foods that are eaten for dessert or as a snack. Most fruits are sweet with bitter seeds, because they contain a simple sugar called fructose, while most vegetables are less sweet because they have much less fructose. The sweetness of fruit encourages animals to eat it and spit out the bitter seeds on the ground so they spread and further the plant's life cycle. Both fruits and vegetables are very high in nutrition as they contain many vitamins and are low in fat and calories. A cup of fruit may contain more calories than a cup of vegetables because fruits have higher sugar content. However, starchy vegetables like beet and potato are higher in calorie as well as sugar.

RESOURCE PERSON:
MRS. V. SUGANYA
CHIEF DIETITIANS
APPO HOSPITAL
MADURAI

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

**ONE DAY SEMINAR ON
"FRUITO VEG"**

AGENDA

DATE : 01.08. 2017

VENUE: SEMINAR HALL

INAUGURATION

- | | |
|----------------------|---|
| Prayer Song | : By Students |
| Welcome Address | : Mrs.P.Suba,
Head,Department of Nutrition and Dietetics |
| Felicitation | : Dr. T.Veerasley, Principal,
Bharath College.

: Prof.R.Aravazhi,
Vice Principal,Bharath College
: Prof.N.Rajarajeswari
Vice Principal,Bharath College

: Prof.T.Kavitha,
Faculty Incharge,
Bharath College |
| Presidential Address | : Mrs.PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Keynote Address | : MRS. V. SUGANYA,
Chief Dietitians,
Apollo Hospital,
Madurai. |
| Vote of thanks | : Prof.R.Radhika
Assistant Professor
Department of Nutrition and Dietetics |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

THANJAVUR-5

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2017-2018)

NAME OF THE SEMINAR:

FRUITO VEG

DATE:01.08.2017

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE OF THE STUDENTS
1	ABINAYA.S	CB15S393856	Abinaya
2	ABINAYA SUNDARI.S	CB15S393857	Abinaya Sundari.S
3	AJJUMMAANSARI.T	CB15S393858	Ajjummaansari.T
4	ANJUKANWAR	CB15S393859	Anjukanwar
5	BALAKRISHNAN.U.R	CB15S393860	Balakrishnan U.R
6	BHARANIKA.S	CB15S393861	Bharanika.S
7	BHUVANESWARI.R	CB15S393862	Bhuvaneshwari
8	DHARANI.M	CB15S393863	Dharani.M
9	DIVYA.K	CB15S393864	Divya.K
10	GAYATHIRI.M	CB15S393865	Gayathiri.M
11	HAMSAVARTHANI.S	CB15S393866	Hamsavarthani.S
12	JAYAMANI.S	CB15S393867	Jayamani.S
13	KRISHNAVENI.R	CB15S393869	Krishnaveni.R
14	LEENA JENIFER.J	CB15S393870	Leena Jenifer.J
15	LINGAPERUMAL.M	CB15S393871	Lingaperumal.M
16	MADHAN.S	CB15S393872	Madhan.S
17	MAHALAKSHMI.M	CB15S393873	Mahalakshmi.M
18	MAHESWARGANDHI.S	CB15S393874	Maheswargandhi.S
19	MALAVIKA.K	CB15S393875	Malavika.K
20	MISHMA.M	CB15S393876	Mishma.M
21	MOUNIKA.P	CB15S393877	Mounika.P
22	NANDHINI.C	CB15S393878	Nandhini.C
23	NANDHINI.S	CB15S393879	Nandhini.S
24	PADMAPRIYA.E	CB15S393881	Padmapriya.E
25	PORKODI.R	CB15S393882	Porkodi.R
26	PRIYADHARSHINI.M	CB15S393883	Priyadharshini.M
27	PRIYANKA.R	CB15S393884	Priyanka.R
28	SABARIMANI.B	CB15S393886	Sabarimani.B
29	SAMEERA BANU.A	CB15S393887	Sameera Banu.A
30	SORNAMUGHI.J	CB15S393889	Sornamughi.J
31	SOWMIYA.V	CB15S393890	Sowmiya.V
32	SUBALAKSHMI.S	CB15S393891	Subalakshmi.S
33	SURUDHI.V	CB15S393892	Surudhi.V
34	SURIYA.K	CB15S393893	Suriya.K
35	TREESA JOSEPH.J	CB15S393894	Treesa Joseph.J
36	UTHAYA.B	CB15S393895	Uthaya.B
37	VENCY LIBANA.H	CB15S393896	Vency Libana.H
38	VENNILA.A	CB15S393897	Vennila.A

39	VIDHYA.A	CB155393898	Vidhya
40	VIDHYA.C	CB155393899	VITHYA
41	VUJAYALAKSHMI.M	CB155393900	Vijaya Lakshmi
42	YASMINE FATHIMA.N	CB155393901	Yasmin Fathima
43	AASIMMA ANSARI.T	CB165394270	Aasimma
44	ABARNA.A	CB165394271	Abarna
45	ARPUTHA.R	CB165394272	Arputha
46	DEVAROSVELT.A	CB165394273	Devarosvelt
47	DEVADHARSHINI.R	CB165394274	Devadharshini
48	DEVASHRI.S	CB165394275	Devashri
49	DHARANYA.K	CB165394276	Dharanya
50	DHIVYA.S	CB165394277	Dhivya
51	DINESH KUMAR.M	CB165394278	Dinesh Kumar
52	HAJI MOHAMMED.M	CB165394279	Haji Mohammed
53	HARITHA DEVI.M	CB165394280	Haritha Devi
54	JANAKIPRIYA.R	CB165394281	Janakipriya
55	JESSY MARGARET.J	CB165394282	Jessy Margaret
56	KALPANA.G	CB165394283	Kalpana
57	KANIMOZHI.R	CB165394284	Kanimozhi
58	KAVIYA.M	CB165394285	Kaviya
59	KEERTHANA.E	CB165394286	Keerthana
60	KOWSHIKA.A	CB165394287	Kowshika
61	MADHUPRIYA.K	CB165394288	Madhupriya
62	MANISHA.S	CB165394289	Manisha
63	MONIKA.R	CB165394290	Monika
64	NAGALAKSHMI.R	CB165394291	Nagalakshmi
65	NANDHINI.M	CB165394292	Nandhini
66	PADMALAKSHMI.A	CB165394293	Padmalakshmi
67	PANCHALI.N	CB165394294	Panchali
68	POOJA.R	CB165394295	Pooja
69	REENA.B	CB165394296	Reena
70	SHAHIN BANU.A	CB165394297	Shahin Banu
71	SIVASAKTHI.R	CB165394298	Sivasakthi
72	SRIDEVI.D.V	CB165394299	Sridevi
73	SUGUNA.J	CB165394300	Suguna
74	SUGUNA.R	CB165394301	Suguna
75	SUMAIYA BEGUM.S	CB165394302	Sumaiya Begum
76	VINOTHINI.V	CB165394303	Vinothini
77	DEENASRI.G	P16450101	Deenasri
78	DURGA.N	P16450102	Durga
79	PRATHIBHA.D	P16450103	Prathibha
80	PREETHI.C	P16450104	Preethi
81	PRIYANGA.P	P16450105	Priyanga
82	RATHIKA.S	P16450106	Rathika
83	RASOOL FATHIMA.A	P16450107	Rasool Fathima
84	RAVICHANDRAN.N	P16450108	Ravichandran
85	SATHIYA DEVI.B	P16450109	Sathiya Devi

86	SIMLA S	P16450110	Simla S
87	SIRAINISHA R	P16450111	Sirainisha R
88	VAIDHIYANATHAN R	P16450112	VADHINATHAN R
89	ABIRAMI M	P17450101	Abirami M
90	AKSHYA V	P17450102	Akshya V
91	EDITH PRBHAVATHI A	P17450103	Edith Prbhavathi A
92	GAYATHRI N	P17450104	Gayathri N
93	HARIHARAN D	P17450105	Hariharan D
94	JANAKIRAMAN S	P17450106	Janakiraman S
95	KEERTHIKA G	P17450107	Keerthika G
96	KOUSALYA M	P17450108	Kousalya M
97	MATHUMITHA P	P17450109	Mathumitha P
98	MOHANESWARIS	P17450110	Mohaneswaris
99	NASREEN MUNAWARA M	P17450111	Nasreen Munawara M
100	NIVETH S	P17450112	Niveth S
101	BATTAAMAL S	P17450113	Battamall S
102	PRIYA P	P17450114	Priya P
103	PRIYANKA V	P17450115	Priyanka V
104	SIVAGAMI K	P17450116	Sivagami K
105	SOWMIYA C	P17450117	Sowmya C
106	VINITHA MC	P17450118	Vinitha MC
107	VINOSRI T	P17450119	Vinosri T
108	YAZHINI S	P17450120	Yazhini S



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 610 005



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS
REPORT ON SEMINAR

NAME OF THE SEMINAR : FRUITO VEG

RESOURCE PERSON: V .Suganya,
Chief Dietitian,
Apollo Speciality Hospital,
Madurai.

ACADEMIC YEAR: 2017- 2018
(01.08.2017)



One day Seminar on Fruito Veg was conducted by the Department of Nutrition and Dietetics in the academic year 2017-2018. Totally 108 students were benefited by this seminar. The main objective behind this seminar was to aware about different processing techniques of fruits which includes canning, freezing and drying.



[Signature]

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
(UGC Recognised 2(f) and 12 (B) Institution)
Affiliated to Bharathidasan University, Tiruchirappalli)
Thanjavur-613005

PG & RESEARCH DEPARTMENT OF NUTRITION AND DEITETICS

IN ASSOCIATION WITH IQAC
&

ONE DAY WORKSHOP
ON

“BREAST FEEDING AWARENESS PROGRAMME”

RESOURCE PERSON

Dr. Radhika Micheal
MR Hospital
Thanjavur

PRESIDENTIAL ADDRESS

Kalvisemmal, Panmugaghikaram
Mrs. Punitha Ganesan, MA.,
Secretary,
Bharath Group of Institutions, Thanjavur

FALICATION
Dr. T.VEERASAMY
Principal

Prof. R. ARAVAZHI
Vice Principal

Prof. N. RAJARAJESWARI
Vice Principal

Prof Mrs. T. KAVITHA
Faculty Incharge

DATE : 29.08.2017

VENUE : SEMINAR HALL

Sponsored by Meenakshi hospital

ALL ARE CORDIALLY INVITED

**BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT**
THANJAVUR-613005,
TAMILNADU



ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A., Secretary,
Bharath College of Science &
Management, Thanjavur.

Patron

Dr. T. Veerasamy M.A., M.Phil., PhD,
Principal Bharath College of Science &
Management

Organizing Chair

Prof. P. Suba. MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika MSc., MPhil.,
Assistant Professor

Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor Department of Nutrition
and Dietetics

Prof. M. Menaka, M.Sc., M.Phil., B.Ed.,
Assistant Professor Department of Nutrition
and Dietetics

Prof. S. Deepapriya, MSc., MPhil.,
Assistant Professor Department of Nutrition
and Dietetics

About the College

Bharath College of Science and Management
affiliated to Bharathidasan University,
Tiruchirappalli is functioning from the
academic year 2000-2001. Bharath College
is a self-financing college run by K.
Nadimuthu Memorial Educational Trust and
sanctioned by the Government of Tamil Nadu
vide G.O.No.168, Higher Education dt.
30.05.2000.

To promote patriotism in the young
minds of our students, the college has been
rightly named as Bharath College of Science
and Management.

About the Department

The Department of Nutrition and Dietetics
was Kick started in the year 2000 with the
aim of training students with the
professional capability in the field of health
and food industry. It bloomed into post
graduate department with M.Sc., Food
Service Management and Dietetics in 2003
and the MPhil. Program was established in
2007. The growth of this department is an
exciting and inspiring one with many hall
marks of academic excellence in teaching,
research and community outreach programs.

**BREAST FEEDING AWARENESS
PROGRAMME
&**

**SPONSORED BY MEENAKSHI
MISSION THANJAVUR.**

29TH August 2017

Organized By

**DEPARTMENT OF NUTRITION
AND DIETETICS**

**BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

&Dietetics

M.Phil., Food Service Management

&Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

ABOUT THE WORKSHOP

Workshop on Nutrition and Dietetics highlights the solution for rising problems in the field of Science, Information and Nutrition. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

- Importance of breastfeeding
- Position of breastfeeding
- Stages of breastfeeding
- Tips for breastfeeding mothers

Breastfeeding is one of the most effective ways to ensure child health and survival.

However, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months a rate that has not improved in 2 decades. Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life. Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and

less prone to diabetes later in life. Women who breastfeed also have a reduced risk of breast and ovarian cancers.

Inappropriate marketing of breast-milk substitutes continues to undermine efforts to improve breastfeeding rates and duration worldwide.

Resource Person:

Dr. Radhika Micheal

MR Hospital, Thanjavur.

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5.

(UGC Recognized 2(D) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

BREAST FEEDING AWARENESS PROGRAMME

AGENDA

Date: 29.08. 2017

Venue: Seminar Hall

INAUGURATION

Prayer Song	: By Students
Welcome Address	: Prof.P.Suba, Head,Department of Nutrition and Dietetics
Felicitation	: Dr. T.Veerasingam, Principal , Bharath College of Science and Management, Thanjavur.
	: Prof. R. Aravazhi, Vice Principal, Bharath College of science and management, Thanjavur.
	: Prof. N. Rajarajeswari, Vice Principal, Bharath College of science and management Thanjavur.
	: Prof.T.Kavitha, Faculty Incharge, Bharath College of science and management Thanjavur.
Presidential Address	: Mrs. PunithaGanesan, Secretary, Bharath group of Institutions, Thanjavur
Resource Person	: Dr. Radhika Micheal MR Hospital Thanjavur
Vote of thanks	: Prof.R.Radhika Assistant Professor Department of Nutrition and Dietetics

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

THANJAVUR-5

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2017-2018)

DATE: 29.08.2017

NAME OF THE PROGRAMME:

BREAST FEEDING AWARENESS PROGRAMME

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE OF THE STUDENTS
1	ABINAYA.S	CB155393856	Abinaya.
2	ABINAYA SUNDARI.S	CB155393857	Abinaya.
3	AJJUMMAANSARI.T	CB155393858	Ajjummaansari.
4	ANJUKANWAR	CB155393859	Anju.
5	BALAKRISHNAN.U.R	CB155393860	Balakrishnan.
6	BHARANIKA.S	CB155393861	Bharanika.
7	BHUVANESWARI.R	CB155393862	Bhuvaneshwari.
8	DHARANI.M	CB155393863	Dharani.
9	DIVYA.K	CB155393864	Divya.
10	GAYATHIRI.M	CB155393865	Gayathiri.
11	HAMSAVARTHANI.S	CB155393866	Hamsavarthani.
12	JAYAMANI.S	CB155393867	Jayamani.
13	KRISHNAVENI.R	CB155393869	Krishnaveni.
14	LEENA JENIFER.J	CB155393870	Leena.
15	LINGAPERUMAL.M	CB155393871	Lingaperumal.
16	MADHAN.S	CB155393872	Madhan.
17	MAHALAKSHMI.M	CB155393873	Malakshmi.
18	MAHESWARGANDHI.S	CB155393874	Maheswargandhi.
19	MALAVIKA.K	CB155393875	Malavika.
20	MISHMA.M	CB155393876	Mishma.
21	MOUNIKA.P	CB155393877	Mounika.
22	NANDHINI.C	CB155393878	Nandhini.
23	NANDHINI.S	CB155393879	Nandhini.
24	PADMAPRIYA.E	CB155393881	Padmapriya.
25	PORKODI.R	CB155393882	Porkodi.
26	PRIYADHARSHINI.M	CB155393883	Priyadharshini.
27	PRIYANKA.R	CB155393884	Priyanka.
28	SABARIMANI.B	CB155393886	Sabarimani.
29	SAMEERA BANU.A	CB155393887	Sameera Banu.
30	SORNAMUGHI.J	CB155393889	Sornamughi.
31	SOWMIYA.V	CB155393890	Sowmiya.
32	SUBALAKSHMI.S	CB155393891	Subalakshmi.
33	SURUDHI.V	CB155393892	Surudhi.
34	SURIYA.K	CB155393893	Suria.
35	TREESA JOSEPH.J	CB155393894	Treesa.
36	UTHAYA.B	CB155393895	Uthaya.
37	VENCY LIBANA.H	CB155393896	Vency.
38	VENNILA.A	CB155393897	Vennila.

39	VIDHYA.A	CB155393898	Vidhya
40	VIDHYA.C	CB155393899	Vidhya
41	VIJAYALAKSHMI.M	CB155393900	Vijayalakshmi
42	YASMINE FATHIMA.N	CB155393901	Yasmin
43	AASIMMA ANSARI.T	CB165394270	Aasima Ansari
44	ABARNA.A	CB165394271	Abarna
45	ARPUTHA.R	CB165394272	Arputh
46	DEVAROOSVELT.A	CB165394273	Devan
47	DEVADHARSHINI.R	CB165394274	Devadharshini
48	DEVASHRI.S	CB165394275	Devashri
49	DHARANYA.K	CB165394276	Dharanya
50	DHIVYA.S	CB165394277	Dhivya
51	DINESH KUMAR.M	CB165394278	Dinesh
52	HAJI MOHAMMED.M	CB165394279	Haji Mohamed
53	HARITHA DEVI.M	CB165394280	Haritha
54	JANAKIPRIYA.R	CB165394281	Janakipriya
55	JESSY MARGARET.J	CB165394282	Jessy
56	KALPANA.G	CB165394283	Kalpna
57	KANIMOZHI.R	CB165394284	Kanimozhi
58	KAVIYA.M	CB165394285	Kaviya
59	KEERTHANA.E	CB165394286	Keerthana
60	KOWSHIKA.A	CB165394287	Kowshika
61	MADHUPRIYA.K	CB165394288	Madhupriya
62	MANISHA.S	CB165394289	Manisha
63	MONIKA.R	CB165394290	Monika
64	NAGALAKSHMI.R	CB165394291	Nagalakshmi
65	NANDHINI.M	CB165394292	Nandhini
66	PADMALAKSHMI.A	CB165394293	Padmalakshmi
67	PANCHALI.N	CB165394294	Panchali
68	POOJA.R	CB165394295	Pooja
69	REENA.B	CB165394296	Reena
70	SHAHIN BANU.A	CB165394297	Shahin Banu
71	SIVASAKTHI.R	CB165394298	Sivasakthi
72	SRIDEVI.D.V	CB165394299	Sridevi
73	SUGUNA.J	CB165394300	Suguna
74	SUGUNA.R	CB165394301	Suguna
75	SUMAIYA BEGUM.S	CB165394302	Sumaiya Begum
76	VINOTHINI.V	CB165394303	Vinodhini
77	DEENASRI.G	P16450101	Deenasri
78	DURGA.N	P16450102	Durga
79	PRATHIBHA.D	P16450103	Prathiba
80	PREETHI.C	P16450104	Preethi
81	PRIYANGA.P	P16450105	Priyanga
82	RATHIKA.S	P16450106	Rathika
83	RASOOL FATHIMA.A	P16450107	Rasool Fathima
84	RAVICHANDRAN.N	P16450108	Ravichandran
85	SATHIYA DEVI.B	P16450109	Sathya

86	SIMLA.S	P16450110	Simla S
87	SIRAJNISHA.R	P16450111	Sirajnisha
88	VAIDHIYANATHAN.R	P16450112	Vaidhyanathan
89	ABIRAMI.M	P17450101	Abirami M
90	AKSHYA.V	P17450102	Akhya V
91	EDITH PRBHAVATHI.A	P17450103	Edith
92	GAYATHRI.N	P17450104	Gayathri N
93	HARIHARAN.D	P17450105	Hariharan D
94	JANAKIRAMAN.S	P17450106	Janakiraman S
95	KEERTHIKA.G	P17450107	Keerthika G
96	KOUSALYA.M	P17450108	Kousalya M
97	MATHUMITHA.P	P17450109	Mathumitha P
98	MOHANESWARI.S	P17450110	Mohaneswari S
99	NASREEN MUNAWARA.M	P17450111	Nasreen
100	NIVETH.S	P17450112	Niveth S
101	PATTAAMAL.S	P17450113	Pattamal S
102	PRIYA.P	P17450114	Priya P
103	PRIYANKA.V	P17450115	Priyanka V
104	SIVAGAMI.K	P17450116	Sivagami K
105	SOWMIYA.C	P17450117	Sowmiya C
106	VINITHA.MC	P17450118	Vinitha MC
107	VINOSRI.T	P17450119	Vinosri T
108	YAZHINI.S	P17450120	Yazhini S



Shree

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON AWARENESS PROGRAM

NAME OF THE PROGRAM : BREAST FEEDING AWARENESS PROGRAM

RESOURCE PERSON : DR. RADHIKA MICHEAL
MR HOSPITAL
THANJAVUR

ACADEMIC YEAR : 2017- 2018
(29.08.2017)



One day AWARENESS PROGRAM ON BREAST FEEDING was conducted by the Department of Nutrition and Dietetics in the academic year 2017-2018. Totally 108 students were benefited by this seminar. The main objective behind this seminar was to aware about how Breastfeeding is crucial for the survival, nutrition and development of infants and young children and the health of mother.



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005

INVITATION

One day workshop on
**Carcinogenic
Food**

RESOURCE PERSON

Mrs.Sharmila,
Chief Dietitian ,
Meenakshi Multi speciality
Hospital, Thanjavur.

04 OCTOBER 2017
VENUE: SEMINAR HALL

BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT,
THANJAVUR

Sponsored by
MEENAKSHI HOSPITAL
THANJAVUR

**BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT**
THANJAVUR-613005,
TAMILNADU.

**ONE DAY WORKSHOP
ON**

**CARCINOGENIC FOOD
ORGANIZING COMMITTEE**

Chief Patron

Mrs. G. Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. T. Veerasamy M.A., M.Phil., PhD.
Principal Bharath College of Science &
Management

Organizing Chair

Prof. P. Suba., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,

Assistant Professor, Department of Nutrition
and Dietetics.

Prof. M. Menaka, M.Sc., M.Phil., BE.d.,

Assistant Professor, Department of Nutrition
and Dietetics.

Prof. S. Deepapriya, MSc., MPhil.,

Assistant Professor, Department of Nutrition
and Dietetics.



**ONE DAY WORKSHOP
ON
CARCINOGENIC FOOD**

4TH October 2017
Organized By

**DEPARTMENT OF NUTRITION
AND DIETETICS
&
SPONSORED BY MEENAKSHI
HOSPITAL, THANJAVUR.**

**BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Program was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programs.

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through

high quality teaching and training.

ABOUT THE WORKSHOP

Workshop on Nutrition and Dietetics highlights the solution for rising problems in the field of Science, Information and Nutrition. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

- Definition of cancer
- Food and cancer risk
- Cancer causing foods
- Cancer fighting foods

Some foods and the vitamins, minerals, and other nutrients found in them may raise or lower cancer risk. Researchers have been studying how the foods, nutrients, and eating patterns listed below are related to cancer. These foods contain naturally-occurring substances called phytonutrients. Antioxidants examples include beta carotene, selenium, and vitamins C and E. Antioxidants protect against oxidants, which are substances that can lead to cell damage. Oxidants can be naturally occurring, created by normal cell processes. Or they can be environmental, such as pollution or cigarette smoke. Other vitamins and minerals, include calcium, iodine, vitamins A, D, K, and the B vitamins.

Fibre helps add bulk to stool. It moves food more quickly through the digestive system. Fibre helps nourish a healthy community of microbes living in the digestive tract. This community is called a microbiome. A healthy microbiome has been linked with a lower cancer risk. red and processed meats raise the most concern in terms of cancer risk.

Red meat includes pork, beef, veal, and lamb. Processed meat includes bacon, ham, lunch meats, meat jerky, hot dogs, salami, and other cured meat products. Any amount of processed meat and more than around 18 ounces of fresh meat per week are most strongly linked with a higher risk of cancer. Alcoholic beverages, drinking alcohol increases the risk of developing certain types of cancer. Learn more about alcohol and cancer risk.

RESOURCE PERSON:

Mrs.SHARMILA
CHIEF DIETITIAN
DEPARTMENT OF DIETETICS
MEENAKSHI HOSPITAL
- THANJAVUR.

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

ONE DAY WORKSHOP ON

**CARCINOGENIC FOODS
AGENDA**

Date: 04.10.2017

Venue: Seminar Hall

INAUGURATION

- | | |
|----------------------|--|
| Prayer Song | : By Students |
| Welcome Address | : Prof.P.Suba,
Head,Department of Nutrition and Dietetics |
| Felicitation | : Dr. T.Veerasamy,Principal ,
Bharath College of science and management,
Thanjavur. |
| | : Prof. R. ARAVAZHI,
Vice Principal,
Bharath College of science and management,
Thanjavur. |
| | : Prof. N. RAJARAJESWARI ,
Vice Principal,
Bharath College of science and management
Thanjavur. |
| | : Prof.T.KAVITHA,
Faculty Incharge,
Bharath College of science and management
Thanjavur. |
| Keynote address | : Resourses Person
Mrs.Sharmila,
Chief Dietitian.
Department Of Dietetics,
Meenakshi Hospital.
Thanjavur. |
| Presidential Address | : Mrs. PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur |
| Vote of thanks | : Prof.R.Radhika
Assistant Professor
Department of Nutrition and Dietetics |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

THANJAVUR-5

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2017-2018)

DATE:04.10.2017

NAME OF THE WORKSHOP:

CARCINOGENIC FOODS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE OF THE STUDENTS
1	ABINAYA S	CB155393856	Abinaya S
2	ABINAYA SUNDARI.S	CB155393857	Abinaya Sundari S
3	AJJUMMAANSARI.T	CB155393858	T. Ajjumanasari
4	ANJUKANWAR	CB155393859	Anju Kanwar
5	BALAKRISHNAN.U.R	CB155393860	Balakrishnan U.R
6	BHARANIKA.S	CB155393861	Bharanika S
7	BHUVANESWARI.R	CB155393862	Bhuvaneshwari R
8	DHARANI.M	CB155393863	Dharani M
9	DIVYA.K	CB155393864	Divya K
10	GAYATHIRI.M	CB155393865	Gayathiri M
11	HAMSAVARTHANI.S	CB155393866	Hamsavarthani S
12	JAYAMANI.S	CB155393867	Jayamani S
13	KRISHNAVENI.R	CB155393869	Krishnaveni R
14	LEENA JENIFER.J	CB155393870	Leena Jennifer J
15	LINGAPERUMAL.M	CB155393871	Lingaperumal M
16	MADHAN.S	CB155393872	Madhan S
17	MAHALAKSHMI.M	CB155393873	Mahalakshmi M
18	MAHESWARGANDHI.S	CB155393874	Maheswargandhi S
19	MALAVIKA.K	CB155393875	Malavika K
20	MISHMA.M	CB155393876	Mishma M
21	MOONIKA.P	CB155393877	Moounika P
22	NANDHINI.C	CB155393878	Nandhini C
23	NANDHINI.S	CB155393879	Nandhini S
24	PADMAPRIYA.E	CB155393881	Padmapriya E
25	PORKODI.R	CB155393882	Porkodi R
26	PRIYADHARSHINI.M	CB155393883	Priyadharshini M
27	PRIYANKA.R	CB155393884	Priyanka R
28	SABARIMANI.B	CB155393886	Sabarimani B
29	SAMEERA BANU.A	CB155393887	Sameera Banu A
30	SORNAMUGHI.J	CB155393889	Sornamughi J
31	SOWMIYA.V	CB155393890	Sowmya V
32	SUBALAKSHMI.S	CB155393891	Subalakshmi S
33	SURUDHI.V	CB155393892	Surudhi V
34	SURIYA.K	CB155393893	Suriya K
35	TREESA JOSEPH.J	CB155393894	Treesa Joseph J
36	UTHAYA.B	CB155393895	Uthaya B
37	VENCY LIBANA.H	CB155393896	Vency Libana H
38	VENNILA.A	CB155393897	Vennila A

39	VIDHYA.A	CB155393898	<i>d. vidhya</i>
40	VIDHYA.C	CB155393899	<i>P. Vidhya</i>
41	VIJAYALAKSHMI.M	CB155393900	<i>m. vijayalakshmi</i>
42	YASMINE FATHIMA.N	CB155393901	<i>Fathima N.</i>
43	AASIMMA ANSARI.T	CB165394276	<i>T. Aasimma Ansari</i>
44	ABARNA.A	CB165394271	<i>A. Abarna</i>
45	ARPUTHA.R	CB165394272	<i>R. Arputha</i>
46	DEVAROOSVELT.A	CB165394273	<i>A. Devaroosvelt</i>
47	DEVADHARSHINI.R	CB165394274	<i>R. Devadharshini</i>
48	DEVASHRI.S	CB165394275	<i>S. Devashri</i>
49	DHARANYA.K	CB165394276	<i>K. Dharmanya</i>
50	DHIVYA.S	CB165394277	<i>S. Dhivya</i>
51	DINESH KUMAR.M	CB165394278	<i>M. Dinesh Kumar</i>
52	HAJI MOHAMMED.M	CB165394279	<i>M. Haji Mohammed</i>
53	HARITHA DEVI.M	CB165394280	<i>M. Haritha Devi</i>
54	JANAKIPRIYA.R	CB165394281	<i>R. Janaki Priya</i>
55	JESSY MARGARET.J	CB165394282	<i>J. Jessy Margaret</i>
56	KALPANA.G	CB165394283	<i>G. Kalpana</i>
57	KANIMOZHI.R	CB165394284	<i>R. Kanimozhi</i>
58	KAVIYA.M	CB165394285	<i>M. Kaviya</i>
59	KEERTHANA.E	CB165394286	<i>E. Keerthana</i>
60	KOWSHIKA.A	CB165394287	<i>A. Koushika</i>
61	MADHUPRIYA.K	CB165394288	<i>K. Madheepriya</i>
62	MANISHA.S	CB165394289	<i>S. Manisha</i>
63	MONIKA.R	CB165394290	<i>R. Monika</i>
64	NAGALAKSHMI.R	CB165394291	<i>R. Nagalakshmi</i>
65	NANDHINI.M	CB165394292	<i>M. Nandhini</i>
66	PADMALAKSHMI.A	CB165394293	<i>A. Padmalakshmi</i>
67	PANCHALI.N	CB165394294	<i>N. Panchali</i>
68	POOJA.R	CB165394295	<i>R. Pooja</i>
69	REENA.B	CB165394296	<i>B. Reena</i>
70	SHAHIN BANU.A	CB165394297	<i>A. Shahin Banu</i>
71	SIVASAKTHI.R	CB165394298	<i>R. Sivasakthi</i>
72	SRIDEVI.D.V	CB165394299	<i>V. Sridevi</i>
73	SUGUNA.J	CB165394300	<i>J. Suguna</i>
74	SUGUNA.R	CB165394301	<i>R. Suguna</i>
75	SUMAIYA BEGUM.S	CB165394302	<i>S. Sumaiya Begum</i>
76	VINOTHINI.V	CB165394303	<i>V. Vinothini</i>
77	DEENASRI.G	P16450101	<i>G. Deenasri</i>
78	DURGA.N	P16450102	<i>N. Durga</i>
79	PRATHIBHA.D	P16450103	<i>D. Prathibha</i>
80	PREETHI.C	P16450104	<i>C. Preethi</i>
81	PRIYANGA.P	P16450105	<i>P. Priyanga</i>
82	RATHIKA.S	P16450106	<i>S. Rathika</i>
83	RASOOL FATHIMA.A	P16450107	<i>A. Rasool Fathima</i>
84	RAVICHANDRAN.N	P16450108	<i>N. Ravichandran</i>
85	SATHIYA DEVI.B	P16450109	<i>B. Sathya Devi</i>

86	SIMLA S	P16450110	Simla S
87	SIRAINISHA R	P16450111	Sirainisha R
88	VAIDHIYANATHAN R	P16450112	Vaidhiyanathan R
89	ABIRAMI M	P17450101	Abirami M
90	AKSHYA V	P17450102	Akshya V
91	EDITH PRBHAVATHI A	P17450103	Edith Prbhavathi A
92	GAYATHRI N	P17450104	Gayathri N
93	HARIHARAN D	P17450105	Harihara D
94	JANAKIRAMAN S	P17450106	Janakiraman S
95	KEERTHIKA G	P17450107	Keerthika G
96	KOUSALYA M	P17450108	Kousalya M
97	MATHUMITHA P	P17450109	Mathumitha P
98	MOHANESWARI S	P17450110	Mohaneswari S
99	NASREEN MUNAWARA M	P17450111	Nasreen Munawara M
100	NIVETH S	P17450112	Niveth S
101	PATTAAMAL S	P17450113	Pattamal S
102	PRIYA P	P17450114	Priya P
103	PRIYANKA V	P17450115	Priyanka V
104	SIVAGAMI K	P17450116	Sivagami K
105	SOWMIYA C	P17450117	Sowmya C
106	VINITHA MC	P17450118	Vinitha MC
107	VINOSRI T	P17450119	Vinosri T
108	YAZHINI S	P17450120	Yazhini S



[Signature]
PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP: CARCINOGENIC FOODS

RESOURCE PERSON: Mrs. Sharmila
Chief Dietitian
Department Of Dietetics
Meenakshi Hospital
Thanjavur

ACADEMIC YEAR: 2017- 2018
(04.10.2017)



One day workshop on carcinogenic foods was conducted by the Department of Nutrition and Dietetics in the academic year 2017-2018. Totally 108 students were benefited by this workshop. The main objective behind this workshop was to aware about processing of meats which includes bacon, ham, lunch meats, meat jerky, hot dogs, salami, and other cured meat products. And also to know about how carcinogenic foods leads to health issues.




PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
Thanjavur-5**

(UGC Recognised 2(f) and 12 (B) Institution)
Affiliated to Bharathidasan University, Tiruchirappalli
Thanjavur-5

PG & RESEARCH DEPARTMENT OF NUTRITION AND DEITETICS

IN ASSOCIATION WITH IQAC

ONE DAY SEMINAR

ON

HEALTHY EATING VS EATING DISORDER

PRESIDENTIAL ADDRESS

Kalvisemal, Panmugasikaram
Mrs. Punitha Ganesan, MA.,
Secretary,
Bharath Group of Institutions, Thanjavur

**FALCITATION
Dr. T.VEERASAMY
Principal**

**Prof.R.ARAVAZHI
Vice Principal**

**Pro.N.RAJARAJESWARI
Vice Principal**

**Prof Mrs .T.KAVITHA
Faculty Incharge**

**RESOURCE PERSON
Mrs. S.SARMILA
CHIEF DIETITION
MEENAKSHI MISSION HOSPITAL
THANJAVUR**

VENUE : SEMINAR HALL

DATE : 21.02.2018

PSHARATH COLLEGE OF SCIENCE AND
MANAGEMENT

THANJAVUR-613005,

TAMILNADU

ONE DAY SEMINAR

ON

HEALTHY EATING VS EATING DISORDER

ORGANIZING COMMITTEE

Chief Patron

Mrs. G. Punitha Ganesan M.A.,

Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr. T. Veerasamy M.A., M.Phil., PhD.

Principal Bharath College of Science &
Management

Organizing Chair

Prof. P. Suba, MSc., MPhil., B.Ed., NET, SET

Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R. Radhika, MSc., MPhil.,

Assistant Professor

Department of Nutrition and Dietetics

Bharath College of Science and Management.

Organizing Coordinators,

Prof. J. Dhivyadharshini, M.Sc., M.Phil.,

Assistant Professor, Department of N&D

Prof. M. Menaka, M.Sc., M.Phil., B.E.d.,

Assistant Professor, Department of N&D.

Prof. S. Deepapriya, MSc., MPhil.,

Assistant Professor, Department of N&D



About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self-financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Program was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching, research and community outreach programs.

ONE DAY SEMINAR

ON

HEALTHY EATING VS EATING
DISORDER

21ST February 2018

Organized By

DEPARTMENT OF NUTRITION
AND DIETETICS

&

SPONSORED BY MEENAKSHI
HOSPITAL, THANJAVUR.

**BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,

Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gmail.com

B.Sc., Nutrition and Dietetics

M.Sc., Food Service Management

& Dietetics

M.Phil., Food Service Management

& Dietetics

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through high quality teaching and training.

ABOUT THE SEMINAR

Seminar on Nutrition and Dietetics highlights the solution for rising problems in the field of Science, Information and Nutrition. The aim of this seminar is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

- Healthy Eating for a Healthy Weight
- Healthy Eating Facts
- Eating Disorders & Healthy food
- Balanced Diet & Nutrition

An eating disorder is a pattern of thoughts, behave ours and feelings around food and body that are disruptive to mental and physical health. There are certain diagnostic criteria for various types of eating disorders. Some common eating disorders include Anorexia nervosa, bulimia nervosa, and binge eating disorder.

Many fad diets encourage eating habits that are considered disordered — so much so that some professionals suggest that following any diet to lose weight is a sign of disordered eating.

RESOURCE PERSON:

Mrs.Sarmila

Chief Dietitian, Meenakshi Mission Hospital
Thanjavur.

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(F) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

ONE DAY SEMINAR ON

HEALTHY EATING VS EATING DISORDER

AGENDA

Date: 21.02.2018

Venue: Seminar Hall

INAUGURATION

Prayer Song

: By Students

Welcome Address

: **Prof.P.Suba,**
Head, Department of Nutrition and Dietetics

Felicitation

: **Dr. T.Veerasamy,**Principal ,
Bharath College of science and management,
Thanjavur.

: **Prof. R. Aravazhi,**
Vice Principal,
Bharath College of science and management,
Thanjavur.

: **Prof. N. Rajarajeswari ,**
Vice Principal,
Bharath College of science and management
Thanjavur.

: **Prof.T.Kavitha,**
Faculty Incharge,
Bharath College of science and management
Thanjavur.

Keynote Address

: **Mrs.Sarmila**
Chief Dietitian, Meenakshi Mission hospital
Thanjavur.

Presidential Address

: **Mrs.PunithaGanesan,**
Secretary, Bharath group of Institutions,
Thanjavur

Vote of thanks

: **Prof.R.Radhika**
Assistant Professor
Department of Nutrition and Dietetics

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2017-2018)

DATE: 21.02.2018

NAME OF THE SEMINAR:

HEALTHY EATING VS EATING DISORDER

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE OF THE STUDENTS
1	ABINAYA.S	CB15S393856	Abinaya.S
2	ABINAYA SUNDARI.S	CB15S393857	S. Abinaya Sundari
3	AJUMMAANSARI.T	CB15S393858	A. Jumanasari.T
4	ANJUKANWAR	CB15S393859	Anjukanwar.R
5	BALAKRISHNAN.U.R	CB15S393860	U.R. B.
6	BHARANIKA.S	CB15S393861	B. Bharanika
7	BHUVANESWARER	CB15S393862	Bhuvaneshwarer.R
8	DHARANI.M	CB15S393863	M. Dhara
9	DIVYA.K	CB15S393864	K. Divya
10	GAYATHIRI.M	CB15S393865	M. Gayathiri
11	HAMSAVARTHANIS	CB15S393866	S. Hamsa
12	JAYAMANI.S	CB15S393867	J. Jayamani
13	KRISHNAVENILR	CB15S393869	K. Krishnavenil.R
14	LEENA JENIFER.J	CB15S393870	J. Leena Jenifer
15	LINGAPERUMAL.M	CB15S393871	M. Lingaperumal
16	MADHAN.S	CB15S393872	S. Madhan
17	MAHALAKSHMI.M	CB15S393873	M. Mahalakshmi
18	MAHESWARGANDHI.S	CB15S393874	S. Maheswari
19	MALAVIKA.K	CB15S393875	K. Malavika
20	MISHMA.M	CB15S393876	M. Mishma
21	MOUNIKA.P	CB15S393877	P. Mounika
22	NANDHINI.C	CB15S393878	C. Nandhini
23	NANDHINI.S	CB15S393879	S. Nandhini
24	PADMAPRIYA.E	CB15S393881	E. Padmapriya
25	PORKODIR	CB15S393882	P. Porkodi.R
26	PRIYADHARSHINI.M	CB15S393883	M. Priyadharshini
27	PRIYANKA.R	CB15S393884	R. Priyanka
28	SABARIMANI.B	CB15S393886	B. Sabarimani
29	SAMEERA BANU.A	CB15S393887	A. Sameera Banu
30	SORNAMUGHI.J	CB15S393889	J. Sornamughi
31	SOWMIYA.V	CB15S393890	V. Sowmiya
32	SUBALAKSHMI.S	CB15S393891	S. Subalakshmi
33	SURUDHI.V	CB15S393892	V. Surudhi
34	SURIYA.K	CB15S393893	K. Suriya
35	TREESA JOSEPH.J	CB15S393894	J. Treesa Joseph
36	UTHAYA.B	CB15S393895	B. Uthaya
37	VENCY LIBANA.H	CB15S393896	H. Vency Libana
38	VENNILA.A	CB15S393897	A. Vennila

39	VIDHYA.A	CB15S393898	A. Vidya
40	VIDHYA.C	CB15S393899	V. Vidhyaa
41	VIJAYALAKSHMI.M	CB15S393900	V. Vijaya
42	YASMINE FATHIMA.N	CB15S393901	N. Yasmine Fatima
43	AASIMMA ANSARI.T	CB16S394270	T. Aasimma Ansari
44	ABARNA.A	CB16S394271	A. Abarna
45	ARPUTHA.R	CB16S394272	R. Arputha
46	DEVAROSVELT.A	CB16S394273	A. Devarosvelt
47	DEVADHARSHINI.R	CB16S394274	R. Devadharshini
48	DEVASHRI.S	CB16S394275	S. Devashri
49	DHARANYA.K	CB16S394276	K. Dhanya
50	DHIVYA.S	CB16S394277	S. Divya
51	DINESH KUMAR.M	CB16S394278	M. Dinesh Kumar
52	HAJI MOHAMMED.M	CB16S394279	M. Haji Mohammed
53	HARITHA DEVI.M	CB16S394280	M. Haritha Devi
54	JANAKIPRIYA.R	CB16S394281	R. Janaki Priya
55	JESSY MARGARET.J	CB16S394282	J. Jessy Margaret
56	KALPANA.G	CB16S394283	G. Kalpana
57	KANIMOZHI.R	CB16S394284	R. Kanimozhi
58	KAVIYA.M	CB16S394285	M. Kaviya
59	KEERTHANA.E	CB16S394286	E. Keerthana
60	KOWSHIKA.A	CB16S394287	A. Kowshika
61	MADHUPRIYA.K	CB16S394288	K. Madhupriya
62	MANISHA.S	CB16S394289	S. Manisha
63	MONIKA.R	CB16S394290	R. Monika
64	NAGALAKSHMI.R	CB16S394291	R. Nagalakshmi
65	NANDHINI.M	CB16S394292	M. Nandhini
66	PADMALAKSHMI.A	CB16S394293	A. Padmalakshmi
67	PANCHALI.N	CB16S394294	N. Panchali
68	POOJA.R	CB16S394295	R. Pooja
69	REENA.B	CB16S394296	B. Reena
70	SHAHIN BANU.A	CB16S394297	A. Shahin Banu
71	SIVASAKTHI.R	CB16S394298	R. Sivasakthi
72	SRIDEVI.D.V	CB16S394299	V. Sridevi
73	SUGUNA.J	CB16S394300	J. Suguna
74	SUGUNA.R	CB16S394301	R. Suguna
75	SUMAIYA BEGUM.S	CB16S394302	S. Sumaiya Begum
76	VINOTHINI.V	CB16S394303	V. Vinothini
77	DEENASRI.G	P16450101	G. Deenasri
78	DURGA.N	P16450102	N. Durga
79	PRATHIBHA.D	P16450103	D. Prathibha
80	PREETHI.C	P16450104	C. Preethi
81	PRIYANGA.P	P16450105	P. Priyanga
82	RATHIKA.S	P16450106	S. Rathika
83	RASOOL FATHIMA.A	P16450107	A. Rasool Fathima
84	RAVICHANDRAN.N	P16450108	N. Ravichandran
85	SATHIYA DEVI.B	P16450109	B. Sathiya Devi

86	SIMLA.S	P16450110	Bimla.S
87	SIRAJNISHA.R	P16450111	Sirajisha.R
88	VAIDHIYANATHAN.R	P16450112	Vaidhiyanathan.R
89	ABIRAMI.M	P17450101	Abirami.M
90	AKSHYA.V	P17450102	Akshya.V
91	EDITH PRBHAVATHI.A	P17450103	Edith Prbhavathi.A
92	GAYATHRI.N	P17450104	Gayathri.N
93	HARIHARAN.D	P17450105	Hariharan.D
94	JANAKIRAMAN.S	P17450106	Janakiraman.S
95	KEERTHIKA.G	P17450107	Keerthika.G
96	KOUSALYA.M	P17450108	Kousalya.M
97	MATHUMITHA.P	P17450109	Mathumitha.P
98	MOHANESWARI.S	P17450110	Mohaneswari.S
99	NASREEN MUNAWARA.M	P17450111	Nasreen Munawara.M
100	NIVETH.S	P17450112	Niveth.S
101	PATTAAMAL.S	P17450113	Pattamala.S
102	PRIYA.P	P17450114	Priya.P
103	PRIYANKA.V	P17450115	Priyanka.V
104	SIVAGAMI.K	P17450116	Sivagami.K
105	SOWMIYA.C	P17450117	Sowmya.C
106	VINITHA.MC	P17450118	Vinitha.MC
107	VINOSRI.T	P17450119	Vinosri.T
108	YAZHINI.S	P17450120	Yazhini.S
109	AARTHI.C	CB175394686	Aarthi.C
110	AARTHI.S	CB175394687	Aarthi.S
111	ABDULMAJEED.F	CB175394688	Abdulmajeed.F
112	AMBIKA.R	CB175394689	Ambika.R
113	ANITHA.K	CB175394690	Anitha.K
114	ARAVIND.S	CB175394691	Aravind.S
115	ARAVINTHAN.P	CB175394692	Aravintan.P
116	AWLIN SEREBIA.A	CB175394693	Awlin Serebia.A
117	AYASHA.A	CB175394694	Ayasha.A
118	BHUVANESHWARI.V	CB175394695	Bhuvaneshwari.V
119	BHUVANESHWARI.G	CB175394696	Bhuvaneshwari.G
120	DHEVADHARSHINI.V	CB175394697	Dhevadharshini.V
121	DHIVYA.U	CB175394698	Dhivya.U
122	DIVYA.S	CB175394699	Divya.S
123	ELAMPARITHI.L	CB175394700	Elamparithi.L
124	EZHIL.M	CB175394701	Ezhil.M
125	GAYATHRI.J	CB175394702	Gayathri.J
126	HARNISH TONY JAWAHAR.A	CB175394703	Harnish Tony Jawahar.A
127	INIYASREE.S	CB175394704	Iniyasree.S
128	JANAKI.G	CB175394705	Janaki.G
129	JENIFER.I	CB175394706	Jenifer.I
130	JOTHISWARI.V	CB175394707	Jothiswari.V
131	KARTHIKPRIYA.L	CB175394708	Karthikpriya.L




 PRINCIPAL
 Bharath College of Science and Management
 Bharath Avenue (Near New Bus Stand)
 THANJAVUR - 613 005.



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON SEMINAR

**NAME OF THE SEMINAR : HEALTHY EATING VS
EATING DISORDER**

**RESOURCE PERSON: Mrs .S. Sarmila
Chief Dietician
Meenakshi Mission Hospital
Thanjavur**

**ACADEMIC YEAR: 2017- 2018
(21.02.2018)**



One day Seminar on Healthy Eating Vs Eating Disorder was conducted by the Department of Nutrition and Dietetics in the academic year 2017-2018. Totally 131 students were benefited by this seminar. The main objective behind this seminar was to aware about common eating disorder. And also to understand how healthy eating leads to healthy life.




PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005.

Invitation

Workshop on

RESOURCE PERSON
Mrs. A. Thenmozhi,
Head Of Department,
Department Of Home Science,
SRG College, Trichy.

06.03.2018

BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT
VENUE: SEMINAR HALL

Sponsored by
MEENAKSHI HOSPITAL THANJAVUR

**BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT**

THANJAVUR-613005,
TAMILNADU

ONE DAY WORKSHOP
ON

FORTIFIED FOOD

ORGANIZING COMMITTEE

Chief Patron

Mrs.G.Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr.T.Veerasaamy M.A., M.Phil., PhD,
Principal Bharath College of Science &
Management

Organizing Chair

Prof.P.Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof. R.Radhika, MSc., MPhil.,

Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Prof. J.Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor, Department of Nutrition
and Dietetics.

Prof. M.Menaka, M.Sc., M.Phil., B.E.d.,

Assistant Professor, Department of Nutrition
and Dietetics.

Prof.S.Deepapriya, MSc., MPhil.,

Assistant Professor, Department of Nutrition
and Dietetics.



ONE DAY WORKSHOP
ON

FORTIFIED FOOD

6th MARCH 2018

Organized By

**DEPARTMENT OF NUTRITION
AND DIETETICS
&
SPONSORED BY MEENAKSHI
HOSPITAL, THANJAVUR.**

**BHARATH COLLEGE OF
SCIENCE AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India
Phone: 04362 - 227937, 228081
www.bharathcollege.edu.in
bharathcollege@gmail.com

About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamil Nadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

About the Department

The Department of Nutrition and Dietetics was Kick started in the year 2000 with the aim of training students with the professional capability in the field of health and food industry. It bloomed into post graduate department with M.Sc., Food Service Management and Dietetics in 2003 and the MPhil., Program was established in 2007. The growth of this department is an exciting and inspiring one with many hall marks of academic excellence in teaching.

research and community outreach programs.

high quality teaching and training.

RESOURCE PERSON

MRS M. THENMOZHI
HEAD OF THE DEPARTMENT
SRC COLLEGE
TRICHY.

ABOUT THE WORKSHOP

Workshop on Nutrition and Dietetics highlights the solution for rising problems in the field of Science, Information and Nutrition. The aim of this workshop is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

VISION AND MISSION

The Department of Nutrition serves international, National, Regional and local communities through the discovery of the ways in which foods and their bio active components contribute to health and the prevention of disease and through effective application of Nutrition knowledge to improve human health and wellbeing.

- Introduction to fortified foods
- Importance of fortified foods
- Is fortified food healthy
- Fortified foods in modern era

Fortified foods have added vitamins, minerals, and other micronutrients. Micronutrients are necessary for many important body functions. Your body can't make its own micronutrients. They need to come from your diet. Food makers add micronutrients to their products during production. They create chemicals that have vitamins and minerals. These chemicals don't have noticeable tastes, textures, or smells when added to food. Some foods naturally have certain micronutrients but lose them through cooking or storage. Food enrichment is when food producers add those nutrients back in. Unlike enriched foods, fortified foods don't naturally include those nutrients.

- Contributing to the Fundamental knowledge of how nutrients and food components function at cellular, systematic, and whole-body levels and impact on human health and disease.
- Delivering innovative, research-based interventions and service programs which alter meal patterns and food choices with the goal of improved health of individuals, families and communities.
- Contributing to the knowledge-base of nutrition undergraduate and graduate students through

**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT,
THANJAVUR-5.**

(UGC Recognized 2(f) and 12(B) Institution, Affiliated to Bharathidasan University, Trichy-24)

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

ONE DAY WORKSHOP ON

“FORTIFIED FOOD”

Date:06.03. 2018

Venue: Seminar Hall

INAUGURATION

- | | |
|------------------------|---|
| Prayer Song | : By Students |
| Welcome Address | : Prof.P.Suba,
Head, Department of Nutrition and Dietetics |
| Felicitation | : Dr. T.Veerasingam, Principal ,
Bharath College of science and management,
Thanjavur. |
| | : Prof. R. ARAVAZHI,
Vice Principal,
Bharath College of science and management,
Thanjavur. |
| | : Prof. N. RAJARAJESWARI ,
Vice Principal,
Bharath College of science and management
Thanjavur. |
| | : Prof.T.KAVITHA,
Faculty Incharge,
Bharath College of science and management
Thanjavur. |
| Keynote Address | : Resource Person
Mrs M. Thenmozhi
Head of the Department
SRC College
Trichy. |
| Presidential Address : | Mrs. PunithaGanesan,
Secretary, Bharath group of Institutions,
Thanjavur. |
| Vote of thanks | : Prof.R.Radhika
Assistant Professor
Department of Nutrition and Dietetics, |

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirappalli.

THANJAVUR-5

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

LIST OF PARTICIPANTS

(2017-2018)

DATE:06.03.2018

NAME OF THE WORKSHOP :

FORTIFIED FOODS

S.NO	STUDENTS NAME	REGISTER NO	SIGNATURE OF THE STUDENTS
1	ABINAYA.S	CB15S393856	Abinaya.S
2	ABINAYA SUNDARI.S	CB15S393857	Abinaya Sundari.S
3	AJJUMMAANSARI.T	CB15S393858	Ajjummaansari.T
4	ANJUKANWAR	CB15S393859	Anjukanwar
5	BALAKRISHNAN.U.R	CB15S393860	Balakrishnan U.R
6	BHARANIKA.S	CB15S393861	Bharanika.S
7	BHUVANESWARI.R	CB15S393862	Bhuvaneshwari.R
8	DHARANI.M	CB15S393863	Dharani.M
9	DIVYA.K	CB15S393864	Divya.K
10	GAYATHIRI.M	CB15S393865	Gayathiri.M
11	HAMSAVARTHANI.S	CB15S393866	Hamsavarthani.S
12	JAYAMANI.S	CB15S393867	Jayamani.S
13	KRISHNAVENI.R	CB15S393869	Krishnaveni.R
14	LEENA JENIFER.J	CB15S393870	Leena Jennifer.J
15	LINGAPERUMAL.M	CB15S393871	Lingaperumal.M
16	MADHAN.S	CB15S393872	Madhan.S
17	MAHALAKSHMI.M	CB15S393873	Mahalakshmi.M
18	MAHESWARGANDHI.S	CB15S393874	Maheswargandhi.S
19	MALAVIKA.K	CB15S393875	Malavika.K
20	MISHMA.M	CB15S393876	Mishma.M
21	MOUNIKA.P	CB15S393877	Mounika.P
22	NANDHINI.C	CB15S393878	Nandhini.C
23	NANDHINI.S	CB15S393879	Nandhini.S
24	PADMAPRIYA.E	CB15S393881	Padmapriya.E
25	PORKODI.R	CB15S393882	Porkodi.R
26	PRIYADHARSHINI.M	CB15S393883	Priyadharshini.M
27	PRIYANKA.R	CB15S393884	Priyanka.R
28	SABARIMANI.B	CB15S393886	Sabarimani.B
29	SAMEERA BANU.A	CB15S393887	Sameera banu.A
30	SORNAMUGHI.J	CB15S393889	Sornamughi.J
31	SOWMIYA.V	CB15S393890	Sowmiya.V
32	SUBALAKSHMI.S	CB15S393891	Subalakshmi.S
33	SURUDHI.V	CB15S393892	Surudhi.V
34	SURIYA.K	CB15S393893	Suriya.K
35	TREESA JOSEPH.J	CB15S393894	Treesa Joseph.J
36	UTHAYA.B	CB15S393895	Uthaya.B
37	VENCY LIBANA.H	CB15S393896	Vency Libana.H
38	VENNILA.A	CB15S393897	Vennila.A

39	VIDHYA.A	CB15S393898	Vidhya . A
40	VIDHYA.C	CB15S393899	Vidhya C
41	VIJAYALAKSHMI.M	CB15S393900	Vijayalakshmi M
42	YASMINE FATHIMA.N	CB15S393901	Yasmine fathima N
43	AASIMMA ANSARI.T	CB16S394270	Aasimma Ansari T
44	ABARNA.A	CB16S394271	Abarna . A
45	ARPUTHA.R	CB16S394272	Arputha . R
46	DEVAROOSVELT.A	CB16S394273	Devaroosvelt . A
47	DEVADHARSHINI.R	CB16S394274	Devadharshini . R
48	DEVASHRI.S	CB16S394275	Devashri . S
49	DHARANYA.K	CB16S394276	Dharanya . K
50	DHIVYA.S	CB16S394277	Dhivya . S
51	DINESH KUMAR.M	CB16S394278	Dinesh kumar M
52	HAJI MOHAMMED.M	CB16S394279	Haji mohammed M
53	HARITHA DEVI.M	CB16S394280	Haritha Devi M
54	JANAKIPRIYA.R	CB16S394281	Janakipriya R
55	JESSY MARGARET.J	CB16S394282	Jessy Margaret
56	KALPANA.G	CB16S394283	Kalpana . G
57	KANIMOZHI.R	CB16S394284	Kanimozhi . R
58	KAVIYA.M	CB16S394285	Kaviya . M
59	KEERTHANA.E	CB16S394286	Keerthana . E
60	KOWSHIKA.A	CB16S394287	Kowshika . A
61	MADHUPRIYA.K	CB16S394288	Madhupriya . K
62	MANISHA.S	CB16S394289	Manisha . S
63	MONIKA.R	CB16S394290	Monika . R
64	NAGALAKSHMI.R	CB16S394291	Nagalakshmi . R
65	NANDHINI.M	CB16S394292	Nandhini . M
66	PADMALAKSHMI.A	CB16S394293	Padma
67	PANCHALI.N	CB16S394294	Panchali . N
68	POOJA.R	CB16S394295	Pooja . R
69	REENA.B	CB16S394296	Reena . B
70	SHAHIN BANU.A	CB16S394297	Shahin Banu . A
71	SIVASAKTHI.R	CB16S394298	Sivasakthi . R
72	SRIDEVI.D.V	CB16S394299	Sridevi . D.V
73	SUGUNA.J	CB16S394300	Suguna . J
74	SUGUNA.R	CB16S394301	Suguna . R
75	SUMAIYA BEGUM.S	CB16S394302	Sumaiya begum . S
76	VINOTHINI.V	CB16S394303	Vinothini . V
77	DEENASRI.G	P16450101	Deenasri . G
78	DURGA.N	P16450102	Durga . N
79	PRATHIBHA.D	P16450103	Prathiba . D
80	PREETHI.C	P16450104	Preethi . C
81	PRIYANGA.P	P16450105	Priyanga . P
82	RATHIKA.S	P16450106	Rathika . S
83	RASOOL FATHIMA.A	P16450107	Rasool Fathima . A
84	RAVICHANDRAN.N	P16450108	Ravichandran . N
85	SATHIYA DEVI.B	P16450109	Sathiya devi . B

86	SIMLA S	P16450110	SIMLA
87	SIRAINISHA R	P16450111	Sirainisha R.
88	VAIDHIYANATHAN R	P16450112	vaidhyathan R.
89	ABIRAMIL M	P17450101	Abirami M.
90	AKSHYA V	P17450102	Akshya V.
91	EDITH PRBHAVATHI A	P17450103	Edith P. A.
92	GAYATHRI N	P17450104	Gayathri N.
93	HARIHARAN D	P17450105	Hariharan D.
94	JANAKIRAMAN S	P17450106	Janakiraman S.
95	KEERTHIKA G	P17450107	Keerthika G.
96	KOUSALYA M	P17450108	Kousalya M.
97	MATHUMITHA P	P17450109	Mathumitha P.
98	MOHANESWARI S	P17450110	Mohaneswari S.
99	NASREEN MUNAWARA M	P17450111	Nasreen M.
100	NIVETH S	P17450112	Niveth S.
101	PATTAAMAL S	P17450113	Pattamal S.
102	PRIYA P	P17450114	Priya P.
103	PRIYANKA V	P17450115	Priyanka V.
104	SIVAGAMI K	P17450116	Sivagami K.
105	SOWMIYA C	P17450117	Sowmya C.
106	VINITHA MC	P17450118	Vinitha MC.
107	VINOSRI T	P17450119	Vinosri T.
108	YAZHINI S	P17450120	Yazhini S.
109	AARTHI C	CB175394686	Aarthi C.
110	AARTHI S	CB175394687	Aarthi S.
111	ABDULMAJEED F	CB175394688	Abdulmajeed F.
112	AMBIKA R	CB175394689	Ambika R.
113	ANITHA K	CB175394690	Anitha K.
114	ARAVIND S	CB175394691	Aravind S.
115	ARAVINTHAN P	CB175394692	Aravintan P.
116	AWLIN SEREBIA A	CB175394693	Awlin Serebia A.
117	AYASHA A	CB175394694	Ayasha A.
118	BHUVANESHWARI V	CB175394695	Bhuvaneshwari V.
119	BHUVANESHWARI G	CB175394696	Bhuvaneshwari G.
120	DHEVADHARSHINI V	CB175394697	Dhevadharshini V.
121	DHIVYA U	CB175394698	Dhivya U.
122	DIVYA S	CB175394699	Divya S.
123	ELAMPARITHI L	CB175394700	Elamparithi L.
124	EZHIL M	CB175394701	Ezhil M.
125	GAYATHRI J	CB175394702	Gayathri J.
126	HARNISH TONY JAWAHAR A	CB175394703	Harnish Tony Jawahar A.
127	INIYASREE S	CB175394704	Iniyasree S.
128	JANAKI G	CB175394705	Janaki G.
129	JENIFER I	CB175394706	Jenifer I.
130	JOTHISWARI V	CB175394707	Jothiswari V.
131	KARTHIKPRIYA L	CB175394708	Karthikpriya L.



[Signature]
PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 006



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5**

(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON WORKSHOP

NAME OF THE WORKSHOP : FORTIFIED FOODS

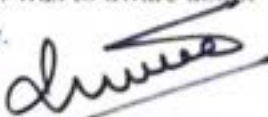
RESOURCE PERSON: Mrs .M. Thenmozhi
Head of the Department
SRC College
Trichy

ACADEMIC YEAR: 2017- 2018
(06.03.2018)



One day workshop on Fortified foods was conducted by the Department of Nutrition and Dietetics in the academic year 2017-2018. Totally 131 students were benefited by this workshop. The main objective behind this workshop was to aware about Fortified foods benefits, limits and risks. and also their stability range.




PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 613 005