

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**

**FALICITATION
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
APPLO 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.Veerassamy 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.,BE.d.,

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

EDUCATIONAL 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

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
APHO 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 | AJUMMAANSARI.T | CB15S393858 | Ajummaansari.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 | M. Gayathri |
| 11 | HAMSAVARTHANI.S | CB15S393866 | Hamsavarthini |
| 12 | JAYAMANI.S | CB15S393867 | Jayamani.S |
| 13 | KRISHNAVENI.R | CB15S393869 | R. Krishnaveni |
| 14 | LEENA JENIFER.J | CB15S393870 | Leena Jenifer |
| 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 | M. Mishma |
| 21 | MOUNIKA.P | CB15S393877 | Mounika.P |
| 22 | NANDHINI.C | CB15S393878 | Nandhini.C |
| 23 | NANDHINI.S | CB15S393879 | S. Nandhini |
| 24 | PADMAPRIYA.E | CB15S393881 | Padmapriya.E |
| 25 | PORKODI.R | CB15S393882 | Porkodi.R |
| 26 | PRIYADHARSHINI.M | CB15S393883 | Priyadharsini.M |
| 27 | PRIYANKA.R | CB15S393884 | Priyanka.R |
| 28 | SABARIMANI.B | CB15S393886 | B. Sabarimani |
| 29 | SAMEERA BANU.A | CB15S393887 | A. Sameera Banu |
| 30 | SORNAMUGHI.J | CB15S393889 | J. Sornamughi |
| 31 | SOWMIYA.V | CB15S393890 | Sowmiya.V |
| 32 | SUBALAKSHMI.S | CB15S393891 | Subalakshmi.S |
| 33 | SURUDHI.V | CB15S393892 | V. Surudhi |
| 34 | SURIYA.K | CB15S393893 | Suriya.K |
| 35 | TREESA JOSEPH.J | CB15S393894 | J. Treesa Joseph |
| 36 | UTHAYA.B | CB15S393895 | Uthaya.B |
| 37 | VENCY LIBANA.H | CB15S393896 | H. Vency Libana |
| 38 | VENNILA.A | CB15S393897 | Vennila.A |

| | | | |
|----|-------------------|-------------|----------------|
| 39 | VIDHYA.A | CB155393898 | Vidhya |
| 40 | VIDHYA.C | CB155393899 | VITHYA |
| 41 | VIJAYALAKSHMI.M | CB155393900 | Vijaya Lakshmi |
| 42 | YASMINE FATHIMA.N | CB155393901 | Yasmeen |
| 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 | Devadharsini |
| 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 | Janaki Priya |
| 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 | 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 | Radhika |
| 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 | Battamal 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 |



[Handwritten 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.



Suganya
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., Ph.D.,
Principal Bharath College of Science &
Management

Organizing Chair

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

Prof. R. Radhika, M.Sc., M.Phil.,
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, M.Sc., M.Phil.,
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.

**BIHARATH 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, Thiruchirapalli.

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 | Anjukanwar. |
| 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 Jenifer. |
| 15 | LINGAPERUMAL.M | CB155393871 | Lingaperumal. |
| 16 | MADHAN.S | CB155393872 | Madhan. |
| 17 | MAHALAKSHMI.M | CB155393873 | Mahalakshmi. |
| 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 | Suriya. |
| 35 | TREESA JOSEPH.J | CB155393894 | Treesa Joseph. |
| 36 | UTHAYA.B | CB155393895 | Uthaya. |
| 37 | VENCY LIBANA.H | CB155393896 | Vency Libana. |
| 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 | DEVAROOVELT.A | CB165394273 | Devaroovelt |
| 47 | DEVADHARSHINI.R | CB165394274 | Devadharshini |
| 48 | DEVASHRI.S | CB165394275 | Devashri |
| 49 | DHARANYA.K | CB165394276 | Dhanya |
| 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 | Sula S |
| 87 | SIRAJNISHA.R | P16450111 | Sirajnesha |
| 88 | VAIDHIYANATHAN.R | P16450112 | Vaidhyan |
| 89 | ABIRAMI.M | P17450101 | Abirami M |
| 90 | AKSHYA.V | P17450102 | Ash |
| 91 | EDITH PRBHAVATHI.A | P17450103 | Edith |
| 92 | GAYATHRI.N | P17450104 | Gayathri |
| 93 | HARIHARAN.D | P17450105 | Harihara D |
| 94 | JANAKIRAMAN.S | P17450106 | Janaki |
| 95 | KEERTHIKA.G | P17450107 | Keerthi |
| 96 | KOUSALYA.M | P17450108 | Kousalya |
| 97 | MATHUMITHA.P | P17450109 | Mathumitha P |
| 98 | MOHANESWARI.S | P17450110 | Mohan |
| 99 | NASREEN MUNAWARA.M | P17450111 | Nasreen |
| 100 | NIVETH.S | P17450112 | Niveth S |
| 101 | PATTAAMAL.S | P17450113 | Pattamal |
| 102 | PRIYA.P | P17450114 | Priya |
| 103 | PRIYANKA.V | P17450115 | Priyanka V |
| 104 | SIVAGAMI.K | P17450116 | Sivagami |
| 105 | SOWMIYA.C | P17450117 | Sowmya |
| 106 | VINITHA.MC | P17450118 | Vinitha |
| 107 | VINOSRI.T | P17450119 | Vinosri |
| 108 | YAZHINI.S | P17450120 | Yazhini |



[Handwritten Signature]

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near Ne - 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.

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 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

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.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 : Resources 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

3

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 Ajjumdansari |
| 4 | ANJUKANWAR | CB155393859 | Anju Kanwar |
| 5 | BALAKRISHNAN.U.R | CB155393860 | Balakrishnan |
| 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 Jenifer 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 | MOUNIKA.P | CB155393877 | Mounika 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 | Priyadharsini 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 | Sowmiya 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 | D. Vidhya |
| 40 | VIDHYA.C | CB155393899 | P. Vidhya |
| 41 | VIJAYALAKSHMI.M | CB155393900 | M. Vijayalakshmi |
| 42 | YASMINE FATHIMA.N | CB155393901 | Fathima Y. |
| 43 | AASIMMA ANSARI.T | CB165394270 | T. Asimma Ansari |
| 44 | ABARNA.A | CB165394271 | A. Abarna |
| 45 | ARPUTHA.R | CB165394272 | R. Arputha |
| 46 | DEVAROOSVELT.A | CB165394273 | A. Devaroosvelt |
| 47 | DEVADHARSHINI.R | CB165394274 | R. Devadharshini |
| 48 | DEVASHRI.S | CB165394275 | S. Devashri |
| 49 | DHARANYA.K | CB165394276 | K. Dhanya |
| 50 | DHIVYA.S | CB165394277 | S. Dhivya |
| 51 | DINESH KUMAR.M | CB165394278 | M. Dinesh Kumar |
| 52 | HAJI MOHAMMED.M | CB165394279 | M. Haji Mohammed |
| 53 | HARITHA DEVI.M | CB165394280 | M. Haritha Devi |
| 54 | JANAKIPRIYA.R | CB165394281 | R. Janakipriya |
| 55 | JESSY MARGARET.J | CB165394282 | J. Jessy Margaret |
| 56 | KALPANA.G | CB165394283 | G. Kalpana |
| 57 | KANIMOZHI.R | CB165394284 | R. Kanimozhi |
| 58 | KAVIYA.M | CB165394285 | M. Kaviya |
| 59 | KEERTHANA.E | CB165394286 | E. Keerthana |
| 60 | KOWSHIKA.A | CB165394287 | A. Koushika |
| 61 | MADHUPRIYA.K | CB165394288 | K. Madhupriya |
| 62 | MANISHA.S | CB165394289 | S. Manisha |
| 63 | MONIKA.R | CB165394290 | R. Monika |
| 64 | NAGALAKSHMI.R | CB165394291 | R. Nagalakshmi |
| 65 | NANDHINI.M | CB165394292 | M. Nandhini |
| 66 | PADMALAKSHMI.A | CB165394293 | A. Padmalakshmi |
| 67 | PANCHALI.N | CB165394294 | N. Panchali |
| 68 | POOJA.R | CB165394295 | R. Pooja |
| 69 | REENA.B | CB165394296 | B. Reena |
| 70 | SHAHIN BANU.A | CB165394297 | A. Shahin Banu |
| 71 | SIVASAKTHI.R | CB165394298 | R. Sivasakthi |
| 72 | SRIDEVI.D.V | CB165394299 | V. Sridevi |
| 73 | SUGUNA.J | CB165394300 | J. Suguna |
| 74 | SUGUNA.R | CB165394301 | R. Suguna |
| 75 | SUMAIYA BEGUM.S | CB165394302 | S. Sumaiya Begum |
| 76 | VINOTHINI.V | CB165394303 | 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. Sathya Devi |

| | | | |
|-----|--------------------|-----------|--------------------|
| 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 | Nivetha 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 |




 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)

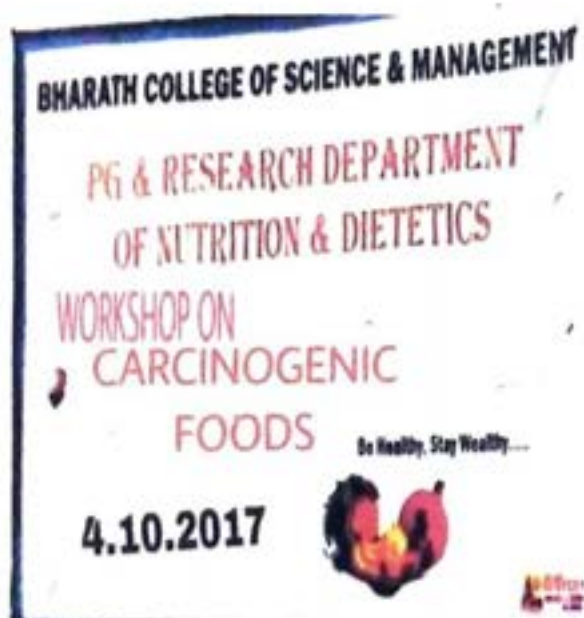
PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

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

BHARATH COLLEGE OF SCIENCE AND
MANAGEMENT

THANJAVUR-613005,
TAMILNADU
ONE DAY SEMINAR



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, behaviors 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.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.
- 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 | CB155393856 | Abinaya.S |
| 2 | ABINAYA SUNDARI.S | CB155393857 | S. Sundari |
| 3 | AJUMMAANSARI.T | CB155393858 | A. Jumanasari.T |
| 4 | ANJUKANWAR | CB155393859 | Anjukanwar.R |
| 5 | BALAKRISHNAN.U.R | CB155393860 | U.A. B |
| 6 | BHARANIKA.S | CB155393861 | P. Bharanika |
| 7 | BHUVANESWARI.R | CB155393862 | Bhuvanari.R |
| 8 | DHARANI.M | CB155393863 | M. Dhara |
| 9 | DIVYA.K | CB155393864 | M. Divya |
| 10 | GAYATHI.R.M | CB155393865 | M. Gayathri.R.M |
| 11 | HAMSAVARTHANI.S | CB155393866 | S. Hamsa |
| 12 | JAYAMANI.S | CB155393867 | Jayamani.S |
| 13 | KRISHNAVENI.R | CB155393869 | Krishnaveni.R |
| 14 | LEENA JENIFER.J | CB155393870 | Leena Jenifer |
| 15 | LINGAPERUMAL.M | CB155393871 | M. Lingaperumal |
| 16 | MADHAN.S | CB155393872 | Madhan.S |
| 17 | MAHALAKSHMI.M | CB155393873 | M. Mahalakshmi |
| 18 | MAHESWARGANDHI.S | CB155393874 | M. Maheswari |
| 19 | MALAVIKA.K | CB155393875 | Malavika.K |
| 20 | MISHMA.M | CB155393876 | M. Mishma |
| 21 | MOUNIKA.P | CB155393877 | M. Mounika |
| 22 | NANDHINI.C | CB155393878 | N. Nandhini |
| 23 | NANDHINI.S | CB155393879 | N. Nandhini |
| 24 | PADMAPRIYA.E | CB155393881 | P. Padmapriya |
| 25 | PORKODI.R | CB155393882 | P. Porkodi |
| 26 | PRIYADHARSHINI.M | CB155393883 | P. Priyadharsini |
| 27 | PRIYANKA.R | CB155393884 | P. Priyanka |
| 28 | SABARIMANI.B | CB155393886 | S. Sabarimani |
| 29 | SAMEERA BANU.A | CB155393887 | A. Sameerabhanu |
| 30 | SORNAMUGHI.J | CB155393889 | S. Sornamughi |
| 31 | SOWMIYA.V | CB155393890 | S. Sowmiya |
| 32 | SUBALAKSHMI.S | CB155393891 | S. Subalakshmi |
| 33 | SURUDHI.V | CB155393892 | S. Surudhi |
| 34 | SURIYA.K | CB155393893 | S. Suriya |
| 35 | TREESA JOSEPH.J | CB155393894 | J. Treesa |
| 36 | UTHAYA.B | CB155393895 | B. Uthaya |
| 37 | VENCY LIBANA.H | CB155393896 | H. Vency Libana |
| 38 | VENNILA.A | CB155393897 | V. Vennila |

| | | | |
|----|-------------------|-------------|-------------------|
| 39 | VIDHYA.A | CB155393898 | A. Vidhya |
| 40 | VIDHYA.C | CB155393899 | V. Vidhyam |
| 41 | VIJAYALAKSHMI.M | CB155393900 | M. Vijaya |
| 42 | YASMINE FATHIMA.N | CB155393901 | N. Yasmine Fatma |
| 43 | AASIMMA ANSARI.T | CB165394270 | A. Asimma Ansari |
| 44 | ABARNA.A | CB165394271 | A. Abarna |
| 45 | ARPUTHA.R | CB165394272 | R. Arputha |
| 46 | DEVAROODSVELT.A | CB165394273 | A. Devaroodsvelt |
| 47 | DEVADHARSHINI.R | CB165394274 | R. Devadharshini |
| 48 | DEVASHRI.S | CB165394275 | S. Devashri |
| 49 | DHARANYA.K | CB165394276 | K. Dhanya |
| 50 | DHIVYA.S | CB165394277 | S. Dhivya |
| 51 | DINESH KUMAR.M | CB165394278 | M. Dinesh Kumar |
| 52 | HAJI MOHAMMED.M | CB165394279 | M. Haji Mohammed |
| 53 | HARITHA DEVI.M | CB165394280 | M. Haritha Devi |
| 54 | JANAKIPRIYA.R | CB165394281 | R. Janaki Priya |
| 55 | JESSY MARGARET.J | CB165394282 | J. Jessy Margaret |
| 56 | KALPANA.G | CB165394283 | G. Kalpana |
| 57 | KANIMOZHI.R | CB165394284 | R. Kanimozhi |
| 58 | KAVIYA.M | CB165394285 | M. Kaviya |
| 59 | KEERTHANA.E | CB165394286 | E. Keerthana |
| 60 | KOWSHIKA.A | CB165394287 | A. Kowshika |
| 61 | MADHUPRIYA.K | CB165394288 | K. Madhupriya |
| 62 | MANISHA.S | CB165394289 | S. Manisha |
| 63 | MONIKA.R | CB165394290 | R. Monika |
| 64 | NAGALAKSHMI.R | CB165394291 | R. Nagalakshmi |
| 65 | NANDHINI.M | CB165394292 | M. Nandhini |
| 66 | PADMALAKSHMI.A | CB165394293 | A. Padmalakshmi |
| 67 | PANCHALI.N | CB165394294 | N. Panchali |
| 68 | POOJA.R | CB165394295 | R. Pooja |
| 69 | REENA.B | CB165394296 | B. Reena |
| 70 | SHAHIN BANU.A | CB165394297 | A. Shahin Banu |
| 71 | SIVASAKTHI.R | CB165394298 | R. Sivasakthi |
| 72 | SRIDEVI.D.V | CB165394299 | V. Sridevi |
| 73 | SUGUNA.J | CB165394300 | J. Suguna |
| 74 | SUGUNA.R | CB165394301 | R. Suguna |
| 75 | SUMAIYA BEGUM.S | CB165394302 | S. Sumaiya Begum |
| 76 | VINOTHINI.V | CB165394303 | 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 | Sirajnisha.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 | Pattaamal.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 | CB17S394686 | Aarthi.C |
| 110 | AARTHI.S | CB17S394687 | Aarthi.S |
| 111 | ABDULMAJEED.F | CB17S394688 | Abdulmajeed.F |
| 112 | AMBIKA.R | CB17S394689 | Ambika.R |
| 113 | ANITHA.K | CB17S394690 | Anitha.K |
| 114 | ARAVIND.S | CB17S394691 | Aravind.S |
| 115 | ARAVINTHAN.P | CB17S394692 | Aravintan.P |
| 116 | AWLIN SEREBIA.A | CB17S394693 | Awlin Serebia.A |
| 117 | AYASHA.A | CB17S394694 | Ayasha.A |
| 118 | BHUVANESHWARI.V | CB17S394695 | Bhuvaneshwari.V |
| 119 | BHUVANESHWARI.G | CB17S394696 | Bhuvaneshwari.G |
| 120 | DHEVADHARSHINI.V | CB17S394697 | Dhevadharshini.V |
| 121 | DHIVYA.U | CB17S394698 | Dhivya.U |
| 122 | DIVYA.S | CB17S394699 | Divya.S |
| 123 | ELAMPARITHI.L | CB17S394700 | Elamparithi.L |
| 124 | EZHIL.M | CB17S394701 | Ezhil.M |
| 125 | GAYATHRI.J | CB17S394702 | Gayathri.J |
| 126 | HARNISH TONY JAWAHAR.A | CB17S394703 | Harnish Tony Jawahar.A |
| 127 | INIYASREE.S | CB17S394704 | Iniyasree.S |
| 128 | JANAKI.G | CB17S394705 | Janaki.G |
| 129 | JENIFER.I | CB17S394706 | Jenifer.I |
| 130 | JOTHISWARI.V | CB17S394707 | Jothiswari.V |
| 131 | KARTHIKPRIYA.L | CB17S394708 | 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,
SRC 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.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., BE.d.,

Assistant Professor, Department of Nutrition
and Dietetics.

Prof.S.Deepakriya, 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.

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.

- 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.

RESOURCE PERSON

MRS M. THEMMOZHI
HEAD OF THE DEPARTMENT
SRC 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
“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 | Priyadharsini.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 |
| 71 | SIVASAKTHI.R | CB16S394298 | Sivasakthi . R |
| 72 | SRIDEVI.D.V | CB16S394299 | Sridevi |
| 73 | SUGUNA.J | CB16S394300 | Suguna . J |
| 74 | SUGUNA.R | CB16S394301 | Suguna |
| 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 | vaidhiyanathan R. |
| 89 | ABIRAMI M | P17450101 | Abirami |
| 90 | AKSHYA V | P17450102 | Akshya V |
| 91 | EDITH PRBHAVATHI A | P17450103 | Edith P |
| 92 | GAYATHRI N | P17450104 | Gayathri |
| 93 | HARIHARAN D | P17450105 | Hariharan D |
| 94 | JANAKIRAMAN S | P17450106 | Janakiraman |
| 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 |
| 101 | PATTAAMAL S | P17450113 | Pattamal S |
| 102 | PRIYA P | P17450114 | Priya |
| 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 | Dhevadharsini 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 |
| 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.



[Signature]
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
BHARATHCOLLEGE 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



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 reachprogrammes.

**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 20) and 120(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. 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. Punitha Ganesan,**
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 Mohammed |
| 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. 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 | CB17S394691 | Aravind.S |
| 41 | ARAVINTHAN.P | CB17S394692 | Aravintan.P |
| 42 | AWLIN SEREBIA.A | CB17S394693 | Aulin Serebia.A |
| 43 | AYASHA.A | CB17S394694 | A. Ayasha |
| 44 | BHUVANESHWARI.V | CB17S394695 | Bhuvaneshwari |
| 45 | BHUVANESHWARI.G | CB17S394696 | Bhuvaneshwari |
| 46 | DHEVADHARSHINI.V | CB17S394697 | Dhevadharshini |
| 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 Tony Jawahar |
| 53 | INIYASREE.S | CB17S394704 | Iniyasree |
| 54 | JANA.KI.G | CB17S394705 | Jana.Ki |
| 55 | JENIFER.I | CB17S394706 | Jenifer |
| 56 | JOTHISWARI.V | CB17S394707 | Jothiswari |
| 57 | KARTHIKPRIYA.L | CB17S394708 | Karthikpriya |
| 58 | KEERTHANA.RD | CB17S394709 | Keertana |
| 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 Asha.S |
| 65 | MICHAEL JANCY MARY.S | CB17S394716 | Michael Jancy Mary |
| 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 | Ramyav |
| 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 | Umar Beevi |
| 85 | VARSHA.B | CB17S394736 | Varsha |
| 86 | VIKASH EBI MERVIN.N | CB17S394737 | Vikash Ebi Mervin |

| | | | |
|-----|----------------------|---------------|----------------------|
| 87 | YAZHINI S | CB185.195.161 | Yazhini S |
| 88 | ADIMANYU V | CB185.195.161 | Adimanyu V |
| 89 | ABITHA R | CB185.195.162 | Abitha R |
| 90 | AMRUTHA KUMAR | CB185.195.163 | Amrutha Kumar |
| 91 | ANUGRAGA THOMAS | CB185.195.164 | Anugraga Thomas |
| 92 | ASHA M | CB185.195.165 | Asha M |
| 93 | BARATH KUMAR R | CB185.195.166 | Barath Kumar R |
| 94 | BAVATHARINI K | CB185.195.167 | B. Bavatharini |
| 95 | BENCY J | CB185.195.168 | J. Bency |
| 96 | BHUVANESHWARI P | CB185.195.169 | P. Bhuvaneshwari |
| 97 | DEVIKA M | CB185.195.170 | Devika M |
| 98 | DIVYABHARATHI A | CB185.195.171 | Divyabhathi A |
| 99 | GCGULALAKSHMI R | CB185.195.173 | G. Gulalakshmi |
| 100 | HADHI JAFRIN LAILA S | CB185.195.174 | Hadi Jafriin Laila S |
| 101 | JANAKI S | CB185.195.175 | Janaki S |
| 102 | JAMILLA GANI S | CB185.195.176 | Jamilia Gani S |
| 103 | JENIFER SHEELA E | CB185.195.177 | Jenifer Sheela E |
| 104 | JENSIYA S | CB185.195.178 | Jensiya S |
| 105 | JESINTHA MARY A | CB185.195.179 | Jesinta Mary A |
| 106 | KALAIMAGAL P | CB185.195.180 | Kalaimagal P |
| 107 | KALIVARTHAN R | CB185.195.181 | Kalivarthan R |
| 108 | KAVITHA P | CB185.195.182 | Kavitha P |
| 109 | KELTHANA K | CB185.195.183 | K. Kelthana |
| 110 | MADHUMATHI E | CB185.195.184 | E. Madhumathi |
| 111 | MADHUMITHA I | CB185.195.185 | I. Madhumitha |
| 112 | MAHADEVAN R.K | CB185.195.186 | R.K. Mahadevan |
| 113 | MAMPHAIOTHI G | CB185.195.187 | G. Mamphaiothi |
| 114 | MANIBHARATHI G | CB185.195.188 | G. Manibharathi |
| 115 | MOHANAMBAL S | CB185.195.189 | S. Mohanambal |
| 116 | NANDHINI M.U | CB185.195.191 | M.U. Nandhini |
| 117 | NIVETHA R | CB185.195.192 | R. Nivetha |
| 118 | NOORNISHA S | CB185.195.193 | S. Noornisha |
| 119 | POONGUZHALLI D | CB185.195.194 | D. Poonguzhali |
| 120 | PRIYADHARSHINI D | CB185.195.195 | D. Priyadharshini |
| 121 | PURUSHOTHAMAN B | CB185.195.196 | B. Purushothaman |
| 122 | RAGAVIN R | CB185.195.197 | R. Ragavin |
| 123 | SANTHINI G | CB185.195.198 | G. Santhini |
| 124 | SATHYA R | CB185.195.199 | R. Sathya |
| 125 | SELLAKANNU T | CB185.195.200 | T. Sellakanu |
| 126 | SHARMILA M | CB185.195.201 | M. Sharmila |
| 127 | SNEKA S | CB185.195.202 | S. Sneka |
| 128 | SOBANA G | CB185.195.203 | G. Sobana |
| 129 | SOWMIYA R | CB185.195.204 | R. Sowmiya |
| 130 | THAMSEELA A | CB185.195.205 | A. Thamseela |
| 131 | UDHAYASURIYAN A | CB185.195.206 | A. Udhayasuriyan |
| 132 | VARSHA A | CB185.195.207 | A. Varsha |
| 133 | VELRAMUKIL C | CB185.195.208 | C. Veeramukil |

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




PRINCIPAL
 Bharath College of Science and Management
 Bharath Venue (Near New Bus Stand)
 Thiruvananthapuram - 695 022



**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.




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

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.

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 MEEENAKSHI
HOSPITAL,
THANJAVUR**

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.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 : **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, Thiruchirapalli.

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 Mohd M |
| 11 | HARITHA DEVI.M | CB16S394280 | Haritha Devi M |
| 12 | JANAKIPRIYA.R | CB16S394281 | Janaki Priya R |
| 13 | JESSY MARGARET.J | CB16S394282 | Jessy Margaret J |
| 14 | KALPANA.G | CB16S394283 | Kalpna 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 | Madhu Priya K |
| 20 | MANISHA.S | CB16S394289 | Manisha S |
| 21 | MONIKA.R | CB16S394290 | Monika R |
| 22 | NAGALAKSHMI.R | CB16S394291 | Naga Lakshmi 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. Vinothi |
| 35 | AARTHI.C | CB17S394686 | Aarthi C |
| 36 | AARTHI.S | CB17S394687 | Aarthi S |
| 37 | ABDULMAJEED.F | CB17S394688 | Abdulmajeed F |
| 38 | AMBIKA.R | CB17S394689 | Ambika R |

| | | | |
|----|------------------------|-------------|-----------------------|
| 39 | ANITHA.K | CB175394690 | Anitha.k |
| 40 | ARAVIND.S | CB175394691 | S. Aravind |
| 41 | ARAVINTHAN.P | CB175394692 | Aravind.P |
| 42 | AWLIN SEREBIA.A | CB175394693 | Avinlin Serebia .A |
| 43 | AYASHA.A | CB175394694 | Ayasha .a |
| 44 | BHUVANESHWARI.V | CB175394695 | V. Bhuvaneshwari |
| 45 | BHUVANESHWARI.G | CB175394696 | Bhuvaneshwari .G |
| 46 | DEVADARSHINI.V | CB175394697 | Devadarshini |
| 47 | DHIVYA.U | CB175394698 | U.Dhivya |
| 48 | DIVYA.S | CB175394699 | S. Divya |
| 49 | ELAMPARITHI.L | CB175394700 | Elamparathi .L |
| 50 | EZHIL.M | CB175394701 | Ezhil .M |
| 51 | GAYATHRI.J | CB175394702 | Gayathri |
| 52 | HARNISH TONY JAWAHAR.A | CB175394703 | H. T. J. A |
| 53 | INIYASREE.S | CB175394704 | Iniyasree .S |
| 54 | JANAKI.G | CB175394705 | J. Anaki .G |
| 55 | JENIFER. I | CB175394706 | Jenifer .I |
| 56 | JOTHISWARI.V | CB175394707 | V. Jothiswari |
| 57 | KARTHIKPRIYA.L | CB175394708 | Karthikpriya .L |
| 58 | KEERTHANA.RD | CB175394709 | Keertana .RD |
| 59 | KEERTHIKA.D | CB175394710 | Keerthika .D |
| 60 | KIRUTHIKA.K | CB175394711 | Kiruthika .K |
| 61 | KIRUTHIKA.S | CB175394712 | S. Kiruthika |
| 62 | MAHIMA.M | CB175394713 | M. Mahi |
| 63 | MENAKA.G | CB175394714 | Menaka .G |
| 64 | MERBIN ASHA.S | CB175394715 | Merbin Asha .S |
| 65 | MICHAEL JANCY MARY.S | CB175394716 | S. Michael Jancy Mary |
| 66 | NERUPA.S | CB175394717 | S. Nerupa |
| 67 | PAVITHRA.K | CB175394718 | K. Pavithra |
| 68 | PAVITHRA.T | CB175394719 | Pavithra .T |
| 69 | PRATHIBA. k | CB175394720 | Prathiba .k |
| 70 | PRATHIKA.B | CB175394721 | Prathika .B |
| 71 | RAHINI.V | CB175394722 | V. Rahini |
| 72 | RAJARAJESHWARI.P | CB175394723 | P. Rajarajeswari |
| 73 | RAMYA.V | CB175394724 | R. Ramya .V |
| 74 | RUFINA.A | CB175394725 | Rufina .A |
| 75 | SADAMHUSSAIN.J | CB175394726 | J. Sadam Hussain .J |
| 76 | SAKTHIPRIYA.S | CB175394727 | S. Sakthipriya |
| 77 | SETHUMADHAVAN.M | CB175394728 | M. Sethumadavan |
| 78 | SHIYAMALADEVI.R | CB175394729 | R. Shiyamaladevi |
| 79 | SIVASHENKA.S | CB175394730 | S. Sivashenka .S |
| 80 | SUBHASRI.R | CB175394731 | R. Subhasri |
| 81 | SUVAITHIRA.A | CB175394733 | A. Suvaithira .A |
| 82 | SUMATHI.S | CB175394732 | S. Sumathi .S |
| 83 | SWATHI.S | CB175394734 | S. Swathi |
| 84 | UMAIRA BEEVI.I | CB175394735 | I. Uma Beevi .I |
| 85 | VARSHA.B | CB175394736 | Varsha .B |

| | | | |
|-----|-----------------------|-------------|-----------------------|
| 86 | VIKASH EBI MERVIN .N | CB17S394737 | N. Vikash Ebi 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 | Anugraga Thomas |
| 92 | ASHA .M | CB18S395165 | Asha .M |
| 93 | BARATH KUMAR .R | CB18S395166 | Barath Kumar .R |
| 94 | BAVATHARINI .K | CB18S395167 | Bavatharini .K |
| 95 | BENCY .J | CB18S395168 | Bency .J |
| 96 | BHUVANESHWARI .P | CB18S395169 | Bhuvaneshwari .P |
| 97 | DEVIKA .M | CB18S395170 | Devika .M |
| 98 | DIVYABHARATHI .A | CB18S395171 | Divyabharathi .A |
| 99 | GOGULALAKSHMI .R | CB18S395173 | Gogulalakshmi .R |
| 100 | HADHI JAFRIN LAILA .S | CB18S395174 | Hadhi Jafrin Laila .S |
| 101 | JANAKI .S | CB18S395175 | Janaki .S |
| 102 | JAMILLA GANI .S | CB18S395176 | Jamilla Gani .S |
| 103 | JENIFER SHEELA .E | CB18S395177 | Jenifer Sheela .E |
| 104 | JENSIYA .S | CB18S395178 | Jensiya .S |
| 105 | JESINTHA MARY .A | CB18S395179 | Jesinta Mary .A |
| 106 | KALAIMAGAL .P | CB18S395180 | Kalaimagal .P |
| 107 | KALIVARTHAN .R | CB18S395181 | Kalivarthan .R |
| 108 | KAVITHA .P | CB18S395182 | Kavitha .P |
| 109 | KEETHANA .K | CB18S395183 | Keethana .K |
| 110 | MADHUMATHI .E | CB18S395184 | Madhumathi .E |
| 111 | MADHUMITHA .L | CB18S395185 | Madhumitha .L |
| 112 | MAHADEVAN .R.K | CB18S395186 | Mahadevan .R.K |
| 113 | MAMPHAJOTHI .G | CB18S395187 | Mamphajothi .G |
| 114 | MANIBHARATHI .G | CB18S395188 | Manibharathi .G |
| 115 | MOHANAMBAL .S | CB18S395189 | Mohanambal .S |
| 116 | NANDHINI .M.U | CB18S395191 | Nandhini .M.U |
| 117 | NIVETHA .R | CB18S395192 | Nivetha .R |
| 118 | NOORNISHA .S | CB18S395193 | Noornisha .S |
| 119 | POONGUZHALI .D | CB18S395194 | Poonguzhali .D |
| 120 | PRIYADHARSHINI .D | CB18S395195 | Priyadharshini .D |
| 121 | PURUSHOTHAMAN .B | CB18S395196 | Purushothaman .B |
| 122 | RAGAVIN .R | CB18S395197 | Ragavin .R |
| 123 | SANTHINI .G | CB18S395198 | Santhini .G |
| 124 | SATHYA .R | CB18S395199 | Sathya .R |
| 125 | SELLAKANNU .T | CB18S395200 | Sellakannu .T |
| 126 | SHARMILA .M | CB18S395201 | Sharmila .M |
| 127 | SNEKA .S | CB18S395202 | Sneka .S |
| 128 | SOBANA .G | CB18S395203 | Sobana .G |
| 129 | SOWMIYA .R | CB18S395204 | Sowmiya .R |
| 130 | THAMSEELA .A | CB18S395205 | Thamseela .A |
| 131 | UDHAYASURIYAN .A | CB18S395206 | Udhayasuriyan .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 | Abira - M |
| 137 | AKSHYA.V | P17450102 | Akshya v |
| 138 | EDITH PRBHAVATHI.A | P17450103 | Edith Prbhavathi . 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 - 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 : 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

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 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.



ORGANIZING COMMITTEE

Chief Patron

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

Patron

Dr.T.Veersamy 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.StellaMary,MSc.,MPhil.,
Assistant Professor, Dept of N&D
Prof.A.ArokiaMaxiline,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.,BE.d.,
Assistant Professor Dept of N&D
Prof.G.Ganga Devi .MSc.,MPhil.,SET.,
Assistant Professor,, Dept of N&D

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.Muthaiyan,Food analyst
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

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.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 : 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. Aasimma Ansari |
| 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. Dharaanya |
| 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 | Aravinthan.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 | Dhevadharsini.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 | Sadam Hussain.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. Koualya |
| 96 | MATHUMITHA P | P17450109 | M. Mathumitha |
| 97 | MOHANESWARI S | P17450110 | M. Mohaneswari |
| 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 | AJUMAANSARI T | P18450066 | A. Ajumaansari |
| 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 |



[Handwritten Signature]
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 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
HEALTH

YOU'RE INVITED
SEMINAR ON

HEALTHY LIFE STYLE

ON 17th FEBRUARY 2011
AT 10:00 AM
IN THE SEMINAR HALL,
KARAIKUDI APOLLO HOSPITAL,
KARAIKUDI.

Sponsored by
Meenakshi Hospital
Thanjavur

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



SHARATH COLLEGE OF SCIENCE AND MANAGEMENT

THANJAVUR-613005, TAMILNADU



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 M.Phil., 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 (f) & 12 (B)
Institution)

(Affiliated to Bharathidasan University,
Tiruchirappalli)

Thanjavur-613005, Tamilnadu, India

Phone: 04362 - 227937, 228081

www.bharathcollege.edu.in

bharathcollege@gnssai.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.Veerassamy M.A., M.Phil., P.h.D.

Principal, Bharath College of Science &
Management, Thanjavur

Organizing Chair

Prof.P.Suba M.Sc., M.Phil., B.Ed., NET, SET

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

Prof .R.Radhika M.Sc., M.Phil.

Assistant Professor

Department of Nutrition and Dietetics

Bharath College of Science and Management.

Organizing Coordinators,

Prof.M.StellaMary M.Sc., M.Phil.,

Assistant Professor, Dept of N&D

Prof.A.ArokiaMaxilline M.Sc., M.Phil.,

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.Deepakriya M.Sc., M.Phil.,

Assistant Professor, Dept of N&D

About the Seminar:

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.

Resource Person

Mrs.P.JASMINE NISHA
CHIEF DIETITIAN

Apollo Multispeciality Hospital
Karaikudi

**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.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 | : 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, Thiruchirapalli.

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 | T. Anasima Ansari |
| 2 | ABARNA.A | CB16S394271 | ABARNA.A. |
| 3 | ARPUTHA.R | CB16S394272 | R. Arputha |
| 4 | DEVAROOSVELT.A | CB16S394273 | Devaroosvelt.A |
| 5 | DEVADHARSHINI.R | CB16S394274 | R. Devadharshini |
| 6 | DEVASHRI.S | CB16S394275 | Devashri.S. |
| 7 | DHARANYA.K | CB16S394276 | K. Dhanya |
| 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. Keethana |
| 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.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. 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 | CB175394691 | A. Aravind S. |
| 41 | ARAVINTHAN P | CB175394692 | A. Aravinthan P. |
| 42 | AWLIN SEREBIA A | CB175394693 | A. Awlin Serbia A. |
| 43 | AYASHA A | CB175394694 | A. Ayasha A. |
| 44 | BHUVANESHWARI V | CB175394695 | B. Bhuvaneshwari V. |
| 45 | BHUVANESHWARI G | CB175394696 | B. Bhuvaneshwari G. |
| 46 | DHEVADHARSHINI V | CB175394697 | D. Dhevadharsini V. |
| 47 | DHIVYA U | CB175394698 | D. Dhivya U. |
| 48 | DIVYA S | CB175394699 | D. Divya S. |
| 49 | ELAMPARITHI L | CB175394700 | E. Elamparithi L. |
| 50 | EZHIL M | CB175394701 | E. Ezhil M. |
| 51 | GAYATHRI J | CB175394702 | G. Gayathri J. |
| 52 | HARNISH TONY JAWAHAR | CB175394703 | H. Harnish Tony Jawahar |
| 53 | INIYASREE S | CB175394704 | I. Iniyasree S. |
| 54 | JANAKI G | CB175394705 | J. Janaki G. |
| 55 | JENIFER I | CB175394706 | J. Jenifer I. |
| 56 | JOTHISWARI V | CB175394707 | J. Jothiswari V. |
| 57 | KARTHIKPRIYA L | CB175394708 | K. Karthikpriya L. |
| 58 | KEERTHANA RD | CB175394709 | K. Keerthana R.D. |
| 59 | KEERTHIKA D | CB175394710 | K. Keerthika D. |
| 60 | KIRUTHIKA K | CB175394711 | K. Kiruthika K. |
| 61 | KIRUTHIKA S | CB175394712 | K. Kiruthika S. |
| 62 | MAHIMA M | CB175394713 | M. Mahima M. |
| 63 | MENAKA G | CB175394714 | M. Menaka G. |
| 64 | MERBIN ASHA S | CB175394715 | M. Merbin Asha S. |
| 65 | MICHAEL JANCY MARY S | CB175394716 | M. Michael Jancy Mary S. |
| 66 | NERUPA S | CB175394717 | N. Nerupa S. |
| 67 | PAVITHRA K | CB175394718 | P. Pavithra K. |
| 68 | PAVITHRA T | CB175394719 | P. Pavithra T. |
| 69 | PRATHIBA K | CB175394720 | P. Prathiba K. |
| 70 | PRATHIKA B | CB175394721 | P. Prathika B. |
| 71 | RAHINI V | CB175394722 | R. Rahini V. |
| 72 | RAJARAJESHWARI P | CB175394723 | R. Rajarajeshwari P. |
| 73 | RAMYA V | CB175394724 | R. Ramya V. |
| 74 | RUFINA A | CB175394725 | R. Rufina A. |
| 75 | SADAMHUSSAIN J | CB175394726 | S. Sadamhussain J. |
| 76 | SAKTHIPRIYA S | CB175394727 | S. Sakthipriya S. |
| 77 | SETHUMADHAVAN M | CB175394728 | S. Sethumadhavan M. |
| 78 | SHIYAMALADEVI R | CB175394729 | S. Shiyamaladevi R. |
| 79 | SIVASHNEKA S | CB175394730 | S. Sivashneka S. |
| 80 | SUBHASRI R | CB175394731 | S. Subhasri R. |
| 81 | SUMATHI S | CB175394732 | S. Sumathi S. |
| 82 | SUVAITHIRA A | CB175394733 | S. Suvaithira A. |
| 83 | SWATHI S | CB175394734 | S. Swathi S. |
| 84 | UMAIRA BEVI J | CB175394735 | U. Umaira Bevi J. |
| 85 | VARSHA B | CB175394736 | V. Varsha B. |
| 86 | VIKASH EBI MERVIN N | CB175394737 | V. Vikash Ebi Mervin N. |

| | | | |
|-----|--------------------|-------------|-----------------------|
| 87 | YAZHINI.S | CB175394738 | Yazhini.S. |
| 88 | ABIRAMI.M | P17450101 | A. 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 | PATTAAMALS | P17450113 | S. Pattamal. |
| 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 | AJJUMAANSARI.T | P18450066 | T. Ajjumaansari. |
| 109 | BALAKRISHNAN.UR | P18450067 | U.R. Balakrishnan. |
| 110 | GAYATHRI.M | P18450068 | M. Gayathri. |
| 111 | HAMSAVARITHINI.S | P18450069 | S. Hamsavarithini. |
| 112 | KRISHNAVENI.R | P18450070 | R. Krishnaveni. |
| 113 | LEENAJENIFER.J | P18450071 | J. Leena Jennifer. |
| 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.



[Signature]
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, 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,

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, M.Sc., 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(D) 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.

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.M |
| 11 | HARITHA DEVI.M | CB16S394280 | Haritha.M |
| 12 | JANAKIPRIYA.R | CB16S394281 | J.P |
| 13 | JESSY MARGARET.J | CB16S394282 | K.M |
| 14 | KALPANA.G | CB16S394283 | Kalp.G |
| 15 | KANIMOZHI.R | CB16S394284 | K.M |
| 16 | KAVIYA.M | CB16S394285 | Kaviya.M |
| 17 | KEERTHANA.E | CB16S394286 | K.E |
| 18 | KOWSHIKA.A | CB16S394287 | K.A |
| 19 | MADHUPRIYA.K | CB16S394288 | M.K |
| 20 | MANISHA.S | CB16S394289 | Mani.S |
| 21 | MONIKA.R | CB16S394290 | M.R |
| 22 | NAGALAKSHMI.R | CB16S394291 | N.R |
| 23 | NANDHINI.M | CB16S394292 | N.M |
| 24 | PADMALAKSHMI.A | CB16S394293 | P.A |
| 25 | PANCHALI.N | CB16S394294 | P.N |
| 26 | POOJA.R | CB16S394295 | P.R |
| 27 | REENA.B | CB16S394296 | R.B |
| 28 | SHAHIN BANU.A | CB16S394297 | S.A |
| 29 | SIVASAKTHI.R | CB16S394298 | S.R |
| 30 | SRIDEVI.D.V | CB16S394299 | S.V |
| 31 | SUGUNA.J | CB16S394300 | S.J |
| 32 | SUGUNA.R | CB16S394301 | S.R |
| 33 | SUMAIYA BEGUM.S | CB16S394302 | S.S |
| 34 | VINOTHINI.V | CB16S394303 | V.V |
| 35 | AARTHI.C | CB17S394686 | A.C |
| 36 | AARTHI.S | CB17S394687 | A.S |
| 37 | ABDULMAJEED.F | CB17S394688 | A.F |
| 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 | Jothi |
| 57 | KARTHIKPRIYA.L | CB17S394708 | Karthi |
| 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 | Rajarajeshwari |
| 73 | RAMYA.V | CB17S394724 | Ramyaa |
| 74 | RUFINA.A | CB17S394725 | Rufina |
| 75 | SADAMHUSSAIN.J | CB17S394726 | Sadam |
| 76 | SAKTHIPRIYA.S | CB17S394727 | Sakthipriya |
| 77 | SETHUMADHAVAN.M | CB17S394728 | Sethu |
| 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 | Harihara |
| 93 | JANAKIRAMAN.S | P17450106 | Tanaka |
| 94 | KEERTHIKA.G | P17450107 | Keerthika |
| 95 | KOUSALYA.M | P17450108 | Kousalya.M. |
| 96 | MATHUMITHA.P | P17450109 | Mathumitha |
| 97 | MOHANESWARL.S | P17450110 | Mohaneswarl. |
| 98 | NASREEN MUNAWARA.M | P17450111 | Nasreen |
| 99 | NIVETH.S | P17450112 | Niveth.S. |
| 100 | PATTAAMALS | P17450113 | Pattamals |
| 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. |



[Handwritten 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.



[Signature]
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, 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,

Department of Nutrition and Dietetics

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

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

Prof S. Deepapriya, M.Sc., 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 outreach 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)
- Engineering and Production Maintenance
- 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

~~MANUSKRIPT~~

ASSISTANT PROFESSOR
DEPARTMENT OF NUTRITION AND DIETETICS
BISHOP COLLEGE
MIRJATRY

**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, Thiruchirapalli.

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 |
| 12 | GOGULALAKSHMI .R | CB18S395173 | Gogulalakshmi |
| 13 | HADHI JAFRIN LAILA .S | CB18S395174 | Hadhi Jafri Lal |
| 14 | JANAKI .S | CB18S395175 | Janaki S |
| 15 | JAMILA GANI .S | CB18S395176 | Jamil Gani |
| 16 | JENIFER SHEELA .E | CB18S395177 | Jenifer |
| 17 | JENSIYA .S | CB18S395178 | Jensiya S |
| 18 | JESINTHA MARY .A | CB18S395179 | Jesinta M |
| 19 | KALAIMAGAL .P | CB18S395180 | Kalaimagal |
| 20 | KALIVARTHAN .R | CB18S395181 | Kalivarthan R |
| 21 | KAVITHA .P | CB18S395182 | Kavitha P |
| 22 | KEETHANA .K | CB18S395183 | Keethana K |
| 23 | MADHUMATHI .E | CB18S395184 | Madhu Mathi |
| 24 | MADHUMITHA .L | CB18S395185 | Madhumitha |
| 25 | MAHADEVAN .R.K | CB18S395186 | Maahavan R.K |
| 26 | MAMPHAJOTHI .G | CB18S395187 | Mahadhar |
| 27 | MANIBHARATHI .G | CB18S395188 | Mamphajothi |
| 28 | MOHANAMBAL .S | CB18S395189 | Mohanambal S |
| 29 | NANDHINI .M.U | CB18S395191 | Nandhini |
| 30 | NIVETHA .R | CB18S395192 | Nivetha R |
| 31 | NOORNISHA .S | CB18S395193 | Noornisha S |
| 32 | POONGUZHALI .D | CB18S395194 | Poonguzhali |
| 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 | THAMSELLA A | CB185395205 | Thamella A |
| 44 | UDHAYASURIYAN A | CB185395206 | Udhayasuriyan A |
| 45 | VARSHA A | CB185395207 | Varsha A |
| 46 | VERAMUKIL C | CB185395208 | Veramukil C |
| 47 | VIDHYA P | CB185395209 | Vidya P |
| 48 | VIVEKA T | CB185395210 | Viveka T |
| 49 | AADREEN RISHMIYA A | CB19S395736 | Aadreen Rishmi |
| 50 | ABDUL RAHUMAN N | CB19S395631 | Abdul Rahman |
| 51 | ADITHYAN M | CB19S395632 | Adithyan 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 | DIARANET | CB19S395639 | Diaranet |
| 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 | 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 | SAKITHI R | CB19S395658 | Sakithi 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 | Sriranjani R |
| 84 | SURESH K | CB19S395664 | Suresh K |
| 85 | SWETHA G | CB19S395665 | Swetha G |

| | | | |
|-----|-------------------|-------------|----------------|
| 86 | THENNARASIS | CB19S395666 | Thennarasi |
| 87 | VADIVARASIT | CB19S395667 | Vadivarasi |
| 88 | VIGNESH.M | CB19S395668 | Vignesh.M |
| 89 | ACSAH C LENIN | CB19S395671 | Acsah C Lenin |
| 90 | AJUMAANSARIT | P18450066 | Ajumaansari |
| 91 | BALAKRISHNAN.UR | P18450067 | Balakrishnan |
| 92 | GAYATHRI .M | P18450068 | Gayathri |
| 93 | HAMSAVARITHINI .S | P18450069 | Hamsavarithini |
| 94 | KRISHNAVENI .R | P18450070 | Krishnaveni |
| 95 | LEENAJENIFER .J | P18450071 | Leenajenifer |
| 96 | MAHESWARGANDHI.S | P18450072 | Maheswargandhi |
| 97 | MOUNIKA .P | P18450073 | Mounika |
| 98 | NANDHINI .S | P18450075 | Nandhini |
| 99 | NIVEDHA .B | P18450076 | Nivedha |
| 100 | PRIYANGA .R | P18450077 | Priyanga |
| 101 | SABARIMANI .B | P18450078 | Sabarimani |
| 102 | SOWMIYA .V | P18450079 | Sowmiya |
| 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



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 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

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

12

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 ADOLSECENT GIRLS

| S.NO | STUDENTS NAME | REGISTER NO | SIGNATURE |
|------|-----------------------|-------------|----------------------|
| 1 | AARTHI.C | CB175394686 | C. Arathi |
| 2 | AARTHI.S | CB175394687 | S. Arathi |
| 3 | ABDULMAJEED.F | CB175394688 | Abdulmajeed |
| 4 | AMBIKA.R | CB175394689 | F. Abdulmajeed |
| 5 | ANITHA.K | CB175394690 | Anitha.K |
| 6 | ARAVIND.S | CB175394691 | Aravind.S |
| 7 | ARAVINTHAN.P | CB175394692 | P. Aravinthan |
| 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. Dhevadharsini |
| 13 | DHIVYA.U | CB175394698 | V. Dhivya |
| 14 | DIVYA.S | CB175394699 | Divya.S |
| 15 | ELAMPARITHI.L | CB175394700 | L. Elamparithi |
| 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 | Janaki.G |
| 21 | JENIFER.I | CB175394706 | Jenifer.I |
| 22 | JOTHISWARI.V | CB175394707 | J. Jothiswari |
| 23 | KARTHIKPRIYA.L | CB175394708 | L. Karthikapriya |
| 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 | Ramya.V |

| | | | |
|----|-----------------------|-------------|----------------------|
| 40 | RUFINA.A | CB175394725 | A. Rufina |
| 41 | SADAMHUSSAIN.J | CB175394726 | J. Sadam Hussain |
| 42 | SAKTHIPRIYA.S | CB175394727 | S. Sakthipriya |
| 43 | SETHUMADHAVAN.M | CB175394728 | M. Sethumadhavan |
| 44 | SHIYAMALADEVI.R | CB175394729 | R. Shiyamaladevi |
| 45 | SIVASHENKA.S | CB175394730 | S. Sivashenka |
| 46 | SUBHASRI.R | CB175394731 | R. Subhasri |
| 47 | SUMATHI.S | CB175394732 | S. Sumathi |
| 48 | SUVAITHIRA.A | CB175394733 | S. Suvaithira |
| 49 | SWATHI.S | CB175394734 | S. Swathi |
| 50 | UMAIRA BEEVI.I | CB175394735 | U. Umair Beevi |
| 51 | VARSHA.B | CB175394736 | V. Varsha B |
| 52 | VIKASH EBI MERVIN.N | CB175394737 | N. Vikash Ebi Mervin |
| 53 | YAZHINI.S | CB175394738 | S. Yazhini |
| 54 | ABIMANYU.V | CB185395161 | A. Abimanyu V |
| 55 | ABITHA.R | CB185395162 | R. Abitha |
| 56 | AMRUTHA KUMAR | CB185395163 | A. Amrutha Kumar |
| 57 | ANUGRAGA THOMAS | CB185395164 | T. Anugraga Thomas |
| 58 | ASHA .M | CB185395165 | M. Asha |
| 59 | BARATH KUMAR .R | CB185395166 | R. Barath Kumar |
| 60 | BAVATHARINI .K | CB185395167 | K. Bavatharini |
| 61 | BENCY J | CB185395168 | J. Bency |
| 62 | BHUVANESHWARI .P | CB185395169 | P. Bhuvaneshwari |
| 63 | DEVIKA .M | CB185395170 | M. Devika |
| 64 | DIVYABHARATHI .A | CB185395171 | A. Divyabharathi |
| 65 | GOGULALAKSHMI .R | CB185395173 | R. Gogulalakshmi |
| 66 | HADHI JAFRIN LAILA .S | CB185395174 | S. Hadhi Jafri Laila |
| 67 | JANA .S | CB185395175 | S. Janaki |
| 68 | JAMILLA GANI .S | CB185395176 | S. Jamilla Gani |
| 69 | JENIFER SHEELA .E | CB185395177 | E. Jennifer Sheela |
| 70 | JENSIYA .S | CB185395178 | S. Jeniya |
| 71 | JESINTHA MARY .A | CB185395179 | A. Jesintha Mary |
| 72 | KALAIMAGAL .P | CB185395180 | P. Kalaimagal |
| 73 | KALIVARTHAN .R | CB185395181 | R. Kalivarthan |
| 74 | KAVITHA .P | CB185395182 | P. Kavitha |
| 75 | KEETHANA .K | CB185395183 | K. Keethana |
| 76 | MADHUMATHI .E | CB185395184 | E. Madhumathi |
| 77 | MADHUMITHA .L | CB185395185 | L. Madhumi |
| 78 | MAHADEVAN .R.K | CB185395186 | R.K. Mahadevan |
| 79 | MAMPAJOTHI .G | CB185395187 | G. Mampajothi |
| 80 | MANIBHARATHI .G | CB185395188 | G. Manibharathi |
| 81 | MOHANAMBAL .S | CB185395189 | S. Mohanambal |
| 82 | NANDHINI .M.U | CB185395191 | M.U. Nandhini |
| 83 | NIVETHA .R | CB185395192 | R. Nivetha |
| 84 | NOORNISHA .S | CB185395193 | S. Noornisha |
| 85 | POONGUZHALI .D | CB185395194 | D. Poonguzhali |
| 86 | PRIYADHARSHINI .D | CB185395195 | 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. Sellakanu |
| 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 | Udhayasuriyan A. |
| 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. Dhanusha |
| 111 | DHARANI.T | CB19S395639 | T. Dharani |
| 112 | DIVYA.S{09.03.2001} | CB19S395640 | S. Divya |
| 113 | DIVYA.S{26.07.2000} | CB19S395641 | S. Divya |
| 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 | SRIRANJAN R | CB19S395663 | R. Sriranjani |
| 137 | SURESH K | CB19S395664 | K. Suresh |
| 138 | SWETHA G | CB19S395665 | G. Swetha |
| 139 | THENNARASI S | CB19S395666 | S. Thennarasi |
| 140 | VADIVARASI T | CB19S395667 | T. Vadivarasi |
| 141 | VIGNESH M | CB19S395668 | M. Vignesh |
| 142 | ACSAH C LENIN | CB19S395671 | Acsah Lenin |



[Handwritten 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., BE.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.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 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 | Anugra 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 P |
| 10 | DEVIKA.M | CB18S395170 | Devika M |
| 11 | DIVYABHARATHI.A | CB18S395171 | Divya Bharathi A |
| 12 | GOGULALAKSHMI.R | CB18S395173 | Gogulalakshmi R |
| 13 | HADHI JAFRIN LAILA.S | CB18S395174 | Hadhi Jafri 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 | 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 | Maha Devan 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 | CB185 PP5 202 | S. Sneha . . |
| 41 | SORANA G | CB185 PP5 203 | G. Sorana . . |
| 42 | SOWMIYA B | CB185 PP5 204 | B. Sowmya . . |
| 43 | THAMSEELA A | CB185 PP5 205 | A. Thamseela . . |
| 44 | UDHAYASUBRIYAN A | CB185 PP5 206 | A. Udhayasubriyan . . |
| 45 | VARSHA A | CB185 PP5 207 | A. Varsha . . |
| 46 | VERAMUKHI C | CB185 PP5 208 | C. Veramukhi . . |
| 47 | VIDHYA P | CB185 PP5 209 | P. Vidhya . . |
| 48 | VIVEKA T | CB185 PP5 210 | T. Viveka . . |
| 49 | AAREEN RESHMIYA A | CB19S 195736 | A. Aareen Reshmiya . . |
| 50 | ABDUL RAHUMAN N | CB19S 195631 | N. Abdul Rahman . . |
| 51 | ADHITHYAN M | CB19S 195632 | M. Adhithyan . . |
| 52 | AISHWARYA R | CB19S 195633 | R. Aishwarya . . |
| 53 | AMEER DEEN J | CB19S 195634 | J. Ameer Deen . . |
| 54 | ANITHA CHARLIN J | CB19S 195635 | J. Anitha Charlin . . |
| 55 | DAYAL DEV S | CB19S 195636 | S. Dayal Dev . . |
| 56 | DEEPIKA P | CB19S 195637 | P. Deepika . . |
| 57 | DHANUSHA G | CB19S 195638 | G. Dhansha . . |
| 58 | DHARANIT | CB19S 195639 | T. Dhara . . |
| 59 | DIVYA S (09.03.2001) | CB19S 195640 | S. Divya . . |
| 60 | DIVYA S (26.07.2000) | CB19S 195641 | S. Divya . . |
| 61 | DIVYA BHARATHI L G | CB19S 195642 | G. Divya Bharathi . . |
| 62 | GAYATHRI K | CB19S 195643 | K. Gayatri . . |
| 63 | HARIPRIYA R | CB19S 195644 | R. Haripriya . . |
| 64 | KARPAGAM T | CB19S 195645 | T. Karpagam . . |
| 65 | KARTHIKA M | CB19S 195646 | M. Karthika . . |
| 66 | KATHIRAVANE | CB19S 195647 | E. Kathiravan . . |
| 67 | KOWSALYA M | CB19S 195648 | M. Kowsalya . . |
| 68 | MANJU P | CB19S 195649 | P. Manju . . |
| 69 | MARY PRICILLA R | CB19S 195670 | R. Mary Pricilla . . |
| 70 | NAFISHA M | CB19S 195650 | M. Nafisha . . |
| 71 | NAGADHARSHINI M | CB19S 195651 | M. Nagadharshini . . |
| 72 | NANDHINI C | CB19S 195652 | C. Nandhini . . |
| 73 | NITHISH KUMAR M | CB19S 195653 | M. Nithish Kumar . . |
| 74 | PREETHI S | CB19S 195654 | S. Preethi . . |
| 75 | PRIYA DHARSHINI S | CB19S 195655 | S. Priya Darshini . . |
| 76 | RAVEENA M | CB19S 195656 | M. Raveena . . |
| 77 | RUTHRA P | CB19S 195657 | P. Ruthra . . |
| 78 | SAKTHI R | CB19S 195658 | R. Sakthi . . |

| | | | |
|-----|-------------------|-------------|-----------------|
| 79 | SANGEETHA.K | CB19S395659 | Sangeetha |
| 80 | SHAJITHA BEGUM.A | CB19S395660 | Shajitha |
| 81 | SHARMILA.K | CB19S395661 | Sharmila |
| 82 | SNEHA.T | CB19S395662 | Sneha |
| 83 | SRIRANJANI.R | CB19S395663 | Sriranjani |
| 84 | SURESH.K | CB19S395664 | Suresh |
| 85 | SWETHA.G | CB19S395665 | Swetha |
| 86 | THENNARASI.S | CB19S395666 | Thenarasai |
| 87 | VADIVARASI.T | CB19S395667 | Vadivarasi.T |
| 88 | VIGNESH.M | CB19S395668 | Vignesh |
| 89 | ACSAH C LENIN | CB19S395671 | Acshah C Lenin |
| 90 | AJUMAANSARI.T | P18450066 | Ajumanari |
| 91 | BALAKRISHNAN.UR | P18450067 | Balakrishnan.UR |
| 92 | GAYATHRI .M | P18450068 | Gayathri.M |
| 93 | HAMSAVARITHINI .S | P18450069 | S. Hamsavari |
| 94 | KRISHNAVENI .R | P18450070 | D. Krishnaveni |
| 95 | LEENAJENIFER .J | P18450071 | Leenajenifer |
| 96 | MAHESWARGANDHI.S | P18450072 | Maheshwargandhi |
| 97 | MOUNIKA .P | P18450073 | Mounika.P |
| 98 | NANDHINI .S | P18450075 | Nandhini.S |
| 99 | NIVEDHA .B | P18450076 | Nivedha |
| 100 | PRIYANGA .R | P18450077 | Priyanga.R |
| 101 | SABARIMANI .B | P18450078 | Sabarimani |
| 102 | SOWMIYA .V | P18450079 | Sowmya.V |
| 103 | SURUDHI .V | P18450080 | Surudhi |
| 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 - 613005

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

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 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

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 INSR & 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.ARAVAZHI,
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(f) & 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 | Divyabharathi |
| 12 | GOGULALAKSHMI .R | CB18S395173 | Gogulalakshmi |
| 13 | HADHI JAFRIN LAILA .S | CB18S395174 | Hadhi Jafrin Laila |
| 14 | JANAKI .S | CB18S395175 | Janaki |
| 15 | JAMILLA 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 | Sellakan |
| 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 | Sakthi |
| 79 | SANGEETHA.K | CB19S395659 | Sangeetha.K |
| 80 | SHAJITHA BEGUMA | 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 | Thennarasasi |
| 87 | VADIVARASIT | CB19S395667 | Vadivarasithi |
| 88 | VIGNESH.M | CB19S395668 | Vignesh.M |
| 89 | ACSAH C LENIN | CB19S395671 | Acshah C Lenin |
| 90 | AJUMAANSARIT | P18450066 | Ajumaansari.T |
| 91 | BALAKRISHNAN.UR | P18450067 | Balakrishnan.U.R |
| 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 | 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 |
| 107 | AARTHI.C | CB17S394686 | Aarthi.C |
| 108 | AARTHI.S | CB17S394687 | Aarthi.S |
| 109 | ABDULMAJIED.F | CB17S394688 | Abdulmajied.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 | J. Janaki |
| 127 | JOTHISWARI.V | CB17S394707 | J. Jothiswari |
| 128 | KARTHIKPRIYA.L | CB17S394708 | Karthi Priya |
| 129 | KEERTHANA.RD | CB17S394709 | Keertana RD |
| 130 | KEERTHIKA.D | CB17S394710 | K. Keertika |
| 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 | M. Jancy Mary |
| 137 | NERUPA.S | CB17S394717 | N. Nerupa |
| 138 | PAVITHRA.K | CB17S394718 | Pavithra |
| 139 | PAVITHRA.T | CB17S394719 | Pavithra T. |
| 140 | PRATHIBA. k | CB17S394720 | P. Prathiba |
| 141 | PRATHIKA.B | CB17S394721 | P. Prathika |
| 142 | RAHINI.V | CB17S394722 | R. Rahini |
| 143 | RAJARAJESHWARI.P | CB17S394723 | R. Rajarajeshwari |
| 144 | RAMYA.V | CB17S394724 | R. Ramya |
| 145 | RUFINA.A | CB17S394725 | R. Rufina |
| 146 | SADAMHUSSAIN.J | CB17S394726 | S. Sadam Hussain |
| 147 | SAKTHIPRIYA.S | CB17S394727 | S. Sakthi Priya |
| 148 | SETHUMADHAVAN.M | CB17S394728 | M. Sethu Madhavan |
| 149 | SHIYAMALADEVI.R | CB17S394729 | S. Shyamala Devi |
| 150 | SIVASHENKA.S | CB17S394730 | S. Sivashenka |
| 151 | SUBHASRI.R | CB17S394731 | R. Subhasri |
| 152 | SUVAITHIRA.A | CB17S394733 | S. Suvaithira |
| 153 | SWATHI.S | CB17S394734 | S. Swathi |
| 154 | UMAIRA BEEVI.I | CB17S394735 | U. Umaira Beevi |
| 155 | VARSHA.B | CB17S394736 | V. Varsha |
| 156 | VIKASH EBI MERVIN.N | CB17S394737 | N. Vikash Ebi Mervin |



Umayy

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.

[Signature]
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,
Vaisalayam 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.PunithaGanesan 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.S.Deepakriya, 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 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 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

bharathcolleges@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-Reja 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 Jafriin Laila.S. |
| 14 | JANAKI .S | CB18S395175 | Janaki.S. |
| 15 | JAMILLA 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 | SNEKA S | CB185395202 | Sneka S. |
| 41 | SORANA G | CB185395201 | Sorana G. |
| 42 | SOWMIYA B | CB185395204 | Sowmiya B. |
| 43 | THAMSELLA A | CB185395205 | ThamSELLA A. |
| 44 | UDHAYASURIYAN A | CB185395206 | Udhayasuriyan A. |
| 45 | VAISHA A | CB185395207 | Vaisha A. |
| 46 | VERAMUKIL C | CB185395208 | Veramukil C. |
| 47 | VIDHYA P | CB185395209 | Vidhya P. |
| 48 | VIVEKA T | CB185395210 | Viveka T. |
| 49 | AARFEN RPSHIMIYA A | CB195395736 | Aarfen RpsHimiya A. |
| 50 | ABDUL RAHUMAN N | CB195395631 | Abdul Rahuman N. |
| 51 | ADITHYAN M | CB195395632 | Adithyan M. |
| 52 | AISHWARYA R | CB195395633 | Aishwarya R. |
| 53 | AMEER DEEN J | CB195395634 | Ameer Deen J. |
| 54 | ANITHA CHARLIN J | CB195395635 | Anitha Charlin J. |
| 55 | DAYAL DEV S | CB195395636 | Dayal Dev S. |
| 56 | DEEPIKA P | CB195395637 | Deepika P. |
| 57 | DHANUSHA G | CB195395638 | Dhanusha G. |
| 58 | DHARANI T | CB195395639 | Dharani T. |
| 59 | DIVYA S(09.03.2001) | CB195395640 | Divya S. |
| 60 | DIVYA S(26.07.2000) | CB195395641 | Divya S. |
| 61 | DIVYA BHARATHI G | CB195395642 | Divya Bharathi G. |
| 62 | GAYATHRI K | CB195395643 | Gayathri K. |
| 63 | HARIPRIYA R | CB195395644 | Haripriya R. |
| 64 | KARPAGAM T | CB195395645 | Karpagam T. |
| 65 | KARTHIKA M | CB195395646 | Karthika M. |
| 66 | KATHIRAVAN E | CB195395647 | Kathiravan E. |
| 67 | KOWSALYA M | CB195395648 | Kowsalya M. |
| 68 | MANJU P | CB195395649 | Manju P. |
| 69 | MARY PRICILLAR | CB195395670 | Mary Pricillar. |
| 70 | NAFISHA M | CB195395650 | Nafisha M. |
| 71 | NAGADHARSHINI M | CB195395651 | Nagadharshini M. |
| 72 | NANDHINI C | CB195395652 | Nandhini C. |
| 73 | NITHISH KUMAR M | CB195395653 | Nithish Kumar M. |
| 74 | PREETHI S | CB195395654 | Preethi S. |
| 75 | PRIYA DHARSHINI S | CB195395655 | Priya Dharshini S. |
| 76 | RAVEENA M | CB195395656 | Raveena M. |
| 77 | RUTHRA P | CB195395657 | Ruthra P. |
| 78 | SAKTHI R | CB195395658 | Sakthi R. |
| 79 | SANGEETHA K | CB195395659 | Sangeetha K. |

| | | | |
|-----|-------------------|-------------|------------------|
| 80 | SHAJITHA BEGUMA | CB19S395660 | Shajitha |
| 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 | Thennarasls |
| 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 |
| 97 | MOUNIKA .P | P18450073 | Mounika.P. |
| 98 | NANDHINI .S | P18450075 | Nandhini |
| 99 | NIVEDHA .B | P18450076 | Nivedha.B |
| 100 | PRIYANGA .R | P18450077 | Priyanga.R. |
| 101 | SABARIMANI .B | P18450078 | Sabarimani |
| 102 | SOWMIYA .V | P18450079 | Sowmya.V |
| 103 | SURUDHI .V | P18450080 | Surudhi |
| 104 | UTHAYA .B | P18450081 | Uthaya |
| 105 | VENNILA .A | P18450082 | Vennila.A. |
| 106 | VIDYA .C | P18450084 | Vidya. |



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.

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.R.ARAVAZHI
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.Saba, 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 2006 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, Meeanakshi 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.Veerasingam,**
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, Thiruchirappalli.

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 | <i>[Signature]</i> |
| 2 | ABITHA.R | CB18S395162 | <i>[Signature]</i> |
| 3 | AMRUTHA KUMAR | CB18S395163 | <i>[Signature]</i> |
| 4 | ANUGRAGA THOMAS | CB18S395164 | <i>[Signature]</i> |
| 5 | ASHA .M | CB18S395165 | <i>[Signature]</i> |
| 6 | BARATH KUMAR .R | CB18S395166 | <i>[Signature]</i> |
| 7 | BAVATHARINI .K | CB18S395167 | <i>[Signature]</i> |
| 8 | BENCY J | CB18S395168 | <i>[Signature]</i> |
| 9 | BHUVANESHWARI .P | CB18S395169 | <i>[Signature]</i> |
| 10 | DEVIKA .M | CB18S395170 | <i>[Signature]</i> |
| 11 | DIVYABHARATHI .A | CB18S395171 | <i>[Signature]</i> |
| 12 | GOGULALAKSHMI .R | CB18S395173 | <i>[Signature]</i> |
| 13 | HADHI JAFRIN LAILA .S | CB18S395174 | <i>[Signature]</i> |
| 14 | JANAKI .S | CB18S395175 | <i>[Signature]</i> |
| 15 | JAMILLA GANI .S | CB18S395176 | <i>[Signature]</i> |
| 16 | JENIFER SHEELA .E | CB18S395177 | <i>[Signature]</i> |
| 17 | JENSIYA .S | CB18S395178 | <i>[Signature]</i> |
| 18 | JESINTHA MARY .A | CB18S395179 | <i>[Signature]</i> |
| 19 | KALAIMAGAL .P | CB18S395180 | <i>[Signature]</i> |
| 20 | KALIVARTHAN .R | CB18S395181 | <i>[Signature]</i> |
| 21 | KAVITHA .P | CB18S395182 | <i>[Signature]</i> |
| 22 | KEETHANA .K | CB18S395183 | <i>[Signature]</i> |
| 23 | MADHUMATHI .E | CB18S395184 | <i>[Signature]</i> |
| 24 | MADHUMITHA .L | CB18S395185 | <i>[Signature]</i> |
| 25 | MAHADEVAN .R.K | CB18S395186 | <i>[Signature]</i> |
| 26 | MAMPHAJOTHI .G | CB18S395187 | <i>[Signature]</i> |
| 27 | MANIBHARATHI .G | CB18S395188 | <i>[Signature]</i> |
| 28 | MOHANAMBAL .S | CB18S395189 | <i>[Signature]</i> |
| 29 | NANDHINI .M.U | CB18S395191 | <i>[Signature]</i> |
| 30 | NIVETHA .R | CB18S395192 | <i>[Signature]</i> |
| 31 | NOORNISHA .S | CB18S395193 | <i>[Signature]</i> |
| 32 | POONGUZHALI .D | CB18S395194 | <i>[Signature]</i> |
| 33 | PRIYADHARSHINI .D | CB18S395195 | <i>[Signature]</i> |
| 34 | PURUSHOTHAMAN .B | CB18S395196 | <i>[Signature]</i> |
| 35 | RAGAVIN .R | CB18S395197 | <i>[Signature]</i> |
| 36 | SANTHINI .G | CB18S395198 | <i>[Signature]</i> |
| 37 | SATHYA .R | CB18S395199 | <i>[Signature]</i> |
| 38 | SELLAKANNU .T | CB18S395200 | <i>[Signature]</i> |
| 39 | SHARMILA .M | CB18S395201 | <i>[Signature]</i> |

| | | | |
|----|---------------------|-------------|---------------------|
| 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 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 | 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. Kartika Priya |
| 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. Vadivasari |
| 88 | VIGNESH.M | CB19S395668 | M. Vignesh |
| 89 | ACSAH C LENIN | CB19S395671 | A. Acharya |
| 90 | S.AARTHI | CB20S396303 | S. Arathi |
| 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. Dhanoj |
| 98 | V.DHIVYADHASHINI | CB20S396311 | V. Dhivya |
| 99 | G.DHIVYA BHARATHI | CB20S396312 | G. Dhivya Bharathi |
| 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 takes for the diabetic patients. This seminar helps to bring awareness on the food s to be taken and avoided for the diabetic patients.




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. Veerasamy
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.

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. Saba, 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

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

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 | CB185395161 | V. Abimanya |
| 2 | ABITHA.R | CB185395162 | R. Abitha |
| 3 | AMRUTHA KUMAR | CB185395163 | Amrutha Kumar |
| 4 | ANUGRAGA THOMAS | CB185395164 | Anurutha |
| 5 | ASHA .M | CB185395165 | M. Asha |
| 6 | BARATH KUMAR .R | CB185395166 | R. Barath Kumar |
| 7 | BAVATHARINI .K | CB185395167 | K. Bavatharini |
| 8 | BENCY .J | CB185395168 | J. Bency |
| 9 | BHUVANESHWARI .P | CB185395169 | P. Bhuvaneshwari |
| 10 | DEVIKA .M | CB185395170 | M. Devika |
| 11 | DIVYABHARATHI .A | CB185395171 | Divyabhatharathi.A |
| 12 | GOGULALAKSHMI .R | CB185395173 | R. Gogulalakshmi |
| 13 | HADHI JAFRIN LAILA .S | CB185395174 | Hadhi Jafin Laila |
| 14 | JANAKI .S | CB185395175 | S. Janaki |
| 15 | JAMILA GANI .S | CB185395176 | S. Jamila Gani |
| 16 | JENIFER SHEELA .E | CB185395177 | E. Jenifer Sheela |
| 17 | JENSIYA .S | CB185395178 | S. Jeniya |
| 18 | JESINTHA MARY .A | CB185395179 | A. Jesintha Mary |
| 19 | KALAIMAGAL .P | CB185395180 | P. Kalaimagal |
| 20 | KALIVARTHAN .R | CB185395181 | R. Kalivarthan |
| 21 | KAVITHA .P | CB185395182 | P. Kavitha |
| 22 | KEETHANA .K | CB185395183 | K. Keethana |
| 23 | MADHUMATHI .E | CB185395184 | E. Madhumathi |
| 24 | MADHUMITHA .L | CB185395185 | L. Madhumitha |
| 25 | MAHADEVAN .R.K | CB185395186 | R.K. Mahadevan |
| 26 | MAMPHAJOTHI .G | CB185395187 | G. Mamphajothi |
| 27 | MANIBHARATHI .G | CB185395188 | G. Manibharathi |
| 28 | MOHANAMBAL .S | CB185395189 | S. Mohanambal |
| 29 | NANDHINI .M.U | CB185395191 | M.U. Nandhini |
| 30 | NIVETHA .R | CB185395192 | R. Nivetha |
| 31 | NOORNISHA .S | CB185395193 | S. Noornisha |
| 32 | POONGUZHALI .D | CB185395194 | D. Poonguzhali |
| 33 | PRIYADHARSHINI .D | CB185395195 | D. Priyadharsini |
| 34 | PURUSHOTHAMAN .B | CB185395196 | B. Purushothaman |
| 35 | RAGAVIN .R | CB185395197 | R. Ragavin |
| 36 | SANTHINI .G | CB185395198 | G. Santhini |
| 37 | SATHYA .R | CB185395199 | R. Sathya |
| 38 | SELLAKANNU .T | CB185395200 | T. Sellakannu |
| 39 | SHARMILA .M | CB185395201 | 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 | THE NNARASIS | CB19S395666 | Theanna Arasi |
| 87 | VADIVARASIT | CB19S395667 | T. Vadivasasi |
| 88 | VIGNESH.M | CB19S395668 | m. vignesh |
| 89 | ACSAH C LENIN | CB19S395671 | ACSAH 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 Roosvelt |
| 94 | DEVADHASHINI.R | P19450105 | R. Devadhashini |
| 95 | DHARANYA .K | P19450106 | K. Dharanya |
| 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 | T. JESSY Margaret |
| 100 | KOWSIKA.A | P19450111 | A. Kowsika |
| 101 | MAGESWARI.G | P19450112 | G. Mageswari |
| 102 | MANISHA.S | P19450113 | S. Manisha |
| 103 | MONIKA.R | P19450114 | Monika R. |
| 104 | NANDHINI.M | P19450115 | m. Nandhini |
| 105 | SANGEETHA.S | P19450116 | S. Sangeetha |
| 106 | SHAHIN BANU.A | P19450117 | m. Shahin Banu |
| 107 | SUGUNA.T | P19450118 | T. Suguna |
| 108 | N.AVANYA RAMKUMARI | P20453401 | Avanyaram |
| 109 | S.ARAVIND | P20453402 | S. Aravind |
| 110 | A.AWLIN SERABIA | P20453403 | A. AWLIN SERABIA |
| 111 | V.BHUVANESWARI | P20453404 | V. BHUVANESWARI |
| 112 | U.DIVYA | P20453405 | U. Divya |
| 113 | M.EZHIL | P20453406 | m. EZHIL |
| 114 | S.INIYASREE | P20453407 | S. INIYASREE |
| 115 | L.KARTHIK PRIYA | P20453408 | L. Karthick Priya |
| 116 | N.KEERTHIKA | P20453409 | N. KEERTHIKA |
| 117 | N.NASIMA | P20453410 | N. Nasima |
| 118 | V.PARANTHAKA CHOLAN | P20453411 | V. Paranthaka Chol. |
| 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. Sethumadhavan |
| 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.RARAVAZHI
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.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

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.Veerasingam, 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.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 | CB185395161 | Abimanyu.V |
| 2 | ABITHA.R | CB185395162 | Abitha.R |
| 3 | AMRUTHA KUMAR | CB185395163 | Amrutha.Kumar |
| 4 | ANUGRAGA THOMAS | CB185395164 | Anugraga Thomas |
| 5 | ASHA .M | CB185395165 | Asha.M |
| 6 | BARATH KUMAR .R | CB185395166 | Barath Kumar |
| 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 | JAMILLA GANI .S | CB185395176 | Jamilla Gani |
| 16 | JENIFER SHEELA .E | CB185395177 | Jenifer Sheela |
| 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 | Sellakannu.T |
| 39 | SHARMILA .M | CB185395201 | Sharmila.M |

| | | | |
|----|---------------------|-------------|---------------------|
| 40 | SNEKA .S | CB185395202 | Sneka .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 |
| 52 | DEVA ROOSVELT | P19450104 | DEVA ROOSVELT |
| 53 | DEVADHASHINI.R | P19450105 | Devadhashini |
| 54 | DHARANYA.K | P19450106 | Dharanya |
| 55 | DINESH KUMAR.M | P19450107 | Dinesh Kumar |
| 56 | HAJI MOHAMMED.M | P19450108 | Haji Mohammed |
| 57 | JANAKIPRIYA.R | P19450109 | Janakipriya |
| 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 | Nandhini |
| 64 | SANGEETHA.S | P19450116 | Sangeetha |
| 65 | SHAHIN BANU.A | P19450117 | Shahin Banu |
| 66 | SUGUNA.T | P19450118 | SUGUNA |
| 67 | N.AVANYA RAMKUMARI | P20453401 | N.Avanya Ramkumari |
| 68 | S.ARAVIND | P20453402 | S.Aravind |
| 69 | A.AWLIN SERABIA | P20453403 | A.Awlina Serabia |
| 70 | V.BHUVANESWARI | P20453404 | V.Bhuvaneshwari |
| 71 | U.DIVYA | P20453405 | U.Divya |
| 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 | V.Paranthaka Cholan |
| 78 | K.PAVITHRA | P20453412 | K.Pavithra |
| 79 | K.PRATHIBA | P20453413 | K.Prathiba |
| 80 | M.SAFRIN ROSE | P20453414 | M.Safrin Rose |
| 81 | M.SETHUMADHAVAN | P20453416 | M.Sethumadhavan |
| 82 | M.SUNDARAVENIL | P20453417 | M.Sundaravenil |



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 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

FALICITATION

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. BANJUGAM

MEDICAL COLLEGE

THANJAVUR.

Sponsored by
Meenakshi Hospital , Thanjavur

ALL ARE CORDIALLY INVITED



ORGANIZING COMMITTEE

Chief Patron

Mrs.G.PunithaGanesan 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.Deepakriya, 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 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.

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

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(D) 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.Veerasley,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.PUNTHAGANESAN, 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.K |
| 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 | Divyabhathari.A |
| 12 | GOGULALAKSHMI .R | CB185395173 | Gogulalakshmi.R |
| 13 | HADHI JAFRIN LAILA .S | CB185395174 | Hadhi.Jafarin.Laila.S |
| 14 | JANAKI .S | CB185395175 | Janaki.S |
| 15 | JAMILLA GANI .S | CB185395176 | Jamil.Gani.S |
| 16 | JENIFER SHEELA .E | CB185395177 | Jenifer.Sheela.E |
| 17 | JENSIYA .S | CB185395178 | Jensiya.S |
| 18 | JESINTHA MARY .A | CB185395179 | Jesintha.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 | Sellakannu.T |
| 39 | SHARMILA .M | CB185395201 | Sharmila.M |

| | | | |
|----|---------------------|-------------|----------------------|
| 40 | SNEKA .S | CB18S395202 | Sneka .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 | Vidhya .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 | Hajaki Muhammed .M |
| 57 | JANAKIPRIYA.R | P19450109 | Janaki Priya .R |
| 58 | JESSY MARGARET.J | P19450110 | Jessy Margaret .J |
| 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 | Navya .R |
| 68 | S.ARAVIND | P20453402 | S. Aravind .S |
| 69 | A.AWLIN SERABIA | P20453403 | A. Binnell |
| 70 | V.BHUVANESWARI | P20453404 | V. Binnell |
| 71 | U.DIVYA | P20453405 | U. Divya .U |
| 72 | M.EZHIL | P20453406 | M. Ezhil .M |
| 73 | S.INIYASREE | P20453407 | S. Iniyasree .S |
| 74 | L.KARTHIK PRIYA | P20453408 | L. Karthi .L |
| 75 | N.KEERTHIKA | P20453409 | N. Keerthi .N |
| 76 | N.NASIMA | P20453410 | N. Nasima .N |
| 77 | V.PARANTHIKA CHOLAN | P20453411 | V. Paranthi .V |
| 78 | K.PAVITHRA | P20453412 | K. Pavithra .K |
| 79 | K.PRATHIBA | P20453413 | K. Prathiba .K |
| 80 | M.SAFRIN ROSE | P20453414 | M. Safran .M |
| 81 | M.SETHUMADHAVAN | P20453416 | M. Suman .M |
| 82 | M.SUNDARAVENIL | P20453417 | M. Sundar .M |
| 83 | AAFREEN RISHIMIYA.A | CB19S395736 | Aafreen Rishimiya .A |
| 84 | ABDUL RAHUMAN.N | CB19S395631 | Abdullah .A |
| 85 | ADHITHYAN.M | CB19S395632 | Adhithyan .M |

| | | | |
|-----|----------------------|-------------|---------------|
| 86 | AISHWARYA.R | CB19S395633 | Priyanka |
| 87 | AMER DEEN J | CB19S395634 | Amer Deen |
| 88 | ANITHA CHARLIN J | CB19S395635 | Anitha |
| 89 | DAYAL DEV.S | CB19S395636 | Dayal |
| 90 | DEEPIKA.P | CB19S395637 | Deepika.P |
| 91 | DIANUSHA.G | CB19S395638 | Diana |
| 92 | DHARAN.L.T | CB19S395639 | Dhara |
| 93 | DIVYA.S.(09.03.2001) | CB19S395640 | Divya |
| 94 | DIVYA.S.(26.07.2000) | CB19S395641 | Divya.S |
| 95 | DIVYA BHARATHI.G | CB19S395642 | Divya |
| 96 | GAYATHRI.K | CB19S395643 | Gayatri.K |
| 97 | HARIPRIYA.R | CB19S395644 | Haripriya |
| 98 | KARPAGAM.T | CB19S395645 | Karaga |
| 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 |
| 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.R |
| 113 | SANGEETHA.K | CB19S395659 | Sangeetha.K |
| 114 | SHAJITHA BEGUM.A | CB19S395660 | Shajitha |
| 115 | SHARMILA.K | CB19S395661 | Sharmila.K |
| 116 | SNEHA.T | CB19S395662 | Sneha.T |
| 117 | SRIRANJAN.R | CB19S395663 | Sriranjana |
| 118 | SURESH.K | CB19S395664 | Suresh.K |
| 119 | SWETHA.G | CB19S395665 | Swetha.G |
| 120 | THENNARASI.S | CB19S395666 | Thennarasi.S |
| 121 | VADIVARASI.T | CB19S395667 | Vadivarasi.T |
| 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

FALICITATION
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., 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., 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

S|PONSORED 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 |

20

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.Awlin Serabia |
| 22 | V.BHUVANESWARI | P20453404 | V.Bhuvaneshwari |
| 23 | U.DIVYA | P20453405 | U.Divya |
| 24 | M.EZHIL | P20453406 | M.Ezhil |
| 25 | S.INIYASREE | P20453407 | S.Iniyasree |
| 26 | L.KARTHIK PRIYA | P20453408 | L.Karthik Priya |
| 27 | N.KEERTHIKA | P20453409 | N.Keerthika |
| 28 | N.NASIMA | P20453410 | N.Nasima |
| 29 | V.PARANTHAKA CHOLAN | P20453411 | V.Parantha Cholan |
| 30 | K.PAVITHRA | P20453412 | K.Pavithra |
| 31 | K.PRATHIBA | P20453413 | K.Prathiba |
| 32 | M.SAFRIN ROSE | P20453414 | M.Safrin Rose |
| 33 | M.SETHUMADHAVAN | P20453416 | M.Sethumadhevan |
| 34 | M.SUNDARAVENIL | P20453417 | M.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 | Ameer Deen |

| | | | |
|----|---------------------|-------------|-------------------|
| 40 | ANITHA CHARLINJ | CB19S395635 | Anitha Charlin T |
| 41 | DAYAL DEV.S | CB19S395636 | Dayal Dev. |
| 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.M |
| 52 | KATHIRAVAN.E | CB19S395647 | Kathiravan.E |
| 53 | KOWSALYA.M | CB19S395648 | Kowsalya.M |
| 54 | MANJU.P | CB19S395649 | Manju.P |
| 55 | MARY PRICILLA.R | CB19S395670 | Mary Pricilla.R |
| 56 | NAFISHA.M | CB19S395650 | Nafisha.M |
| 57 | NAGADHARSHINI.M | CB19S395651 | Nagadharshini.M |
| 58 | NANDHINI.C | CB19S395652 | Nandhini.C |
| 59 | NITHISH KUMAR.M | CB19S395653 | Nithish Kumar.M |
| 60 | PREETHI.S | CB19S395654 | Preethi.S |
| 61 | PRIYA DHARSHINI.S | CB19S395655 | Priya Dharshini.S |
| 62 | RAVEENA.M | CB19S395656 | Raveena.M |
| 63 | RUTHRA.P | CB19S395657 | Ruthra.P |
| 64 | SAKTHI.R | CB19S395658 | Sakthi.R |
| 65 | SANGEETHA.K | CB19S395659 | Sangeetha.K |
| 66 | SHAJITHA BEGUMA | CB19S395660 | Shajitha Beguma |
| 67 | SHARMILA.K | CB19S395661 | Sharmila.K |
| 68 | SNEHA.T | CB19S395662 | Sneha.T |
| 69 | SRIRANJAN.R | CB19S395663 | Sriranjan.R |
| 70 | SURESH.K | CB19S395664 | Suresh.K |
| 71 | SWETHA.G | CB19S395665 | Swetha.G |
| 72 | THENNARASI.S | CB19S395666 | Thennarasi.S |
| 73 | VADIVARASI.T | CB19S395667 | Vadivarasi.T |
| 74 | VIGNESH.M | CB19S395668 | Vignesh.M |
| 75 | ACSAH C LENIN | CB19S395671 | Acshah C 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 MALNURTITION
RESOURCE PERSON : Mrs. PunithaGanesan, 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.

[Signature]
PRINCIPAL

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





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

Prof. T.S. Dhanapriya, M.Sc.,
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 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.

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 (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 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.

Sponsored by Meenakshi Hospital

Thanjavur

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 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.Veerasingam,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. Sethumadhavan |
| 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 DEENJ | 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. Dhansha |
| 26 | DHARANI.T | CB19S395639 | T. Dhara |
| 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. Nagadharsini |

| | | | |
|----|---------------------|-------------|----------------------|
| 40 | NANDHINI.C | CB19S395652 | C. Nandhini |
| 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. San Geetha |
| 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. Vadivarasini |
| 56 | VIGNESH.M | CB19S395668 | M. Vignesh |
| 57 | ACSAH C LENIN | CB19S395671 | Acsh. 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. Dhanaaraja |
| 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. Keethana |
| 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. Priyadharsini |
| 87 | R.PRIYADHARSHINI | CB20S395885 | R. Priyadharsini |
| 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

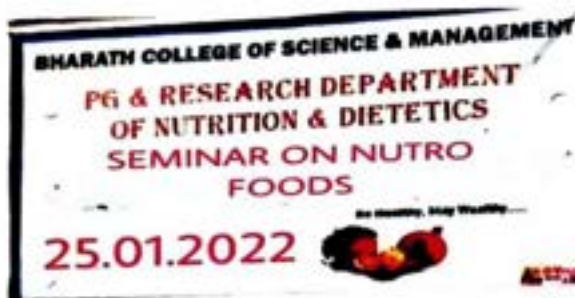
RESOURCE PERSON : Mrs. JAYANTHI

Chief Dietitian

Meenakshi Hospital ,Thanjavur


ACADEMIC YEAR : 2021-2022

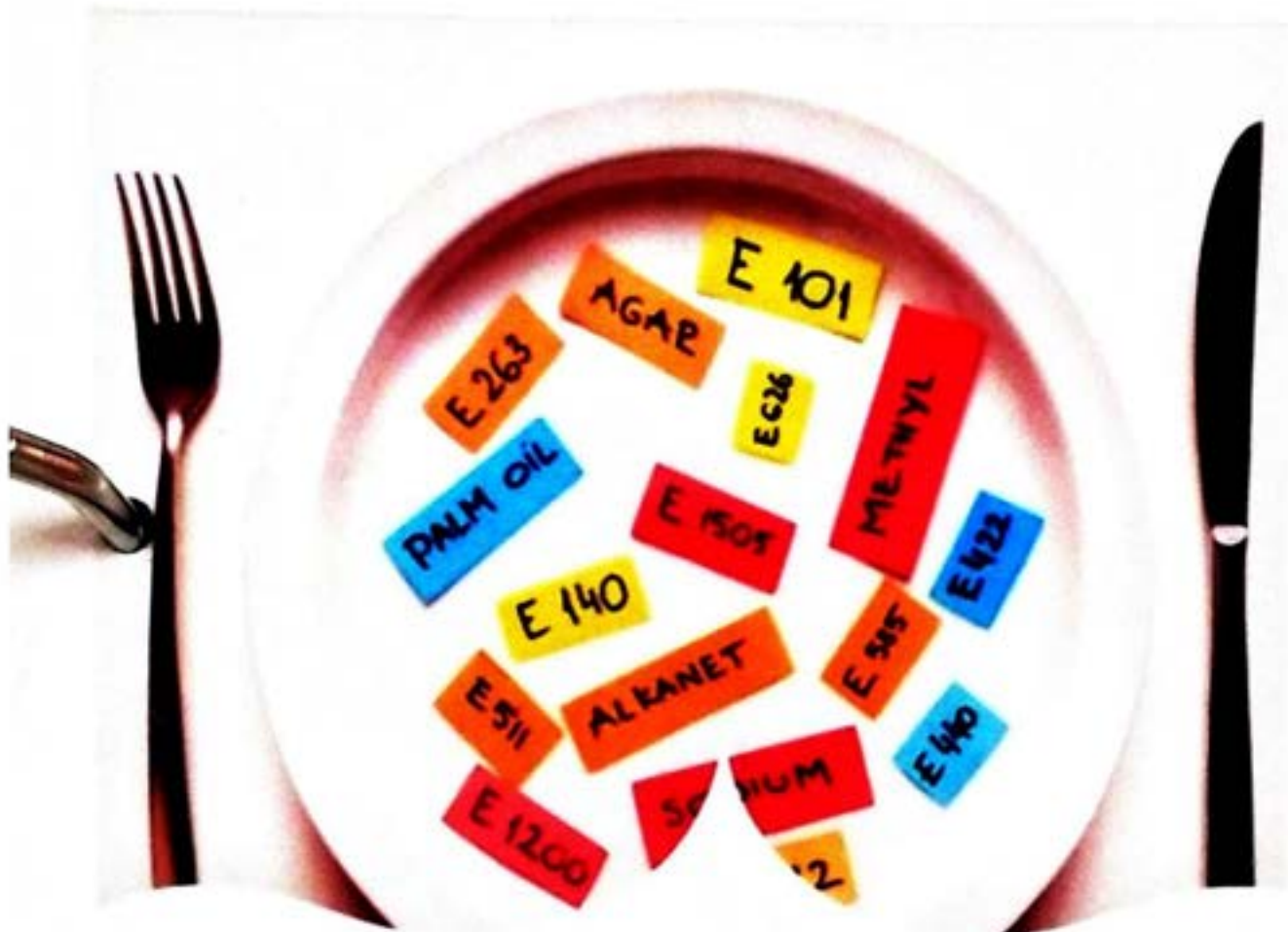
(25.01 2022)



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.




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



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

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**

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.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 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

21

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. Avanya |
| 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 | 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 DEENJ | CB19S395634 | Ameer DeenJ |
| 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. Karthika |
| 33 | KARTHIKA.M | CB19S395646 | K. Karthika |
| 34 | KATHIRAVAN.E | CB19S395647 | K. Kathiravan.E |
| 35 | KOWSALYA.M | CB19S395648 | K. Kowsalya |
| 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 | N.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 | Thennarasi.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 | Sarthi |
| 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.Dhivya Bharathi |
| 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 |
| 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 |
| 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 |



Wavy
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



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.

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. 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.bharath college.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 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.Veerasingam, 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.Punitha Ganesan,**
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, Thiruchirappalli.

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 | K. 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 | NANDHINLC | CB19S395652 | Aug O. |
| 41 | NITHISH KUMAR.M | CB19S395653 | Nithish Kumar M. |
| 42 | PREETHIS | CB19S395654 | Preethi S. |
| 43 | PRIYA DHARSHINLS | CB19S395655 | Priya Dharmini 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 | Sneha T |
| 51 | SRIRANJANI.R | CB19S395663 | Sr. Sriranjani |
| 52 | SURESH.K | CB19S395664 | S. Suresh |
| 53 | SWETHA.G | CB19S395665 | Swetha G |
| 54 | THENNARASIS | CB19S395666 | S. Thennarasi |
| 55 | VADIVARASI.T | CB19S395667 | V. Vadivarasi |
| 56 | VIGNESH.M | CB19S395668 | V. Vignesh |
| 57 | ACSAH C LENIN | CB19S395671 | Acshah 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 | M. Asha |
| 62 | BABITHA.N | P21452629 | N. Babitha |
| 63 | DEEPIKA.S | P21452630 | S. Deepika |
| 64 | HADHI JAFRIN LAILA.S | P21452631 | S. Hadhi Jafri |
| 65 | HARUN NASEER.J | P21452632 | J. Harun Naseer |
| 66 | JAYA BRUNDHA.D | P21452633 | D. Jayabruntha |
| 67 | KAVITHARANI.P | P21452634 | P. Kavitharani |
| 68 | MADHUMATHIE | P21452635 | M. Madhumathi |
| 69 | MAHADEVAN.R.K | P21452636 | P. Mahadevan |
| 70 | MOHANAMBALS | P21452637 | S. Mohanambal |
| 71 | NANDHINI.R | P21452638 | N. 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. Priyadharsini |
| 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)
 Thangapattinam - 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

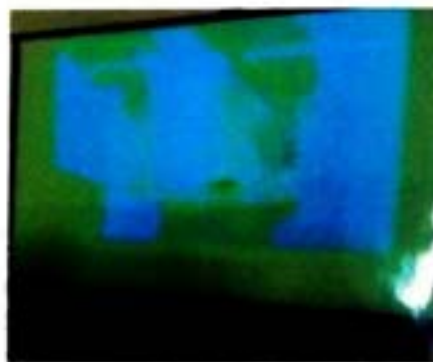
Head, Dept of Home Science

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 behind the 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
BHARATHCOLLEGE 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. Dhivyadharehini, 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 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

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

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 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 Kavary**
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 |
| 2 | S.ARAVIND | P20453402 | Aravind.S. |
| 3 | A.AWLIN SERABIA | P20453403 | Awlin.S. |
| 4 | V.BHUVANESWARI | P20453404 | Bhuvan. |
| 5 | U.DIVYA | P20453405 | Divya. |
| 6 | M.EZHIL | P20453406 | Ezhil. |
| 7 | S.INIYASREE | P20453407 | Iniyasree. |
| 8 | L.KARTHIK PRIYA | P20453408 | Karthik.P. |
| 9 | N.KEERTHIKA | P20453409 | Keerthika.N. |
| 10 | N.NASIMA | P20453410 | Nasima.N. |
| 11 | V.PARANTHAKA CHOLAN | P20453411 | Paranthaka. |
| 12 | K.PAVITHRA | P20453412 | Pavithra.k. |
| 13 | K.PRATHIBA | P20453413 | Prathiba. |
| 14 | M.SAFRIN ROSE | P20453414 | Safin Rose. |
| 15 | M.SETHUMADHAVAN | P20453416 | Sethumadhuwan. |
| 16 | M.SUNDARA VENIL | P20453417 | Sundaravenil. |
| 17 | AAFREEN RISHMIYA.A | CB19S395736 | Aafreen |
| 18 | ABDUL RAHUMAN.N | CB19S395631 | Abdul |
| 19 | ADHITHYAN.M | CB19S395632 | Adhithyan |
| 20 | AISHWARYA.R | CB19S395633 | Aishwarya |
| 21 | AMEER DEEN.J | CB19S395634 | Ameeer |
| 22 | ANITHA CHARLIN.J | CB19S395635 | Anitha |
| 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 |
| 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 |
| 38 | NAFISHA.M | CB19S395650 | Nafisha |
| 39 | NAGADHARSHINI.M | CB19S395651 | Nagadharshini |

| | | | |
|----|----------------------|-------------|--------------------------|
| 40 | NANDHINI.C | CB19S395652 | <i>Nandhini</i> |
| 41 | NITHISH KUMAR.M | CB19S395653 | <i>Nithish Kumar</i> |
| 42 | PREETHI.S | CB19S395654 | <i>Preethi</i> |
| 43 | PRIYA DHARSHINI.S | CB19S395655 | <i>Priya Dharshini</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>Thenaras</i> |
| 55 | VADIVARASI.T | CB19S395667 | <i>Vadivarasi</i> |
| 56 | VIGNESH.M | CB19S395668 | <i>Vignesh</i> |
| 57 | ACSAH C LENIN | CB19S395671 | <i>Acshah 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 Naseer</i> |
| 66 | JAYA BRUNDHA.D | P21452633 | <i>Jaya Brundha</i> |
| 67 | KAVITHARANI.P | P21452634 | <i>Kavitharani</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 Gnana Mary</i> |
| 83 | AJITH KUMAR .S | CB21S396303 | <i>Ajith Kumar</i> |
| 84 | AKALYA.G | CB21S396304 | <i>Akalya</i> |
| 85 | BAVADHARANI.S | CB21S396305 | <i>Bavadharani</i> |
| 86 | BHUVANESHWARI.S | CB21S396306 | <i>Bhuvaneshwari</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 | PERIYASAML.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 Kavery
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.

Organising Coordinators,

Prof. D. Vasavi, M.Sc., M.Phil., ...

Assistant Professor, Dept of N&D

Prof. A. Arokia Maxilise, 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



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

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

**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.PunithaGanesan,**
Secretary, Bharath group of Institutions,
Thanjavur
- Keynote Address : **Dr.RadhikaMicheal ,**
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 | [Signature] |
| 2 | S.ARAVIND | P20453402 | [Signature] |
| 3 | A.AWLIN SERABIA | P20453403 | [Signature] |
| 4 | V.BHUVANESWARI | P20453404 | [Signature] |
| 5 | U.DIVYA | P20453405 | [Signature] |
| 6 | M.EZHIL | P20453406 | [Signature] |
| 7 | S.INIYASREE | P20453407 | [Signature] |
| 8 | L.KARTHIK PRIYA | P20453408 | [Signature] |
| 9 | N.KEERTHIKA | P20453409 | [Signature] |
| 10 | N.NASIMA | P20453410 | [Signature] |
| 11 | V.PARANTHIKA CHOLAN | P20453411 | [Signature] |
| 12 | K.PAVITHRA | P20453412 | [Signature] |
| 13 | K.PRATHIBA | P20453413 | [Signature] |
| 14 | M.SAFRIN ROSE | P20453414 | [Signature] |
| 15 | M.SETHUMADHAVAN | P20453416 | [Signature] |
| 16 | M.SUNDARAVENIL | P20453417 | [Signature] |
| 17 | AAFREEN RISHMIYA.A | CB19S395736 | [Signature] |
| 18 | ABDUL RAHUMAN.N | CB19S395631 | [Signature] |
| 19 | ADHITHYAN.M | CB19S395632 | [Signature] |
| 20 | AISHWARYA.R | CB19S395633 | [Signature] |
| 21 | AMEER DEEN.J | CB19S395634 | [Signature] |
| 22 | ANITHA CHARLIN.J | CB19S395635 | [Signature] |
| 23 | DAYAL DEV.S | CB19S395636 | [Signature] |
| 24 | DEEPIKA.P | CB19S395637 | [Signature] |
| 25 | DHANUSHA.G | CB19S395638 | [Signature] |
| 26 | DHARANI.T | CB19S395639 | [Signature] |
| 27 | DIVYA.S(09.03.2001) | CB19S395640 | [Signature] |
| 28 | DIVYA.S(26.07.2000) | CB19S395641 | [Signature] |
| 29 | DIVYA BHARATHI.G | CB19S395642 | [Signature] |
| 30 | GAYATHRI.K | CB19S395643 | [Signature] |
| 31 | HARIPRIYA.R | CB19S395644 | [Signature] |
| 32 | KARPAGAM.T | CB19S395645 | [Signature] |
| 33 | KARTHIKA.M | CB19S395646 | [Signature] |
| 34 | KATHIRAVAN.E | CB19S395647 | [Signature] |
| 35 | KOWSALYA.M | CB19S395648 | [Signature] |
| 36 | MANJU.P | CB19S395649 | [Signature] |
| 37 | MARY PRICILLA.R | CB19S395670 | [Signature] |
| 38 | NAFISHA.M | CB19S395650 | [Signature] |
| 39 | NAGADHARSHINI.M | CB19S395651 | [Signature] |

| | | | |
|----|----------------------|-------------|-----------------------|
| 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 | Ruthra. |
| 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 | Sriranjani.R. |
| 52 | SURESH.K | CB19S395664 | Suresh.K. |
| 53 | SWETHA.G | CB19S395665 | Swetha.G. |
| 54 | THENNARASI.S | CB19S395666 | Thenнарasi.S. |
| 55 | VADIVARASI.T | CB19S395667 | Vadivarasi.T. |
| 56 | VIGNESH.M | CB19S395668 | Vignesh.M. |
| 57 | ACSAH C LENIN | CB19S395671 | Acsah 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 Jafrin Laila.S. |
| 65 | HARUN NASEER.J | P21452632 | Harun Naseer.J. |
| 66 | JAYA BRUNDHA.D | P21452633 | Jaya Brundha.D. |
| 67 | KAVITHARANI.P | P21452634 | Kavitharani.P. |
| 68 | MADHUMATHI.E | P21452635 | Madhumathi.E. |
| 69 | MAHADEVAN.R.K | P21452636 | Mahadevan.R.K. |
| 70 | MOHANAMBAL.S | P21452637 | Mohanambal.S. |
| 71 | NANDHINI.R | P21452638 | Nandhini.R. |
| 72 | NOOR SHIFA.R | P21452639 | Noor Shifa.R. |
| 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.R. |
| 77 | RUBASRI.R | P21452644 | Rubasri.R. |
| 78 | SAHANAS BEGAM.P | P21452645 | Sahanas Begam.P. |
| 79 | SAHIRA BANU.B | P21452646 | Sahira Banu.B. |
| 80 | SNEKA.S | P21452647 | Sneka.S. |
| 81 | SOWMIYA.R | P21452648 | Sowmiya.R. |
| 82 | STEPHY GNANA MARY.T | P21452649 | Stephy Gnana Mary.T. |
| 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.S. |

| | | | |
|-----|--------------------|-------------|--------------------------|
| 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</i> |
| 95 | PERIYASAMI.P | CB21S396316 | <i>Periyasami</i> |
| 96 | PRAVINA.D | CB21S396317 | <i>Pravina</i> |
| 97 | PRIYADHARSHINI.S | CB21S396318 | <i>Priyadharshini S.</i> |
| 98 | SABARINATHAN.T | CB21S396319 | <i>Sabarathan T.</i> |
| 99 | SIVANANDHINI.R | CB21S396320 | <i>Sivanandhini R.</i> |
| 100 | THEENATHALAN | CB21S396321 | <i>Theenathan</i> |



Ummayy

PRINCIPAL

Bharath College of Science and Management
Bharath Avenue (Near New Bus Stand)
THANJAVUR - 612 009.



**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.



[Signature]
PRINCIPAL

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

THANJAVUR - 613 005.