

## Programme on Beat the Heat

The Department of Physics, in association with the Galaxy Sparkle Club – 2025, Trinity College for Women, Namakkal conducted a one-day programme “Cooking Competition - Fireless Cooking” (Beat the Heat) on 02nd January 2025 in the Einstein Laboratory, Department of Physics of the College. The Sweets and Spice Exhibition were also held on that day.

24 Students of the department of Physics of the College eagerly took part.

S.No	Name of the student	Year and Degree	Details of Sweet	Details of Spicey
01	Ms. C. Tamilselvi	III Year B.Sc., Physics	Puffed Rice Laddu	Banana Fresh Fries
02	Ms. S. Karthika	I M.Sc., Physics	Oreo Roll	Cornflakes chaat
03	Ms. S. Dhanya	III Year B.Sc., Physics	Bread Cake	Natural Vadai
04	Ms. S. Mohanapriya	I M.Sc., Physics	Stuffed Badhusa	Sprout Salad
05	Ms. A. Ranjitha	I M.Sc., Physics	Futty Bread	Lays Bhel
06	Ms. T. Jovitha	II M.Sc., Physics	Green Gram Badham	Soya Carrot Salad
07	Ms. S. Harini	II Year B.Sc., Physics	Paan Laddu	Kerala Style Chammanthi
08	Ms. K.V.Sowmiyaa	II Year M.Sc., Physics	Amla Laddu	Bread Chilli
09	Ms. D.Ragavi	III Year B.Sc., Physics	Paasipayaru Urundai	Kondakadalai Cutlet
10	Ms. R. Pooja	I M.Sc., Physics	Almond & Cashew Rasmalai	Boti chaat Masala
11	Ms. R. Birundha	I M.Sc., Physics	Cookie Burfi	Natural Beetroot Vadai
12	Ms. T. Pradhiksha	II Year B.Sc., Physics	Desicated Malai Cake	Tandoori Sweet Corn Bread Roll
13	Ms. S. Yamuna	II Year B.Sc., Physics	Cream Coconut Sandwich	Peri Peri Spicy Sandwich
14	Ms. R. Aarthi	II M.Sc., Physics	Banana Bite	Row Banana With coconut Spicy
15	Ms. C. Vitharani	III Year B.Sc., Physics	Dates Laddu	Green Gram Salad
16	Ms. K. Kaviya	II M.Sc., Physics	Chocolate Banana Bites	Bread Canapes
17	Ms. E. Kavipriya	II M.Sc., Physics	Pumpkin Halwa	Snake Guard Cutlet
18	Ms. A. Preethi Shri	III Year B.Sc., Physics	Carrot Halwa	Garlic Chutney
19	Ms. N.S. Hemalatha	III Year B.Sc., Physics	Roasted Gram	Natural Sambar
20	Ms. K. Rishali	III Year B.Sc., Physics	Nuts Laddu	ABC Salad
21	Ms. V. Abarna	II M.Sc., Physics	Banana Desert	Moondal Salad

22	Ms. S. Poovitha	III Year B.Sc., Physics	Aval Paniyaram	Murugai Keerai
23	Ms. S. Dharchani	III Year B.Sc., Physics	Aval Laddu	Fried Rice
24	Ms. B. Harini	I Year B.Sc., Physics	Pootukadalai Halwa	....

Mrs. R. Rupa, Assistant Professor & Head, Department of Nutrition and Dietetics & Mrs. G. Kannagi, Assistant Professor and Head, Department of English, Trinity College for Women, Namakkal acted as the Judges of above said events.

#### The details of the prize winners

S.No	Name of the student	Year and Degree	Achievement
01	Ms. T. Pradhiksha	II B.Sc., Physics	First Prize
02	Ms. S. Yamuna	II B.Sc., Physics	Second Prize
03	Ms. S. Harini	II B.Sc., Physics	Third Prize

Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr. Arasuparameswaran, Coordinator – Silver Jubilee Celebrations, Mr. N.S. Senthilkumar, Administrative Officer, the various department heads, faculty members and students also participated.

This programme was conducted by the faculty members of Physics Dr. B. Lakshmi, Mrs. B. Kavitha, Dr. R. Sakunthaladevi, Mrs. S. Mohanapriya, Mrs. V. Kalaivani, Mrs. K. Saranya, Mrs. S. Sandhiya and Mrs. P. Gowthami of the college.