

**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**DEPARTMENTAL ACTIVITIES**  
**2024-25**

### INTERNAL ACTIVITIES

S.NO	DATE	NAME OF THE PROGRAMME	TITLE OF THE PROGRAMME	PROGRAMME DETAILS
1	07.06.2024	WEBINAR	FOOD SAFETY,PROTECTING LIFE & PRESERVING HEALTH	Mrs.V.SOWMIYA,AP/N&D, TRINITY COLLEGE FORWOMEN,NAMAKKAL
2	12.07.2024	INAUGURATION OF NUTRI BAKE'S CLUB	INAUGURATION OF NUTRI BAKE'S CLUB	Mr. V. IMRAN BASHA, PROPRIETOR AND MANAGING DIRECTOR, THE FRESH BAKERY AND TFB PROFESSIONAL BAKING AND TRAINING, BENGALURU
3	01.08.2024 to 06.08.2024	FOOD STALL	NUTRI SNACKS STALL (A STARTUP INITIATIVE FOR STUDENTS)	Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR, TRINITY COLLEGE FORWOMEN,NAMAKKAL
4	07.08.2024	AWARENESS PROGRAM	CLOSING THE GAP: BREASTFEEDING SUPPORT FOR ALL	Mrs.B.LAKSHMI VILLAGE HEALTH NURSE, PRIMARY HEALTH CENTRE, VAGURAMPATTI, NAMAKKAL
5	13.08.2024	SEMINAR	AN INTRODUCTORY SESSION ON FOOD SAFETY AND QUALITY TRAINING PROGRAMES	Mr.S.ABUBAKKER SIDDIQ, FOOD SAFETY CONSULTANT, SAS MICRO FOOD SAFETY CONSULTING SERVICES, MADURAVOYAL, CHENNAI
6	30.09.2024	SEMINAR	POSHAN MAAH 2024	Dr. S. SATHISHKUMAR, DCPO, Dr. S.SHANMUGAPRIYA, ASSISTANT SURGEON, ERNAPURAM PRIMARY HEALTH CENTRE, and P. ALAGAMMAL, CDPO, NAMAKKAL
7	16.10.2024	SEMINAR	"IF THERE IS NO FOOD FOR A SINGLE PERSON, THAN WE CAN DESTROY THE WHOLE UNIVERSE"	Ms.P.SRIRENUGADEVI,AP/N&D, TRINITY COLLEGE FORWOMEN,NAMAKKAL

8	31.10.2024	FOOD STALL	DIWALI SWEET AND SAVOURIES STALL	Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR, TRINITY COLLEGE FORWOMEN,NAMAKKAL
9	19.12.2024	EXHIBITION CUM SEMINAR	THERAPEUTIC POTENTIAL OF MILLETS	Dr. K.C. ARUN, DISTRICT DESIGNATED OFFICER, FOOD SAFETY DEPARTMENT, NAMAKKAL Dr. ANDREW K. NAGARAJAN, EXECUTIVE CHEF, CJ PALLAZZIO, SALEM
10	10.02.2025	ALUMNI FORUM	INTERACTION SESSION OF PRODUCTION, MARKETING & CONSUMPTION OF MILLETS	Ms. B. GOWMITHA, ALUMNI B.Sc.,N&D (2021- 24) AGRICULTURAL ENTREPRENEUR (MILLET FARMING), MEL THOLUR, ANIYAPURAM,NAMAKKAL
11	12.02.2025	WORKSHOP	INNOVATIVE TECHNIQUES OF BARIATRIC SURGERY	Mrs. P. APURVA, DIETICIAN & BARIATRIC NUTRITIONIST, PSG HOSPITALS, AVINASHI ROAD, PEELAMEDU, COIMBATORE
12	13.02.2025	WORKSHOP	PROCESS & COMMERCIALIZATION OF INNOVATIVE FOOD PRODUCTS	Dr. C. PANDIYAN, PROFESSOR, DEPARTMENT OF LIVESTOCK PRODUCTS TECHNOLOGY (DAIRY SCIENCE), TAMIL NADU VETERINARY COLLEGE & RESEARCH INSTITUTE (TANUVAS), NAMAKKAL



**TRINITY COLLEGE FOR WOMEN**  
(Arts and Science),  
NAMAKKAL – 637 002, Tamil Nadu state, India.  
(C9496)

[www.trinitycollegenkl.edu.in](http://www.trinitycollegenkl.edu.in)

**CELEBRATION OF INTERNATIONAL FOOD  
SAFETY DAY**

Unnat Bharat Abhiyan Cell, in support of the  
Department of Nutrition and Dietetics,  
Trinity College for Women, Namakkal conduct a  
Webinar on

**“Food Safety, Protecting Life & Preserving  
Health”**

**Date – 07th June 2024 – (Friday) - 10.30 AM**  
**Via – Google Meet**



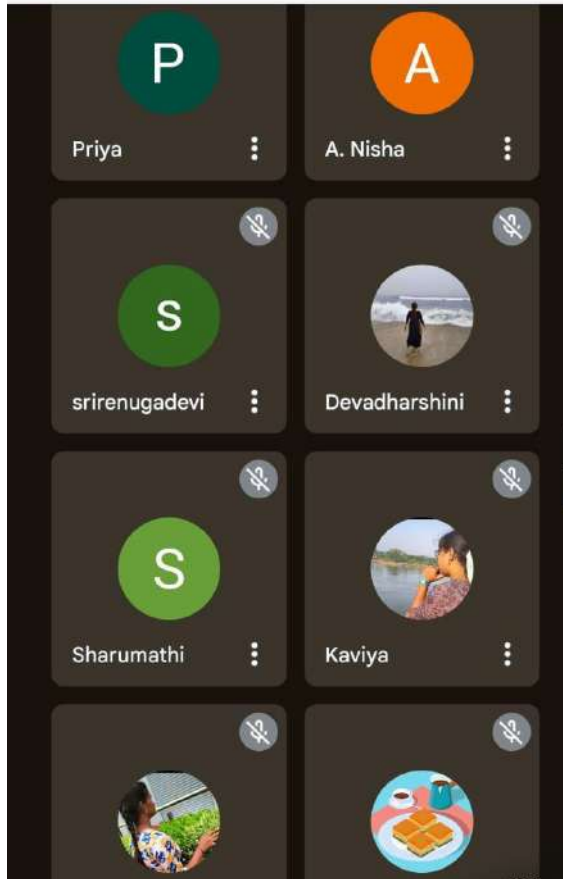
**Name of the Resource Person**  
**Mrs. V. Sowmiya,**  
**Assistant Professor in Nutrition and Dietetics**  
**Trinity College for Women,**  
**(Arts and Science)**  
**Namakkal – 637 002.**





## **REPORT SUMMARY**

International food safety day is celebrated on June 7 globally. On this subject, the Unnat Bharat Abhiyan Cell, in the support of the department of Nutrition and Dietetics, Trinity College for Women, Namakkal, conducted a webinar on “Food Safety, Protecting Life & Preserving Health” on 07th June 2024. Mrs. V. Sowmiya, Assistant Professor of Nutrition and Dietetics, Trinity College for Women, Namakkal was the special speaker. She emphasized the causative organisms and the ways to prevent food poisoning. Also, she highlighted the importance of food management. The event was held through the Google Meet. More or less 100 participants were present for the webinar, and they included outgoing students of the college also. The webinar was very informative and was well appreciated by the participants. Mrs. S. Hemalatha, Assistant Professor in Tamil and the Coordinator, Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal proposed the vote of thanks.





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL  
(ARTS & SCIENCE)**

(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.  
2f & 12b STATUS GRANTED BY UGC, NEW DELHI  
AND NAAC ACCREDITED BY A+)



**DEPARTMENT OF NUTRITION AND DIETETICS**

CORDIALLY INVITES YOU FOR THE INAUGURATION OF

**NUTRI BAKE'S CLUB**

**CHIEF GUEST:**



**Mr.V.Imran Basha,MBA  
Proprietor and MD  
The Fresh Bakery and  
TFB Professional Baking And Training,  
Bengaluru**

**Venue: Room No:7**

**Date: 12.07.2024**

**Time: 11:00 a.m**

**IN THE PRESENCE OF**

**Er. K. NALLUSAMY,CHAIRMAN  
Er. S. SELVARAJ, SECRETARY  
Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR  
Dr.M.R.LAKSHIMINARAYANAN, PRINCIPAL.  
Dr.ARASUPARAMESWARAN, CO-ORDINATOR  
SILVER JUBILEE CELEBRATION COMMITTEE  
Mr.N.S.SENTHIL KUMAR, ADMINISTRATIVE OFFICER**

**WITH REGARDS**

**FACULTY MEMBERS  
&  
STUDENTS  
OF  
N&D**



## **REPORT SUMMARY**

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, started the Nutri Bake's Club on July 12, 2024, on the college campus. Er. K. Nallusamy, Chairman, Trinity College for Women, Namakkal, inaugurated the Nutri Bake's Club.

Mr. V. Imran Basha, proprietor and managing director, The Fresh Bakery and TFB Professional Baking and Training, Bengaluru, was the special guest. He opened the Nutri Bake Club, and he gave some tips for the production of bakery products like cakes, bread, bread rolls, bagels, biscuits, cookies, buns, pizzas, crumpets, cupcakes, combread, etc.

Mr. V. Naushath, Head – Operations, The Fresh Bakery and TFB Professional Baking and Training, Bengaluru, Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr. Arasuparameswaran, Coordinator, Silver Jubilee Celebrations Committee, the HOD of Nutrition and Dietetics, Mrs. R. Rupa, the faculty of N & D, Ms. P. Sri Renugadevi, Mrs. R. Vanitha, and the students of that department, Trinity College for Women, Namakkal were also present.





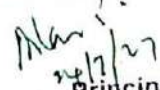
**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**2024-25**

**EVENT: INAUGURATION OF NUTRI BAKE'S CLUB**

**DATE:12.07.2024**

**VENUE: ROOM NUMBER-7**

S. No	REGISTER NUMBER	NAME OF THE STUDENT	CLASS	SIGNATURE
1	24UND01	DHARANI.A	I B.Sc- N&D	A. Dharoni
2	24UND02	DHARANI.S.R	I B.Sc- N&D	D. P. Dharoni
3	24UND03	FAHIMITHA BANU.S	I B.Sc- N&D	F. Fahimitha
4	24UND04	HASIN MEHMUDA.A.N	I B.Sc- N&D	H. Hasin Mehmuda A.N
5	24UND05	JEGATHAMBIGAI.K.S	I B.Sc- N&D	J. Jegathambigaik
6	24UND06	LIBIKA.S	I B.Sc- N&D	L. Libika
7	24UND07	MAHALAKSHMI.S	I B.Sc- N&D	M. Mahalakshmi
8	24UND08	MANORANJANI.M	I B.Sc- N&D	M. Manoranjani
9	24UND09	NINDHU.A	I B.Sc- N&D	A. Nindhu
10	24UND10	NIVITHA.R	I B.Sc- N&D	R. Nivitha
11	24UND11	PREETHISHA.M	I B.Sc- N&D	M. Preethisha
12	24UND12	RAKSHASRI.K.V	I B.Sc- N&D	K.V. Rakshasri
13	24UND13	SANTHIYA.T	I B.Sc- N&D	T. Santhiya
14	24UND14	SHRE ISHWERYA LAKSHMI.K	I B.Sc- N&D	K. Shre Ishwerya Lakshmi
15	24UND15	SRIMATHI.S	I B.Sc- N&D	S. Srimalathi
16	24UND16	SRISABITHA.G	I B.Sc- N&D	G. Srisabitha
17	24UND17	YUVARANI.G	I B.Sc- N&D	G. Yuvarani
18	C23UG117NAD001	DEEPIKA.S	II B.Sc- N&D	S. Deepika
19	C23UG117NAD002	DHIVYA SRI.S	II B.Sc- N&D	S. Dhivya
20	C23UG117NAD003	JESSY.J	II B.Sc- N&D	J. Jessy
21	C23UG117NAD004	JOTHIBHARATHI.M	II B.Sc- N&D	M. Jothibharathi
22	C23UG117NAD005	KAVIYA.M	II B.Sc- N&D	M. Kaviya
23	C23UG117NAD006	LAVANYA.R	II B.Sc- N&D	R. Lavanya
24	C23UG117NAD007	MANJU.D	II B.Sc- N&D	D. Manju
25	C23UG117NAD008	NISHA.A	II B.Sc- N&D	A. Nisha
26	C23UG117NAD009	PRIYADHARSHINI.S	II B.Sc- N&D	S. Priyadharshini
27	C23UG117NAD010	RASEENA BE.M	II B.Sc- N&D	M. Raseena B
28	C23UG117NAD012	SHARUMATHI.K	II B.Sc- N&D	K. Sharumathi
29	C22UG117NAD001	AADHISWARI.A	III B.Sc- N&D	A. Aadhiswari
30	C22UG117NAD002	ABINAYA.S	III B.Sc- N&D	S. Abinaya
31	C22UG117NAD003	DEEPIKA.K	III B.Sc- N&D	K. Deepika
32	C22UG117NAD004	GOBIKA.P	III B.Sc- N&D	P. Gobika
33	C22UG117NAD009	NANDHINI.A	III B.Sc- N&D	A. Nandhini
34	C22UG117NAD010	SHOBIKA.N	III B.Sc- N&D	N. Shobika
35	C22UG117NAD012	THIRISA.R	III B.Sc- N&D	R. Thirisa
36	C22UG117NAD013	VEDHA.P	III B.Sc- N&D	P. Vedha
37	C22UG117NAD007	KIRUTHIKA.C	III B.Sc- N&D	C. Kiruthika

  
 Principal,  
 Trinity College for Women (Arts & Science),  
 Namakkal - 637 002.





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002**  
**(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.**  
**2F & 12b STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+)**

**DEPARTMENT OF NUTRITION AND DIETETICS**  
**IN ASSOCIATION WITH**  
**THE ENTREPRENEURSHIP DEVELOPMENT CELL**  
**JOINTLY ORGANIZES**

**NUTRI SNACKS STALL**  
**(A STARTUP INITIATIVE FOR STUDENTS)**

**DATE:01.08.2024 to 06.08.2024**

**WITH REGARDS**

**Er.K.NALLUSAMY, CHAIRMAN**  
**Er.S SELVARAJ, SECRETARY**  
**Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR**  
**Dr M.R.LAKSHIMINARAYANAN, PRINCIPAL**  
**Dr.ARASUPARAMESWARAN, CO-ORDINATOR**  
**SILVER JUBILEE CELEBRATION COMMITTEE**  
**Mr.N.S.SENTHIL KUMAR,ADMINISTRATIVE OFFICER**

**Mrs.R.RUPA-AP/HOD- N&D**  
**Mrs.G.NITHYA-EDC CO-ORDINATOR**  
**Ms.P.SRIRENUGADEVI-AP-N&D**  
**Mrs.R.VANITHA-AP-N&D**  
**STUDENTS OF N&D**



## **REPORT SUMMARY**

The Department of Nutrition and Dietetics, in association with the Entrepreneurship Development Cell, Trinity College for Women, Namakkal conducted a 6-day programme titled 'Nutri Snacks Stall (A start-up initiate for students) from 01.08.2024 to 06.08.2024. The students of Nutrition and Dietetics cooked the recipe and sold the food items to all the students of the college. During the period of college study, as well as due to encouragement of student's entrepreneurship, this programme was conducted. Many students have gained practical experience as well as creating entrepreneurship themselves. Students of Nutrition and Dietetics have actively taken part. The majority of the students have earned profits through this Food Exhibition cum Sale.

The programme was organized by the faculty of Nutrition and Dietetics Mrs. R. Rupa, Ms. P. Sri Renugadevi, Mrs. R. Vanitha and Mrs. G. Nithya, Coordinator of Entrepreneurship Development Cell of the College.





Namakkal, Tamil Nadu, India  
55H7+JV9, Namakkal, Tamil Nadu 637002, India  
Lat 11.178888°  
Long 78.165912°  
01/08/24 10:33 AM GMT +05:30



Namakkal, Tamil Nadu, India  
55H7+JV9, Namakkal, Tamil Nadu 637002, India  
Lat 11.178888°  
Long 78.165912°  
01/08/24 10:31 AM GMT +05:30



TRINITY COLLEGE FOR WOMEN, NAMAKKAL

DEPARTMENT OF NUTRITION AND DIETETICS

FOOD STALL- 01.08.2024

S.No	Name of the student	Class	Recipe	Investment in Rs.	Sales in Rs.	Income in Rs.	Profit /Loss	Sign
1	P. Vedha	III-N&D	French Fries	70	170	100	Profit	P. Vedha
2	N.Shobika		Bonda	50	170	120	Profit	N. Shobika
3	S.Abinaya		Sweet Poli	150	350	200	Profit	S. Abinaya
4	K.Deepika		Soya 65	150	250	100	Profit	K. Deepika
5	A.Aadhishwari		Soya Cutlet	130	420	290	Profit	A. Aadhishwari
6	II Year		Pani Puri	270	470	200	Profit	S. Dhivya
7	M.Kaviya	II-N&D	Gulab Jamun	150	200	50	Profit	M. Kaviya
8	R.Lavanya		Lemon Juice	90	190	100	Profit	R. Lavanya
9	M.Raseena Be		Rose Milk	150	100	-50	Loss	M. Raseena
10	II Year		Tea	280	300	20	Profit	S. Dhivya
11	S.Dhivya Sri		Tomato Rice	610	900	290	Profit	S. Dhivya
12	M.Jothibharathi		Valakkai Bajji	380	360	-20	Loss	M. Jothibharathi
13	N.Varshini		Onion Bajji	120	210	110	Profit	N. Varshini
14	III Year		Momos	80	210	120	Profit	N. Shobika
			Bajji	40	130	90	Profit	N. Shobika
Total Profit						1720		

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6/8/24

R. RUPA,

Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002

Ma  
6/8/24

Principal,


Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

**FOOD STALL- 02.08.2024**

S.No	Name of the student	Class	Recipe	Investment in Rs.	Sales in Rs.	Income in Rs.	Profit /Loss	Sign
1	III Year		French Fries	40	100	60	Profit	
2			Bajji	35	120	85	Profit	N.Shobika
3	R.Thirisa	III- N&D	Soya 65	210	280	70	Profit	Thirisa
4	S.Abinaya		Sweet Poli	120	200	180	Profit	S.Abinaya
5	N.Shobika		Momos	60	170	110	Profit	N.Shobika
6	P.Vedha		Kulipanayaram	70	170	100	Profit	P.Vedha
7	A.Nandhini		Masala Sundal	130	300	170	Profit	A.Nandhini
8	K.Deepika		Bonda	150	300	150	Profit	K.Deepika
9	A.Aadhishwari		Soya Cutlet	125	245	120	Profit	A.Aadhishwari
10	M.Kaviya	II- N&D	Gulab Jamun	170	300	130	Profit	M.Kaviya
11	M.Raseena Be		Badham Milk	150	200	50	Profit	M.Raseena Be
12	III Year		Rose milk	60	100	40	Profit	N.Shobika
13	J.Jessy	II- N&D	Pani Puri	100	450	350	Profit	J.Jessy
14	R.Lavanya		Lemon Juice	90	200	110	Profit	R.Lavanya
15	S.Dhivya Sri		Tea	240	280	40	Profit	S.Dhivya Sri
16	A.Nisha		Bonda	50	100	50	Profit	A.Nisha
17	K.Sharumathi		Valakkai Bajji	200	240	40	Profit	K.Sharumathi
18	S.Priyadharshini		Appalam Bajji	190	120	-70	Loss	S.Priyadharshini
Total Profit						1785		

R.m.  
27/8/24

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

  
**Principal,**  
 Trinity College for Women (Arts & Science),  
 Namakkal - 637/002.



**FOOD STALL- 05.08.2024**

S.No	Name of the student	Class	Recipe	Investment in Rs.	Sales in Rs.	Income in Rs.	Profit/ Loss	Sign
1	III Year	III- N&D	Pani Puri	150	300	150	Profit	P.Vij
2			Bread Bajji	90	200	110	Profit	Ans
3			Valakkai Bajji	90	200	110	Profit	K.Deepika
4			Tea	100	180	80	Profit	P.Gobika
5			Veg Noodles	120	200	80	Profit	S.Abinaya
6			Rose Milk	75	120	45	Profit	N.Shobika
7	S.Abinaya		Soya 65	150	320	170	Profit	S.Abinaya
8	R.Thirisa		Sweet Poli	100	200	100	Profit	R.Thirisa
9	N.Shobika		Sweet Momos	60	170	110	Profit	N.Shobika
			Onion Pakoda	60	160	100	Profit	
10	C.Kiruthika		Thattu Vadai Set	120	140	20	Profit	C.Kiruthika
11	A.Aadhishwari		Soya Cutlet	120	365	245	Profit	A.A
12	K.Deepika		Veg Roll	80	130	50	Profit	K.Deepika
13	P.Vedha		French Fries	65	80	15	Profit	P.Vedha
14	P.Gobika	Veg Momos	40	120	80	Profit	P.Gobika	
Total Profit						1505		

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*[Handwritten Signature]*  
5/8/24

**Principal,**  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

**FOOD STALL- 06.08.2024**

S.No	Name of the student	Class	Recipe	Investment in Rs.	Sales in Rs.	Income in Rs.	Profit/ Loss	Sign
1	III Year	III-N&D	Rose Milk	70	120	50	Profit	P.Vij
2			Lemon Juice	60	120	60	Profit	aj
3			Valakkai Bajji	140	210	120	Profit	K. Deepa
4			Tea	120	500	380	Profit	P.Gobika
5			Pani Puri	130	250	120	Profit	N.Shobika
6			Bread Bajji	150	250	100	Profit	R.Thirumala
7			Veg Noodles	450	700	250	Profit	C.Kindhen
8	N.Shobika		Sweet Momos	70	150	80	Profit	N.Shobika
9	S.Abinaya		Sweet Poli	80	140	60	Profit	S.Abinaya
10	P.Gobika		Soya 65	150	320	170	Profit	P.Gobika
Total Profit						1390		

R.m.  
6/8/24

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

*[Signature]*  
6/8/24

**Principal,**  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002**  
**(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.**  
**2F & 12b STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+)**

## **OBSERVANCE OF** **WORLD BREASTFEEDING WEEK -2024**

**DEPARTMENT OF NUTRITION AND DIETETICS**  
**IN ASSOCIATION WITH THE**  
**UNNAT BHARAT ABHIYAN CELL & TRINITY WOMEN'S FORUM**  
**CONDUCTS AN AWARENESS PROGRAMME ON**  
**CLOSING THE GAP:**  
**BREASTFEEDING SUPPORT FOR ALL**

**RESOURCE PERSON**



**Mrs.B.LAKSHMI**  
**VILLAGE HEALTH NURSE(VHN)**  
**PRIMARY HEALTH CENTRE,**  
**VAGURAMPATTI,**  
**NAMAKKAL.**

**DATE:07.08.2024**

**TIME: 02:00 to 03:00 PM**

**VENUE: SEMINAR HALL**

**WITH THE BLESSINGS OF**

**Er.K.NALLUSAMY, CHAIRMAN**  
**Er.S SELVARAJ, SECRETARY**  
**Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR**  
**Dr M.R.LAKSHMINARAYANAN, PRINCIPAL**  
**Dr.ARASUPARAMESWARAN, CO-ORDINATOR -**  
**SILVER JUBILEE CELEBRATION COMMITTEE**  
**Mr.N.S.SENTHIL KUMAR,ADMINISTRATIVE OFFICER**



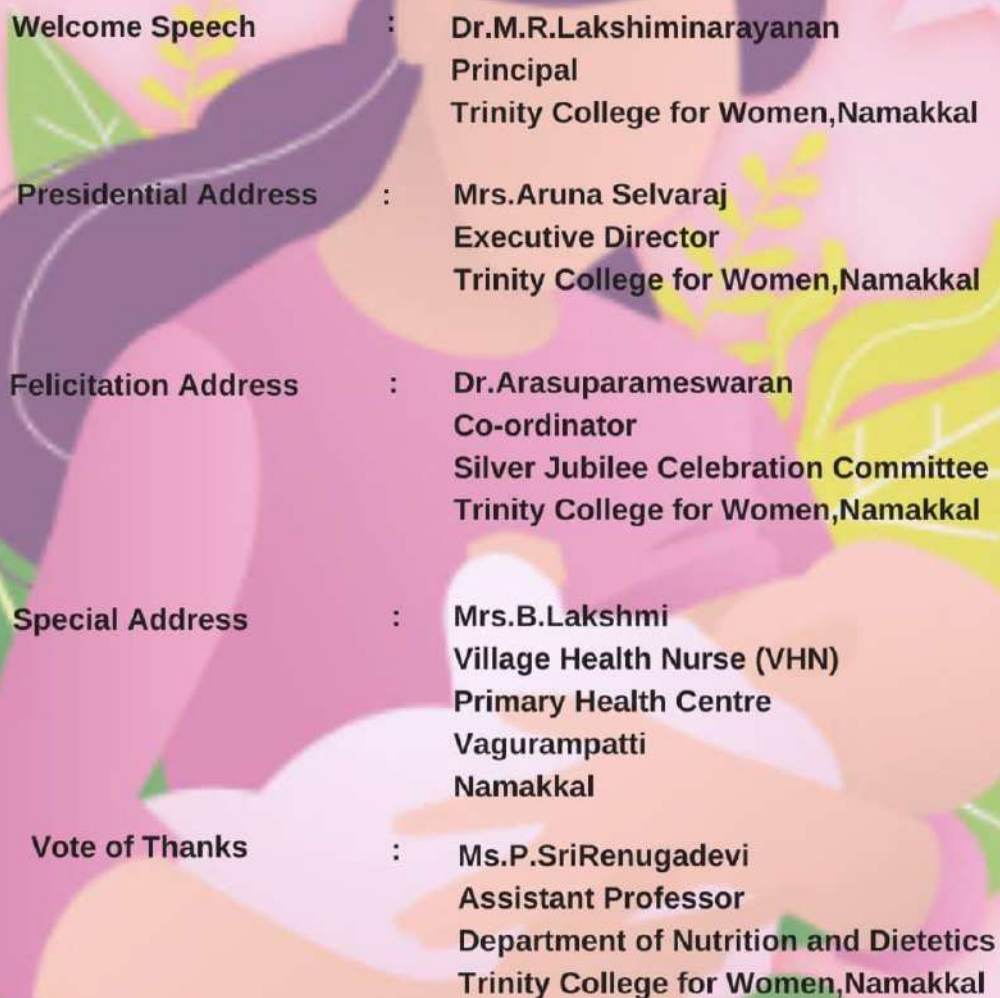
# AGENDA

**TITLE: CLOSING THE GAP:  
BREASTFEEDING SUPPORT FOR ALL**

**Date: 07.08.2024**

**Venue : Seminar Hall**

**Time:02:00 to 03:00 PM**

- 
- Welcome Speech** : **Dr.M.R.Lakshiminarayanan**  
Principal  
Trinity College for Women,Namakkal
- Presidential Address** : **Mrs.Aruna Selvaraj**  
Executive Director  
Trinity College for Women,Namakkal
- Felicitation Address** : **Dr.Arasuparameswaran**  
Co-ordinator  
Silver Jubilee Celebration Committee  
Trinity College for Women,Namakkal
- Special Address** : **Mrs.B.Lakshmi**  
Village Health Nurse (VHN)  
Primary Health Centre  
Vagurampatti  
Namakkal
- Vote of Thanks** : **Ms.P.SriRenugadevi**  
Assistant Professor  
Department of Nutrition and Dietetics  
Trinity College for Women,Namakkal



## **OBSERVATION OF INTERNATIONAL BREASTFEEDING WEEK**

The Department of Nutrition and Dietetics, in cooperation with the Unnat Bharat Abhiyan Cell and Trinity Women's Forum, Trinity College for Women, Namakkal observed a world breastfeeding week (August 1 to August 7). In this regard, an awareness programme was held on 07th August 2024 on the college premises.

Mrs. S. Rajamani, Health Supervisor, Konur Primary Health Centre, Konur, Paramathi Via, Namakkal was the special invitee.

She stressed the significance of breastfeeding milk for newly born children.

Mrs. B. Lakshmi, Village Health Nurse, Vagurampatti, (Under the control of Konur Primary Health Centre), Namakkal District was the resource person.

She delivered the topic "Closing the Gap: Breastfeeding support for all". She highlighted the need for support and help for women in the health services. Also, she stressed educating women to overcome the challenges of breastfeeding during delivery time. Breast milk is rich in vitamins, minerals and nutrients as well as other ingredients that help your baby grow healthy and strong, she noted.

Mrs. S. Punitha, Women Health Volunteer and Mrs. S. Kavya, Mid-Level Health Provider, Vagurampatti Primary Health Centre, Namakkal were also present on that occasion.

Dr. M.R. Lakshiminarayanan, Principal, Dr. Arasuparameswaran, Coordinator, Silver Jubilee Celebrations, Mrs. V. Archana, Director of Physical Education, Ms. P. Sri Renugadevi & Mrs. R. Vanitha, Faculty of Nutrition and Dietetics, the faculty of Chemistry Ms. M. Rineesha and Ms. K.L. Priyadharshini attended that programme. All the participants took a pledge on the importance of breastfeeding. More than 200 students took part.





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002**  
**(PERMANENTLY AFFILIATED TO PERIVAR UNIVERSITY, SALEM.**  
**2F & 12b STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+)**

**DEPARTMENT OF NUTRITION AND DIETETICS**  
**CONDUCTS**

**AN INTRODUCTORY SESSION ON**

# **FOOD SAFETY AND QUALITY TRAINING PROGRAMS**

**RESOURCE PERSON**



**Mr.S.ABUBAKKER SIDDIQ,**  
**FOOD SAFETY CONSULTANT,**  
**SAS MICRO FOOD SAFETY**  
**CONSULTING SERVICES,**  
**MADURAVOYAL,**  
**CHENNAI.**

**DATE:13.08.2024**

**TIME: 11:00 AM**

**VENUE:ICT HALL**  
**(SCIENCE BLOCK)**

**WITH REGARDS**

**Er.K.NALLUSAMY, CHAIRMAN**  
**Er.S SELVARAJ, SECRETARY**  
**Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR**  
**Dr M.R.LAKSHIMINARAYANAN, PRINCIPAL**  
**Dr.ARASUPARAMESWARAN, CO-ORDINATOR**  
**SILVER JUBILEE CELEBRATION COMMITTEE**  
**Mr.N.S.SENTHIL KUMAR,ADMINISTRATIVE OFFICER**

**Mrs.R.RUPA-AP/HOD- N&D**  
**Ms.P.SRIRENUGADEVI-AP-N&D**  
**Mrs.R.VANITHA-AP-N&D**  
**STUDENTS OF N&D**

## **REPORT SUMMARY**

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal conducted an introductory session titled “Food safety and quality training programmes” on 13th August 2024 in the college campus. Mr. S. Abubakker Siddiq, Food Safety Consultant, SAS Micro Food Safety Consulting Services, Maduravoyal, Chennai was the resource person.

He elucidated the significance of healthy food for a healthy life for students. Healthy food gives us good health, protects against chronic disease, supports muscles, boosts immunity, strengthens our bones, and keeps our skin, teeth and eyes healthy, he also pointed out.

Mrs. R. Rupa, Assistant Professor and Head, Ms. P. Sri Renugadevi and Mrs. R. Vanitha, Assistant Professors in Nutrition and Dietetics, Trinity College for Women, Namakkal made arrangements.

All the students of Nutrition and Dietetics have actively taken part.





**TRINITY COLLEGE FOR WOMEN**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**FOOD SAFETY AND QUALITY TRAINING PROGRAMS**

S. No	NAME	CLASS	SIGNATURE
1	DHARANLA	I B.Sc., N&D	A. Dharani
2	DHARANL.S.R	I B.Sc., N&D	S.R. Dharani...
3	DIVYA.M	I B.Sc., N&D	M. Divya
4	FAHIMITHA BANU.S	I B.Sc., N&D	S. Fahimitha
5	HASIN MEHMUDA.A.N	I B.Sc., N&D	Hasin Mehmuda. A.N.
6	JEGATHAMBIGAL.K.S	I B.Sc., N&D	Jegathambigal
7	KAVIYA.S	I B.Sc., N&D	S. Kaviya
8	LIBIKA.S	I B.Sc., N&D	S. Libika
9	MAHALAKSHMI.S	I B.Sc., N&D	S. Mahalakshmi
10	MANORANJANI.M	I B.Sc., N&D	M. Manoranjani
11	NINDHU.A	I B.Sc., N&D	A. Nindhu
12	NIVITHA.R	I B.Sc., N&D	R. Nivitha
13	PREETHISHA.M	I B.Sc., N&D	M. Preethisha
14	RAKSHASRI.K.V	I B.Sc., N&D	K.V. Rakshasri
15	SANTHIYA.T	I B.Sc., N&D	T. Santhiya
16	SHRE ISHWERYA LAKSHMI.K	I B.Sc., N&D	K. Shre Ishwerya Lakshmi
17	SRIMATHI.S	I B.Sc., N&D	S. Srimathi
18	SRISABITHA.G	I B.Sc., N&D	G. Srisabitha
19	YUVARANI.G	I B.Sc., N&D	G. Yuvarani
20	DHIVYA SRI.S	II B.Sc., N&D	S. Dhivya Sri
21	JESSY.J	II B.Sc., N&D	J. Jessy
22	KAVIYA.M	II B.Sc., N&D	M. Kaviya
23	LAVANYA.R	II B.Sc., N&D	R. Lavanya
24	MANJU.D	II B.Sc., N&D	D. Manju
25	NISHA.A	II B.Sc., N&D	A. Nisha
26	RASEENA BE.M	II B.Sc., N&D	M. Raseena Be
27	SHARUMATHI.K	II B.Sc., N&D	K. Sharumathi
28	VARSHINI.N	II B.Sc., N&D	N. Varshini
29	AADHISHWARIA	III B.Sc., N&D	A. Aadhishwaria
30	ABINAYA.S	III B.Sc., N&D	S. Abinaya
31	DEEPIKA.K	III B.Sc., N&D	K. Deepika
32	GOBIKA.P	III B.Sc., N&D	P. Gobika
33	KIRUTHIKA.C	III B.Sc., N&D	C. Kiruthika
34	NANDHINI.A	III B.Sc., N&D	A. Nandhini
35	VEDHA.P	III B.Sc., N&D	P. Vedha

R.m  
HOD 13/8/24

Principal  
PRINCIPAL

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.





# **TRINITY COLLEGE FOR WOMEN**

**NAMAKKAL-637002**

(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM  
2f & 12b STATUS GRANTED BY UGC, NEW DELHI AND  
NAAC ACCREDITED BY A+)

## **DEPARTMENT OF NUTRITION AND DIETETICS**

**IN ASSOCIATION WITH**

## **INTEGRATED CHILD DEVELOPMENT SERVICES, NAMAKKAL BLOCK**

**INVITES YOU TO PARTICIPATE IN**

### **POSHAN MAAH-2024**

#### **NOURISHING A HEALTHIER INDIA**

- **COOKERY COMPETITION (PROTEIN RICH SNACK)**
- **RANGOLI (ANAEMIA, COMPLEMENTARY FEEDING)**
- **GUEST LECTURE**
  - **Mr.S.SATHISHKUMAR**  
DISTRICT CHILD PROTECTION OFFICER  
NAMAKKAL
  - **Dr.S.SHANMUGAPRIYA,**  
ASSISTANT SURGEON, ERNAPURAM PHC,  
NAMAKKAL
  - **Mrs.P.AZHAGAMMAL**  
CHILD DEVELOPMENT PROJECT OFFICER  
NAMAKKAL

**DATE: 31.09.2024**

**TIME: 11 AM**

**VENUE: MINI SEMINAR HALL**

**IN THE PRESENCE OF**

**Er.K.NALLUSAMY, CHAIRMAN**

**Er.S.SELVARAJ, SECRETARY**

**Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR**

**Dr.M.R.LAKSHIMINARAYANAN, PRINCIPAL**

**Dr.ARASUPARAMESWARAN, CO-ORDINATOR-SILVER JUBILEE  
CELEBRATION COMMITTEE**

**Mr.N.S.SENTHIL KUMAR, ADMINISTRATIVE OFFICER**

# ***AGENDA***

## ***POSHAN MAAH-2024***

- PROGRAMME  
COMPILATION** : **Ms.D.MANJU,  
II B.Sc N&D**
- WELCOME ADDRESS** : **Ms.P.GOBICA  
III B.Sc N&D,  
DEPARTMENT JOINT SECRETARY**
- PRESIDENTIAL ADDRESS** : **Mrs.ARUNASELVARAJ,  
EXECUTIVE DIRECTOR,  
TRINITY COLLEGE FORWOMEN,  
NAMAKKAL**
- SPECIAL ADDRESS** : **Dr.M.R.LAKSHIMINARAYANAN  
PRINCIPAL  
TRINITY COLLEGE FORWOMEN,  
NAMAKKAL**
- GUEST LECTURE** : **Dr.SHANMUGAPRIYA,  
ASSISTANT SURGEON,  
ERNAPURAM PHC,  
NAMAKKAL**  
**Mr.S.SATHISHKUMAR  
DISTRICT CHILD PROTECTION  
OFFICER  
NAMAKKAL**
- CERTIFICATE DISTRIBUTION**
- VOTE OF THANKS** : **Ms.A.NANDHINI,  
III B.Sc N&D,  
DEPARTMENT SECRETARY**



## REPORT SUMMARY

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, in association with the Integrated Child Development Services, Namakkal Block, organized an event titled “POSHAN MAAH – 2024” (Nourishing a healthier India) on 30th September 2024. Mrs. Aruna Selvaraj, Executive Director of the College, inaugurated the programme. Dr. M.R. Lakshiminarayanan, Principal and Dr. Arasuparameswaran, Coordinator – Silver Jubilee Celebrations of the College offered the felicitation address.

Dr. S. Sathishkumar, District Child Protection Officer, Namakkal, Dr. S. Shanmugapriya, Assistant Surgeon, Ernapuram Primary Health Centre, Namakkal and P. Alagammal, Child Development Project Officer, Namakkal were the special invitees. The various competitions like Cookery (Protein Rich Snack), Rangoli (Anaemia, Complementary Feeding) and guest lecture programmes were also held.

The above said resource persons discussed the reasons for those suffering from malnutrition. Also, they gave tips on healthy food for maintaining body hygiene. The faculty of Nutrition and Dietetics, Mrs. R. Rupa, Ms. P. Sri Renugadevi and Mrs. R. Vanitha made arrangements. Ms. P. Gobika, third year B.Sc., Nutrition and Dietetics of the College welcomed the gathering. Ms. A. Nandhini, third year B.Sc., Nutrition and Dietetics proposed the vote of thanks. This programme was compiled by Ms. D. Manju, second year B.Sc., Nutrition and Dietetics of the College.

The details of the prize winners and the participants

### POSHAN MAAH 2024

#### Judges of the Event

S.No	Name	Designation
1	Mr.J.Sathishkumar	Child Protection Officer, Namakkal
2	Dr.S.Shanmugapriya	Assistant Surgeon, Ernapuram PHC, Namakkal
3	Mrs.P.Azhagammal	Child Development Project Officer, Namakkal

## ASSISTANTS

S.No	Name	Designation
1	Mrs.J.Krishnapriya	Block Coordinator
2	Mrs.B.Kala	Senior Health Nurse
3	Mrs.M.Kalpana	Community Nutrition Supervisor II
4	Mrs.R.Anushuya	Community Nutrition Supervisor II

## POSHAN MAAH 2024

### COOKERY COMPETITION PARTICIPANTS LIST

S.No	NAME OF THE STUDENT	YEAR & COURSE	RECIPE
1	AADHISHWARI.A	III B.Sc., N&D	PEANUT WHEAT SANDWICH
2	ABINAYA.S	III B.Sc., N&D	GROUNDNUT LADDU
3	THIRISA.R	III B.Sc., N&D	GREEN GRAM PEANUT LADDU
4	VEDHA.P	III B.Sc., N&D	LENTIL GREENGRAM BITES
5	DHIVYA SRI.S	II B.Sc., N&D	NUTS MILKSHAKE
6	KAVIYA.M	II B.Sc., N&D	SPROUTED GREEN GRAM PAYASAM
7	RASEENA BE.M	II B.Sc., N&D	ALMOND & PEANUT LADDU
8	LIBIKA.S	I B.Sc., N&D	ROASTED GRAM BURFI
9	NINDHU.A	I B.Sc., N&D	SOYA CUTLET
10	RAKSHASRI.K.V	I B.Sc., N&D	BLACK URAD DHAL LADDU
11	SRISABITHA.G	I B.Sc., N&D	RAGI LADDU

12	NIVITHA.R	I B.Sc., N&D	GREEN GRAM SUNDAL
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**POSHAN MAAH 2024**

**RANGOLI PARTICIPANTS LIST**

S.No	NAME OF THE STUDENT	YEAR & COURSE
1	GOBIKA.P	III B.Sc., N&D
	ILAVARASI.S	III B.Sc., N&D
2	NANDHINI.A	III B.Sc., N&D
	SRINITHI.R	III B.Sc., N&D
3	DEEPIKA.S	II B.Sc., N&D
	MANJU.D	II B.Sc., N&D
4	JESSY.J	II B.Sc., N&D
	PRIYADHARSHINI.S	II B.Sc., N&D
5	JOTHIBHARATHI.M	II B.Sc., N&D
	LAVANYA.R	II B.Sc., N&D
6	SHARUMATHI.K	II B.Sc., N&D
	VARSHINI.N	II B.Sc., N&D
7	DIVYA.M	I B.Sc., N&D
	SANTHIYA.T	I B.Sc., N&D

**POSHAN MAAH 2024**

**COOKERY COMPETITION- (PROTEIN RICH SNACK)**

**WINNERS LIST**

<b>S.No</b>	<b>NAME &amp; YEAR OF THE STUDENT</b>	<b>PLACE</b>
1	K.V.RAKSHASRI I-B.Sc N&D	I
2	S.DHIVYA SRI II-B.Sc N&D	II
3	M.RASEENA BE II-B.Sc N&D A.NINDHU I-B.Sc N&D G.SRI SABITHA I-B.Sc N&D	III

**POSHAN MAAH 2024**

**RANGOLI**

**WINNERS LIST**

<b>S.No</b>	<b>NAME &amp; YEAR OF THE STUDENT</b>	<b>PLACE</b>
1	K.SHARUMATHI, N.VARSHINI II-B.Sc N&D	I
2	M.JOTHIBHARATHI, R.LAVANYA II-B.Sc N&D	II
3	A.NANDHINI R.SRINITHI III-B.Sc N&D	III

All the above said achievers and the prize winners are greeted.





# Samaniyanin Kural

## 30/09/24

### Namakkal Dt News



The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, in association with the Integrated Child Development Services, Namakkal Block conducted a program entitled 'Pishan Maah - 2024' on 30/09/24 in the college premises. The main aim of the program is 'Nourishing a Healthier India'. On this subject, cookery competitions (Protein rich snack and Rasagola (Aamamla, complementary feeding) were conducted for the students. Mrs. Aruna Selvaraj, Executive Director of the College inaugurated the program. Mr. S. Sathish Kumar, District Child Protection Officer, Namakkal, Dr. S. Shanmugasundaram, Assistant Surgeon, Primary Health Centre, Eranapuram, Namakkal and Mrs. P. Achuthanandam, Child Development Project Officer, Namakkal were the special invitees. They distributed the prizes and certificates to the prize winners. Dr. M. R. Lakshminarayana, Principal, Dr. Aravindan, Coordinator - Silver Jubilee Celebrations, the faculty of Nutrition and Dietetics, Mrs. R. Rupa, Ms. P. Sri Renuka Devi, Mrs. R. Vanitha also spoke on that occasion. Ms. P. Gokila, final year B. Sc Nutrition and

N & D, proposed the vote of thanks. Ms. D. Manju, second N & D, compiled the program.



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**DEPARTMENT OF NUTRITION AND DIETETICS**

**POSHAN MAAH 2024**

**COOKERY COMPETITION PARTICIPANTS LIST**

LOT.No	NAME OF THE STUDENT	YEAR & COURSE	SIGNATURE
1	AADHISHWARLA	III B.Sc., N&D	A. Adithyana
2	ABINAYA.S	III B.Sc., N&D	S. Abhinaya
3	THIRISA.R	III B.Sc., N&D	R. Thirisa
4	VEDHA.P	III B.Sc., N&D	P. Veda
5	DHIVYA SRLS	II B.Sc., N&D	S. Dhivyani
6	KAVIYA.M	II B.Sc., N&D	M. Kaviya
7	RASEENA BE.M	II B.Sc., N&D	M. Raseena be
8	LIBIKA.S	I B.Sc., N&D	S. Libika
9	NINDHUA	I B.Sc., N&D	A. Nindhua
10	RAKSHASRI.K.V	I B.Sc., N&D	K.V. Rakshasri
11	SRISABITHA.G	I B.Sc., N&D	G. Srisabitha
12	NIVITHA.R	I B.Sc., N&D	R. Nivitha

*R. Rupa*  
30/9/24  
**HOD**

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

*M. S. Srinivasan*  
20/9/24  
**PRINCIPAL**

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL

DEPARTMENT OF NUTRITION AND DIETETICS

POSHAN MAAH 2024

COOKERY COMPETITION- (PROTEIN RICH SNACK)

WINNERS LIST

S.No	NAME & YEAR OF THE STUDENT	PLACE
1	K. V. RAKSHASRI I B.Sc N&D	I
2	S. DHIVYA SRI II B.Sc N&D	II
3	M. RASEENA BE II B.Sc N&D A. NINDHU I B.Sc N&D G. SRI SABITHA I B.Sc N&D	III

S. Sathishg  
30/9/24

2. 

SIGNATURE OF JUDGES

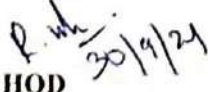



TRINITY COLLEGE FOR WOMEN, NAMAKKAL  
DEPARTMENT OF NUTRITION AND DIETETICS

POSHAN MAAH 2024

RANGOLI PARTICIPANTS LIST

LOT.No	NAME OF THE STUDENT	YEAR & COURSE	SIGNATURE
1	GOBIKA.P	III B.Sc., N&D	P. Gobika
	ILAVARASI.S	III B.Sc., N&D	S. Ilavarasi
2	NANDHINI.A	III B.Sc., N&D	A. Nandhini
	SRINITHI.R	III B.Sc., N&D	R. Srinithi
3	DEEPIKA.S	II B.Sc., N&D	S. Deepika
	MANJU.D	II B.Sc., N&D	D. Manju
4	JESSY.J	II B.Sc., N&D	J. Jessy
	PRIYADHARSHINI.S	II B.Sc., N&D	S. Priyadharshini
5	JOTHIBHARATHI.M	II B.Sc., N&D	M. Jothibharathi
	LAVANYA.R	II B.Sc., N&D	R. Lavanya
6	SHARUMATHI.K	II B.Sc., N&D	K. Sharumathi
	VARSHINI.N	II B.Sc., N&D	N. Varshini
7	DIVYA.M	I B.Sc., N&D	M. Divya
	SANTHIYA.T	I B.Sc., N&D	T. Santhiya

  
HOD  
R. RUPA,  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

  
PRINCIPAL  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL  
DEPARTMENT OF NUTRITION AND DIETETICS

POSHAN MAAH 2024

RANGOLI

WINNERS LIST

S.No	NAME & YEAR OF THE STUDENT	PLACE
1	SHARUMATHI. K VARSHINI. N ii B.Sc NED	I
2	JOTHIBHARATHI. M LAVANYA. R ii B.Sc NED	II
3	NANDHINI. A SRINITHI. R iii B.Sc NED	III

Dr. Jagadeesh  
30/9/24

SIGNATURE OF JUDGES



### **REPORT SUMMARY**

On account of International Food Day, The Unnat Bharat Abhiyan Cell and Youth Red Cross, in support of the department of Nutrition and Dietetics, Trinity College for Women, Namakkal conducted a programme on “If there is no food for a single person, than we can destroy the whole universe” on 16th October 2024.

In this regard, Ms. P. Sri Renugadevi, Assistant Professor in Nutrition and Dietetics, Trinity College for Women, Namakkal was the resource person. “Right to food for a better life and a better future”, we should produce quality agricultural food products. Unfortunately, as climate change continues to impact agricultural production. We should focus on the production of good quality and quantity of agricultural food products for our people, she noted. The volunteers of UBA Cell, YRC and the students of Nutrition and Dietetics participated.





# TRINITY COLLEGE FOR WOMEN

## DEPARTMENT OF NUTRITION AND DIETETICS

"IF THERE IS NO FOOD FOR A SINGLE PERSON, THAN WE CAN DESTROY THE WHOLE UNIVERSE"

S. No	NAME	CLASS	SIGNATURE
1	BRINDHA.P	I B.Sc., N&D	P.Brindha
2	DHARANI.A	I B.Sc., N&D	A.Dharani
3	DHARANI.S.R	I B.Sc., N&D	S.R.Dharani
4	DIVYA.M	I B.Sc., N&D	M.Divya
5	FAHIMITHA BANU.S	I B.Sc., N&D	S.Fahimitha
6	HASIN MEHMUDA.A.N	I B.Sc., N&D	Hasin Mehmuda.A.N.
7	KAVIYA.S	I B.Sc., N&D	S.Kaviya
8	LIBIKA.S	I B.Sc., N&D	S.Libika
9	MAHALAKSHMI.S	I B.Sc., N&D	S.Mahalakshmi
10	MANORANJANI.M	I B.Sc., N&D	M.Manoranjani
11	NINDHU.A	I B.Sc., N&D	A.Nindhu
12	NIVITHA.R	I B.Sc., N&D	R.Nivitha
13	PREETHISHA.M	I B.Sc., N&D	M.Preethisha
14	RAKSHASRI.K.V	I B.Sc., N&D	K.V.Rakshasri
15	SANTHIYA.T	I B.Sc., N&D	T.Santhiya
16	SHRE ISHWERYA LAKSHMI.K	I B.Sc., N&D	K.Shre Ishwerya
17	SRIMATHI.S	I B.Sc., N&D	S.Srimathi
18	SRISABITHA.G	I B.Sc., N&D	G.Srisabitha
19	YUVARANI.G	I B.Sc., N&D	G.Yuvarani
20	DEEPIKA.S	II B.Sc., N&D	S.Deepika
21	DHIVYA SRI.S	II B.Sc., N&D	S.Dhivya
22	JESSY.J	II B.Sc., N&D	J.Jessy
23	JOTHIBHARATHI.M	II B.Sc., N&D	M.Jothibharathi
24	KAVIYA.M	II B.Sc., N&D	M.Kaviya
25	LAVANYA.R	II B.Sc., N&D	R.Lavanya
26	MANJU.D	II B.Sc., N&D	D.Manju
27	NISHA.A	II B.Sc., N&D	A.Nisha
28	PRIYADHARSHINI.S	II B.Sc., N&D	S.Priyadharshini
29	RASEENA BE.M	II B.Sc., N&D	M.Raseena
30	SHARUMATHI.K	II B.Sc., N&D	K.Sharumathi
31	VARSHINI.N	II B.Sc., N&D	N.Varshini
32	AADHISHWARLA	III B.Sc., N&D	A.Aadhiswarla
33	ABINAYA.S	III B.Sc., N&D	S.Abinaya
34	DEEPIKA.K	III B.Sc., N&D	K.Deepika
35	GOBIKA.P	III B.Sc., N&D	P.Gobika
36	ILAVARASI.S	III B.Sc., N&D	S.Ilavarasi

37	KIRUTHIKA.C	III B.Sc., N&D	C. Kiruthika
38	NANDHINI.A	III B.Sc., N&D	N. Shobika
39	SHOBICA.N	III B.Sc., N&D	R. Srinithi
40	SRINITHI.R	III B.Sc., N&D	R. Thirisa
41	THIRISA.R	III B.Sc., N&D	P. Vendi
42	VEDHA.P	III B.Sc., N&D	

R.M  
HOD 16/10/24

PRINCIPAL,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002**  
**(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.**  
**2f & 12b STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+)**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**CONDUCTS**

**DIWALI SWEET AND SAVOURIES STALL**

**HAPPY**  
**DIWALI**

**HEART FULL OF FIREWORKS**  
**MOUTH FULL OF SWEETS**  
**SOUL FULL OF DIYAS**

**DATE:28.10.2024**  
**TIME:11:00 AM**

**VENUE: ROOM NUMBER 10 ENTRANCE**

**WITH REGARDS**

**Er.K.NALLUSAMY, CHAIRMAN**

**Er.S SELVARAJ, SECRETARY**

**Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR**

**Dr M.R.LAKSHIMINARAYANAN, PRINCIPAL**

**Dr.ARASUPARAMESWARAN, CO-ORDINATOR**

**SILVER JUBILEE CELEBRATION COMMITTEE**

**Mr.N.S.SENTHIL KUMAR, ADMINISTRATIVE OFFICER**

**FACULTY AND STUDENTS OF N&D**

---

**ALL ARE CORDIALLY INVITED**



## **REPORT SUMMARY**

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal organized “DIWALI SWEET AND SAVOURIES STALL” on 28th October 2024 on the college campus. Er. S. Selvaraj, Secretary of the College inaugurated the stall in the presence of Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan and Dr. Arasuparameswaran, Coordinator, Silver Jubilee Celebrations of the College. Many students and faculty members of the College eagerly purchased the sweets and savouries pockets for celebrating Diwali festival on 31st October 2024. Mrs. R. Rupa, Assistant Professor and Head and Ms. P. Sri Renugadevi, Assistant Professor of Nutrition and Dietetics made arrangements.



## Samaniyanin Kural



The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, conducted a "Diwali Sweet and Savouries stall" on 28th October 2024 in the college campus. Er S Selvaraj, Secretary of the College inaugurated the stall in the presence of Mrs Atuna Selvaraj, Executive Director, Dr. M R Lakshminarayanan, Principal and Dr. Arasuparameswaran, Coordinator - Silver Jubilee Celebrations. Many students as well as faculty members of the College purchased Diwali sweets and Savouries pockets for celebrating Diwali festival (31st October 2024). Mrs R Rupa, Assistant Professor & HOD and Ms. P. Sri Renuka Devi, Assistant Professor in Nutrition and Dietetics of the College made arrangements.

28/10/2024 Namakkal Dt News

## சாமானியனின் குரல்



தீபாவளி திருநாளை முன்னிட்டு நாமக்கல் - டிரினிடி மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் நியூட்ரிசன் & டயட்டிசன் துறையானது "இனிப்பு மற்றும் கார வகைகள் கண்காட்சி மற்றும் விற்பனை" நிகழ்வினை இன்று (28/10/24) கல்லூரி வளாகத்தில் நடத்தியது. இதில் கல்லூரியின் பேராசிரியப் பெருமக்கள் மற்றும் மாணவிகள் கலந்து கொண்டு இவற்றை ஆர்வமுடன் வாங்கினர். இந்நிகழ்விற்கான ஏற்பாடுகளை இத்துறை உதவிப் பேராசிரியைகள் ஆர். ருபா மற்றும் பி. ஸ்ரீ ரேணுகாதேவி ஆகியோர் செய்திருந்தனர். இதில் பெரும்பாலான உணவுப் பண்டங்கள் இத்துறை மாணவிகளால் தயாரிக்கப்பட்டது என்பது குறிப்பிடத்தக்கது.

நாமக்கல் மாவட்ட செய்தி  
28 அக்டோபர் 2024

**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**DEPARTMENT OF NUTRITION AND DIETETICS**

**DIWALI FOOD STALL**

S.NO	NAME	CLASS	SIGNATURE
1	ABINAYA.S	III B.Sc N&D	S. abinaya
2	DEEPIKA.K	III B.Sc N&D	K. Deepika
3	GOBIKA.P	III B.Sc N&D	P. Gobika
4	KIRUTHIKA.C	III B.Sc N&D	C. Kiruthika
5	NANDHINI.A	III B.Sc N&D	A. Nandhini
6	SHOBICA.N	III B.Sc N&D	N. shobika
7	THIRISA.R	III B.Sc N&D	R. Thirisa
8	VEDHA.P	III B.Sc N&D	P. Vedha



Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002**  
**(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.**  
**2f & 12b STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+)**

**DEPARTMENT OF NUTRITION AND DIETETICS**  
**CONDUCT AN AWARENESS PROGRAMME ON**  
**THERAPEUTIC POTENTIAL OF MILLETS**

**DATE: 19.12.2024**

**TIME: 10:30 AM**

**VENUE: SEMINAR HALL**

**CHIEF GUEST**



**Dr. K.C. ARUN MBBS**  
**DISTRICT DESIGNATED OFFICER**  
**FOOD SAFETY DEPARTMENT**  
**NAMAKKAL**

**RESOURCE PERSON**



**Dr. ANDREW K NAGARAJAN**  
**EXECUTIVE CHEF**  
**CJ PALLAZZIO**  
**SALEM**

**ALL ARE CORDIALLY INVITED**

## **AGENDA**

### **THERAPEUTIC POTENTIAL OF MILLETS**

<b>PROGRAMME COMPILATION</b>	:	Ms.D.MANJU, II B.Sc N&D
<b>WELCOME ADDRESS</b>	:	Dr.M.R.LAKSHIMINARAYANAN PRINCIPAL TRINITY COLLEGE FORWOMEN, NAMAKKAL
<b>PRESIDENTIAL ADDRESS</b>	:	Mrs.ARUNASELVARAJ, EXECUTIVE DIRECTOR, TRINITY COLLEGE FORWOMEN, NAMAKKAL
<b>FELICITATION ADDRESS</b>	:	Dr.ARASUPARAMESWARAN SILVER JUBILEE CO-ORDINATOR TRINITY COLLEGE FORWOMEN, NAMAKKAL
<b>CHIEF GUEST ADDRESS</b>	:	Dr. K.C. ARUN MBBS DISTRICT DESIGNATED OFFICER FOOD SAFETY DEPARTMENT NAMAKKAL
<b>SPECIAL ADDRESS</b>	:	Dr. ANDREW K NAGARAJAN EXECUTIVE CHEF CJ PALLAZZIO SALEM
<b>CERTIFICATE DISTRIBUTION</b>		
<b>VOTE OF THANKS</b>	:	Ms.P.VEDHA, III B.Sc N&D



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**CIRCULAR**

**AWARENESS PROGRAMME ON "THERAPEUTIC POTENTIAL OF MILLETS"**

We are delighted to inform that Department of N&D is going to conduct an awareness programme on "THERAPEUTIC POTENTIAL OF MILLETS" on 19.12.2024, to promote the usage of millets among the college students. In this regard all the department students are hereby informed to register their names for participating in the cooking competition on or before 11.12.2024, 3.00PM (For each department- UG- 2 Participants & PG- 1 Participant)

**RULES AND REGULATIONS**

**Cooking Competition (Millet based recipes)- Single Participation**

- Millet should be the main ingredient of preparation.
- Participants should bring the prepared recipes from home (Maximum- 3 Recipes)
- Time will be allotted only for presentation and display
- Participants have to display the recipes in the given time frame-(15 minutes)
- The use of artificial food colours, additives, preservatives are strictly avoided
- Marks will be allotted based on the ingredients used, taste and display

For further details, kindly contact the staffs of Nutrition and Dietetics Department.

for E.V. 9/12/24

Signature of the HOD

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

9/12/24

Signature of the Principal

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

## REPORT SUMMARY

### Programme on “Therapeutic Potential of Millets”

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, conducted an awareness programme titled “Therapeutic Potential Millets” on 19<sup>th</sup> December 2024 in the College campus.

Mrs. Aruna Selvaraj, Executive Director, Trinity College for Women, Namakkal, presided over the programme. Dr. M.R. Lakshiminarayanan, Principal, welcomed the gathering. Dr. Arasuparameswaran, Coordinator – Silver Jubilee Celebrations Committee offered the felicitation address.

Dr. K.C. Arun, District Designated Officer, Food Safety Department, Namakkal, was the chief guest. He elucidated the significance of millet consumption as it helps in safeguarding cardiovascular tissues thereby reducing the risk of chronic diseases.

Dr. Andrew K. Nagarajan, Executive Chef, CJ Pallazzio, Salem was the special invitee. He shared the health merits of millets. The consumption of millet will help to bring down non-communicable diseases considerably as it includes high quantus of calcium, iron and protein, he said.

Mrs. R. Rupa, Assistant Professor and Head, the faculty of Nutrition and Dietetics, Ms. P. Sri Renugadevi, Mrs. R. Vanitha and Ms. R. Srivarsini made arrangements.

This programme was compiled by Ms. D. Manju, second year B.Sc., Nutrition and Dietetics. Ms. P. Vedha, final year B.Sc., Nutrition and Dietetics of the college proposed the vote of thanks.

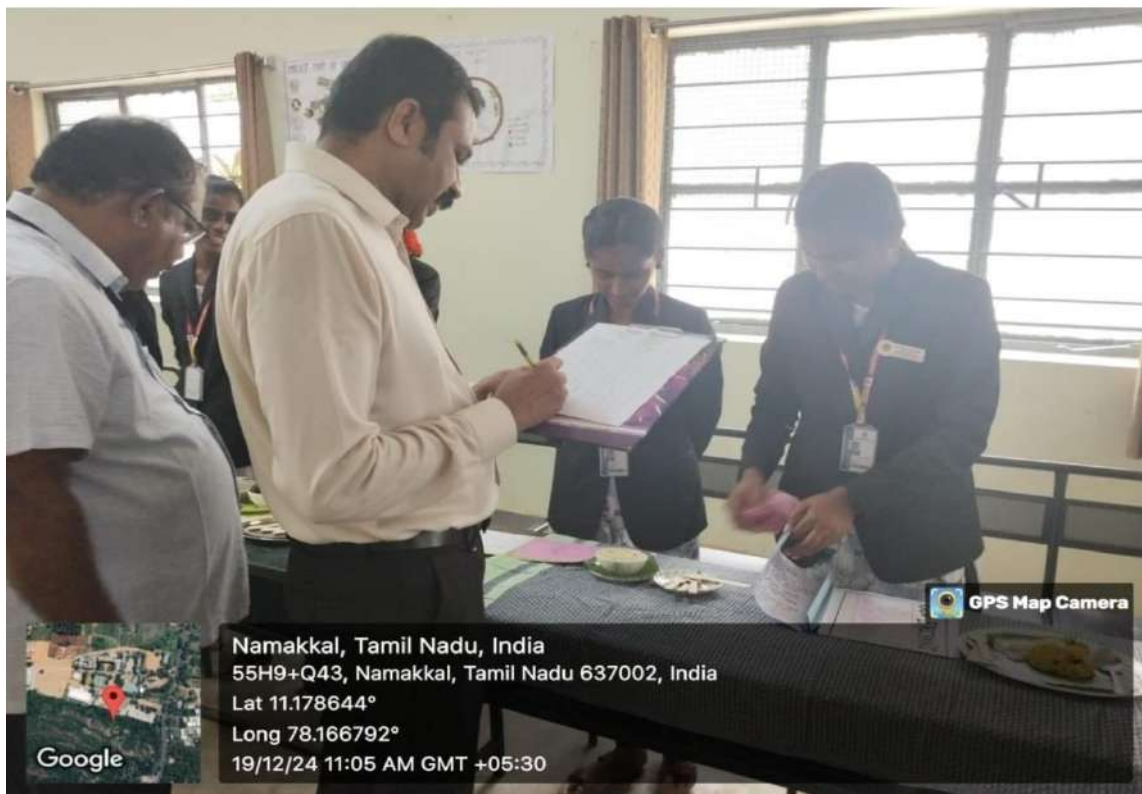
In addition, the students of Nutrition and Dietetics, Computer Science, Commerce and English of the College exhibited the Millet Food Products on that day. Ms. C. Kiruthika, final year B.Sc., Nutrition and Dietetics of the College got the first place, Ms. S. Libika, first year B.Sc., Nutrition and Dietetics of the College obtained the second place and Ms. A. Nandhini, III B.Sc., Nutrition and Dietetics & Ms. A. Preethi, first year B.Sc., Computer Science (Artificial Intelligence and Data Science) secured the third place in that competition.

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, in association with the Integrated Child Development Services, Namakkal Block, organized an event titled “POSHAN MAAH – 2024” (Nourishing a healthier India) on 30th September 2024. Mrs. Aruna Selvaraj, Executive Director of the College, inaugurated the programme. Dr. M.R. Lakshiminarayanan, Principal and Dr. Arasuparameswaran, Coordinator – Silver Jubilee Celebrations of the College offered the felicitation address.



Dr. S. Sathishkumar, District Child Protection Officer, Namakkal, Dr. S. Shanmugapriya, Assistant Surgeon, Ernapuram Primary Health Centre, Namakkal and P. Alagammal, Child Development Project Officer, Namakkal were the special invitees. The various competitions like Cookery (Protein Rich Snack), Rangoli (Anaemia, Complementary Feeding) and guest lecture programmes were also held.

The above said resource persons discussed the reasons for those suffering from malnutrition. Also, they gave tips on healthy food for maintaining body hygiene. The faculty of Nutrition and Dietetics, Mrs. R. Rupa, Ms. P. Sri Renugadevi and Mrs. R. Vanitha made arrangements. Ms. P. Gobika, third year B.Sc., Nutrition and Dietetics of the College welcomed the gathering. Ms. A. Nandhini, third year B.Sc., Nutrition and Dietetics proposed the vote of thanks. This programme was compiled by Ms. D. Manju, second year B.Sc., Nutrition and Dietetics of the College.





இந்தியாவின் #1 ஷார்ட்நியூஸ் ஆப்.  
டவுன்லோட்



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## ஆரோக்கியமான வாழ்விற்கு சிறுதானிய உணவுகள் நிகழ்ச்சி

நாமக்கல் - டிரினிடி மகளிர் கலை மற்றும்  
அறிவியல் கல்லூரியின் நியூட்ரிசன் மற்றும்  
டயட்டிக்ஸ் துறையின் சார்பில் "ஆரோக்கியமான  
வாழ்விற்கு சிறுதானிய உணவுகள்" என்ற  
தலைப்பிலான விழிப்புணர்வு மற்றும்  
கண்காட்சி நிகழ்வு இன்று (19/12/24) கல்லூரி  
வளாகத்தில் நடைபெற்றது. இந்நிகழ்ச்சிக்கு  
கல்லூரி செயல் இயக்குநர் அருணா செல்வராஜ்  
தலைமை தாங்கினார். முதல்வர் எம். ஆர்.  
லட்சுமிநாராயணன் முன்னிலை வகித்தார்.

🕒 02:11 pm, 19th Dec 2024

Way2News - Namakkal News -  
19/12/2024





KING 24x7 Multiform TV

டிரினிடீ மகளிர் கல்லூரியில்  
சிறுதானிய உணவுகள் குறித்த  
விழிப்புணர்வு மற்றும் கண்காட்சி



டிரினிடீ மகளிர் கல்லூரி



நாமக்கல் - டிரினிடீ மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் நியூட்ரிசன் மற்றும் டயட்டிக்கு துறையின் சார்பில் "ஆரோக்கியமான வாழ்விற்கு சிறுதானிய உணவுகள்" என்ற தலைப்பிலான விழிப்புணர்வு மற்றும் கண்காட்சி நிகழ்வு இன்று (19/12/24) கல்லூரி வளாகத்தில் நடைபெற்றது. இந்நிகழ்ச்சிக்கு கல்லூரி செயல் இயக்குநர் அருணா செல்வராஜ் தலைமை தாங்கினார். முதல்வர் எம். ஆர். லட்சுமிநாராயணன் முன்னிலை வகித்தார்.

மற்றொரு சிறப்பு அழைப்பாளர் சேலம் - சிஜே பிளாசியோ நட்சத்திர விடுதியின் முதன்மை சமையல் கலை நிபுணர் ஆன்ட்ரு கே. நாகராஜன் தன் உரையில் குறிப்பிடுகையில் இன்றைய இளம் வயதினர் சிறுதானிய உணவுகளுக்கு பதில் துரித உணவுடிரினிடீ மகளிர் கல்லூரியில் சிறுதானிய உணவுகள் குறித்த விழிப்புணர்வு மற்றும் கண்காட்சிகளுக்கே மிகவும் முன்னுரிமை தருகிறார்கள். குறிப்பாக 5 சதவீதம் மட்டுமே சிறுதானிய உணவுகளை உட்கொள்கிறார்கள். வாரத்திற்கு குறைந்தது இரண்டு நாட்களாவது சிறுதானிய உணவுகளை எடுத்துக் கொள்ள வேண்டும் என்று வலியுறுத்தினார்.

சிறப்பு விருந்தினர்களை கல்லூரியின் வெள்ளி விழா நிகழ்வின் ஒருங்கிணைப்பாளர் அரகபரமேசுவரன் அறிமுகப்படுத்தினார். சிறப்பு அழைப்பாளராக நாமக்கல் மாவட்ட உணவுப் பாதுகாப்புத் துறை நியமன அலுவலர் மரு. கே. சி. அருண் கலந்து கொண்டார். சிறு தானியங்களான கம்பு, ராகி, சோளம், இரை, சாமை, குகிரைவாலி போன்றவற்றினை நாம் அடிக்கடி உணவில் சேர்த்துக் கொள்ள வேண்டும். நோய் எதிர்ப்பு சக்திக்கு இவை பெரும் பயனை அளிக்கும் என்றார்.

பாதுகாப்பு அலுவலர் டி. முருகன், நியூட்ரிசன் துறை உதவிப் பேராசிரியைகள் ஆர். சூபா, பி. ஸ்ரீ ரேணுகாதேவி, ஆர். வனிதா உட்பட ஏறத்தாழ 300 மாணவிகள் கலந்து கொண்டனர். நிகழ்ச்சியினை நியூட்ரிசன் பாடப்பிரிவு மாணவி டி. மஞ்சு தொகுத்து வழங்கினார். பி. வேதா நன்றியுரை ஆற்றினார். இந்நிகழ்வில் நடைபெற்ற சிறுதானிய கண்காட்சி நிகழ்வில் ஊட்டச்சத்து, ஆங்கிலம், வணிகவியல் மற்றும் கணினி அறிவியல் துறை மாணவிகள் கலந்து கொண்டு தாங்கள் தயாரித்த சிறுதானிய உணவுகளை கண்காட்சியில் காட்சிப்படுத்தியிருந்தனர்.

King Dinathendral - Namakkal News -  
20/12/2024



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**THERAPEUTIC POTENTIAL OF MILLETS**  
**COOKERY COMPETITION PARTICIPANTS LIST**

LOT.No	NAME OF THE STUDENT	YEAR & COURSE	SIGNATURE
1	LIBIKA.S	I B.Sc., N&D	S. Fg
2	NINDHU.A	I B.Sc., N&D	A. Nindhu
3	DEEPIKA.K	III B.Sc., N&D	K. Deepika
4	GOWSHIGA.D	II B.A ENGLISH	D. Gowshiga
5	AADHISHWARLA	III B.Sc., N&D	A. Adhish
6	VEDHA.P	III B.Sc., N&D	P. V. V.
7	RAMYA.A	II B.COM	A. Ramya
8	MOHANA PRIYA.R	III B.COM	R. Mohana Priya
9	VARSHIKA.R	II B.A ENGLISH	R. Varshika
10	RAKSHASHRI.K.V	I B.Sc., N&D	K.V. Rakshashri
11	SHOBICA.N	III B.Sc., N&D	N. Shobica
12	KIRUTHIKA.C	III B.Sc., N&D	C. Kiruthika
13	NIVITHA.R	I B.Sc., N&D	R. Nivitha
14	NANDHINI.A	III B.Sc., N&D	A. Nandhini
15	KAVIYA.M	II B.Sc., N&D	M. K. V.
16	RASEENA BE.M	II B.Sc., N&D	M. Raseena
17	MANJU.D	II B.Sc., N&D	Manju .D
18	DHIVYA SRI.S	II B.Sc., N&D	S. Dhivya
19	HASIN MEHMUDA.A.N	I B.Sc., N&D	ABSENT
20	PREETHILA	I B.Sc., NDS	A. Preethi

21	LAVANYA.R	II B.Sc., N&D	R. Lab.
22	NISHA.A	II B.Sc., N&D	not
23	PRIYADHARSHINI.S	II B.Sc., N&D	of Phys.
24	SHARUMATHI.K	II B.Sc., N&D	W. shange
25	JOTHI BHARATHI.M	II B.Sc., N&D	M. J. S. S.

R.m.  
HOD 19/12/24

R. RUPA,  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

Principal  
PRINCIPAL

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL


DEPARTMENT OF NUTRITION AND DIETETICS

THERAPEUTIC POTENTIAL OF MILLETS

COOKERY COMPETITION PARTICIPANTS LIST

WINNERS LIST

S.No	NAME & YEAR OF THE STUDENT	PLACE
1	KIRUTHIKA .C III N2D	I
2	LIBIKA .S II N2D	II
3	PREETHI .A <sup>BUL</sup> I AIDS NANDHINA .A III B.X N2D	III

  
19/12/24  
19/12/24  
SIGNATURE OF JUDGES



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002**  
**(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM)**  
**2(f) & 12(b) STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+ GRADE**

## **ALUMNI FORUM**

**IN THE SUPPORT OF**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**CONDUCTS**

**INTERACTION SESSION ON PRODUCTION, MARKETING &  
CONSUMPTION OF MILLETS**



**Ms.B.GOWMITHA**  
**(ALUMNI 2021-2024 - B.Sc N&D)**  
**AGRICULTURAL ENTREPRENEUR**  
**(MILLET FARMING)**  
**MEL THOLUR, ANIYAPURAM**  
**MOHANUR (Tk), NAMAKKAL (Dt)**

**DATE:10.02.2025**

**VENUE: Room Number -7**

**IN THE BLESSINGS OF**

**Er.K.NALLUSAMY, CHAIRMAN**  
**Er.S SELVARAJ, SECRETARY**  
**Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR**  
**Dr.M.R.LAKSHIMINARAYANAN, PRINCIPAL**  
**Dr.ARASUPARAMESWARAN, CO ORDINATOR**  
**SILVER JUBILEE CELEBRATIONS COMMITTEE**  
**Mr.N.S.SENTHIL KUMAR, ADMINISTRATIVE OFFICER**

**WITH REGARDS**

**Mrs R.RUPA , AP&HOD/N&D**  
**Ms.P.SRIRENUGADEVI, AP/N&D**  
**Mrs.R.VANITHA, AP/N&D**  
**Ms.R.SRIVARSINI-LAB ASSISTANT &  
STUDENTS OF N&D**



## **REPORT SUMMARY**

### Entrepreneurship Awareness programme through the Alumni of the College

The Alumni Forum, in support of the department of Nutrition and Dietetics, Trinity College for Women, Namakkal conducted an “Alumni Meet” on 10.02.2025. In this regard, Ms. B. Gowmitha, Alumni – B.Sc., Nut. & Diet. - Agricultural Entrepreneur (Millet Farming), Mel Tholur, Aniyapuram, Mohanur Taluk, Namakkal District spoke on the topic titled “Interaction session of production, marketing and consumption of millets”.

We eat millet for our food at least three days a week. These millet foods help us reduce body weight and keep diabetes under control, she said.

The faculty members of Nutrition and Dietetics of the College, Mrs. R. Rupa, Ms. P. Sri Renugadevi, Mrs. R. Vanitha and Ms. R. Srivarshini also spoke on that occasion.



### நாமக்கல்லில் சிறுதானியங்கள் கருத்தரங்கம்

நாமக்கல் டிரினிடி மகளிர் கலை அறிவியல் கல்லூரியில் சிறுதானியங்கள் உற்பத்தி சந்தையியல் அதன் நுகர்வு என்ற தலைப்பிலான கலந்துரையாடல் நிகழ்ச்சி கல்லூரியில் நடைபெற்றது. இதில் சிறுதானியங்கள் உற்பத்தி தொழில் முனைவோர் கௌமரிதா சிறப்பு அழைப்பாளராக கலந்து கொண்டு பேசினார். உடல்பருமன் குறையவும், நீரிழிவு நோயினை கட்டுப்படுத்தவும் சிறுதானியங்களை உணவில் அடிக்கடி சேர்த்து கொள்ள வேண்டும் என்றார்.

Way2News - Namakkal News - 15/02/25



### NKL TRI NEWS

- 15/02/2025 -

Namakkal News



The Alumni Forum, in support of the department of Nutrition and Dietetics, Trinity College for Women, Namakkal, conducted a programme titled "Interaction session on production, marketing and consumption of millets" on 10/02/25 in the college campus. Ms. B. Gowmitha, Alumni – B.Sc., Nutrition and Dietetics – 2021-2024 & Agricultural Entrepreneur – Millet Farming, Mel Tholur, Aniyapuram, Mohanur Taluk, Namakkal District was the special invitee. We eat millet for our food at least three days a week. These millet foods help us reduce body weight and keep diabetes under control, she said. The faculty of Nutrition and Dietetics, Mrs R. Rupa, Ms. P. Sri Renukadevi, Mrs R. Vanitha, Ms. R. Srivashini and many department students participated.

7:30 am

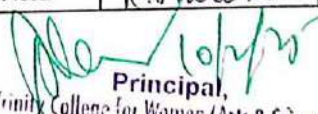
TRINITY COLLEGE FOR WOMEN, NAMAKKAL

DEPARTMENT OF NUTRITION AND DIETETICS

EVENT: INTERACTION SESSION OF PRODUCTION, MARKETING AND CONSUMPTION OF MILLETS

DATE: 10.02.2025

S.NO	NAME	CLASS	SIGNATURE
1	BRINDHA.P	I B.Sc N&D	P. Brindha
2	DHARANIS.R	I B.Sc N&D	D. Dhara
3	FAHIMITHA BANU.S	I B.Sc N&D	F. Fahimitha
4	HASIN MEHMUDA.A.N	I B.Sc N&D	Hasin Mehmuda A.N
5	JEGATHAMBIGAI.K.S	I B.Sc N&D	J. Jegathambigai
6	KAVIYA.S	I B.Sc N&D	S. Kaviya
7	LIBIKA.S	I B.Sc N&D	S. Libika
8	MAHALAKSHMI.S	I B.Sc N&D	S. Mahalakshmi
9	MANORANJANI.M	I B.Sc N&D	M. Manoranjani
10	NINDHU.A	I B.Sc N&D	A. Nindhu
11	NIVITHA.R	I B.Sc N&D	R. Nivitha
12	RAKSHASRI.K.V	I B.Sc N&D	K.V. Raksha
13	SANTHIYA.T	I B.Sc N&D	T. Santhiya
14	SHRE ISHWERYA LAKSHMI.K	I B.Sc N&D	K. Shre Ishwerya
15	SRIMATHI.S	I B.Sc N&D	S. Srimathi
16	SRISABITHA.G	I B.Sc N&D	G. Srisabitha
17	YUVARANI.G	I B.Sc N&D	G. Yuvarani
18	DHIVYA SRI.S	II B.Sc N&D	S. Dhivya
19	JOTHIBHARATHI.M	II B.Sc N&D	M. Jothibharathi
20	KAVIYA.M	II B.Sc N&D	M. Kaviya
21	LAVANYA.R	II B.Sc N&D	R. Lavanya
22	MANJU.D	II B.Sc N&D	D. Manju
23	NISHA.A	II B.Sc N&D	A. Nisha
24	PRIYADHARSHINI.S	II B.Sc N&D	S. Priyadharshini
25	RASEENA BE.M	II B.Sc N&D	M. Raseena
26	AADHISHWARI.A	III B.Sc N&D	A. Aadhishwari
27	ABINAYA.S	III B.Sc N&D	S. Abinaya
28	GOBIKA.P	III B.Sc N&D	P. Gobika
29	ILAVARASI.S	III B.Sc N&D	S. Ilavarasi
30	KIRUTHIKA.C	III B.Sc N&D	C. Kiruthika
31	NANDHINI.A	III B.Sc N&D	A. Nandhini
32	THIRISA.R	III B.Sc N&D	R. Thirisa

  
Principal,  
Trinity College for Women (Arts & Science)





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002**  
**(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.**  
**2f & 12b STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+)**

**IIC, IQAC AND EDC**  
**IN SUPPORT OF THE**  
**DEPARTMENT OF NUTRITION AND DIETETICS**

**CONDUCTS A WORKSHOP ON**  
**INNOVATIVE TECHNIQUES IN BARIATRIC SURGERY**  
**(DESIGN THINKING, CRITICAL THINKING AND**  
**INNOVATIVE DESIGN )**

**SPECIAL GUEST**



**Ms. P.APURVA**  
**DIETICIAN & BARIATRIC NUTRITIONIST**  
**PSG HOSPITALS**  
**AVINASHI ROAD, PEELAMEDU**  
**COIMBATORE**

**DATE:12.02.2025**

**TIME: 10:00 AM**

**VENUE: SEMINAR HALL**

**IN THE PRESENCE OF**  
**Er.K.NALLUSAMY, CHAIRMAN**  
**Er.S SELVARAJ, SECRETARY**  
**Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR**  
**Dr M.R.LAKSHIMINARAYANAN, PRINCIPAL**  
**Dr.ARASUPARAMESWARAN, CO-ORDINATOR**  
**SILVER JUBILEE CELEBRATIONS COMMITTEE**  
**Mr.N.S.SENTHIL KUMAR,ADMINISTRATIVE OFFICER**

**WITH REGARDS**  
**IIC, IQAC AND EDC CO-ORDINATORS**  
**& MEMBERS**  
**FACULTY MEMBERS AND**  
**STUDENTS OF N&D**



## **REPORT SUMMARY**

### Workshop on “Bariatric Surgery”

The Institution’s Innovation Council, in association with the department of Nutrition and Dietetics, Trinity College for Women, Namakkal conducted a one-day workshop titled “Innovative Techniques in Bariatric Surgery” on 12th February 2025 in the seminar hall of the College.

Mrs. P. Apurva, Dietician & Bariatric Nutritionist, PSG Hospitals, Avinashi Road, Peelamedu, Coimbatore was the subject expert.

She explained the various bariatric surgery techniques of cutting edge, viz, obesity in children and adolescents, mental function of obesity, nutri-prevention of obesity, lifestyle and physical activity, comprehension evaluation of an obese patient in bariatric surgery, energy balance, patient mock evaluation form, post-operative diet management, etc.,

The Coordinator of the Institution’s Innovation Council, Dr. A. Vijayasarithi, Mrs. R. Rupa, Assistant Professor and Head, Ms. P. Sri Renugadevi, Mrs. R. Vanitha and Ms. R. Srivarsini, Faculty Members of Department of Nutrition and Dietetics, also took part.



The Institution's Innovation Council, in association with the department of Nutrition & Dietetics, Trinity College for Women, Namakkal conducted a workshop titled "Innovative Techniques in Bariatric Surgery" on 12/02/2025 in the college campus. Ms. P. Apurva, Dietician & Bariatric Nutriat, PSG Hospitals, Avinashi Road, Peelamedu, Coimbatore was the resource person. She explained the various bariatric surgery cutting edge technologies, obesity in Children and Adolescents, post operative diet management, nutri prevention of obesity, etc. Also, she highlighted the entrepreneurship opportunities in the fields of service sectors, including health sectors, food industries, drug manufacturing industries, etc. Mrs. Aruna Selvaraj, Executive Director, presided over the program. The faculty of Nutrition and Dietetics, Mrs. R. Rupa, Ms. R. Sri Renukadevi, Mrs. R. Vanitha, Ms. R. Srivashini and Dr. A. Vijayarathi, Coordinator, IIC of the College made arrangements. Many department students actively participated.





**NKL TRY TIMES - Namakkal News -**  
**13/02/2025**

The Institution's Innovation Council, in association with the department of Nutrition & Dietetics, Trinity College for Women, Namakkal conducted a workshop titled "Innovative Techniques in Bariatric Surgery" on 12/02/2025 in the college campus. Ms. P. Apurva, Dietician & Bariatric Nutriat, PSG Hospitals, Avinashi Road, Peelamedu, Coimbatore

## NKL TRI NEWS - Namakkal News - 12/02/2025

was the resource person. She explained the various bariatric surgery cutting edge technologies, obesity in Children and Adolescents, post operative diet management, nutri prevention of obesity, etc. Also, she highlighted the entrepreneurship opportunities in the fields of service sectors, including health sectors, food industries, drug manufacturing industries, etc. Mrs. Aruna Selvaraj, Executive Director, presided over the program. The faculty of Nutrition and Dietetics, Mrs. R. Rupa, Ms. R. Sri Renukadevi, Mrs. R. Vanitha, Ms. R. Srivashini and Dr. A. Vijayarathi, Coordinator, IIC of the College made arrangements. Many department students actively participated.



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**

**EVENT: INNOVATIVE TECHNIQUES IN BARIATRIC SURGERY**

**DATE: 12.02.2025**

S.NO	NAME	CLASS	SIGNATURE
1	BRINDHA.P	I B.Sc N&D	P. Brindha
2	DHARANI.A	I B.Sc N&D	A. Dharani
3	DHARANI.S.R	I B.Sc N&D	S. R. Dharani
4	DIVYA.M	I B.Sc N&D	M. Divya
5	FAHIMITHA BANU.S	I B.Sc N&D	S. Fahimitha
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7	JEGATHAMBIGAI.K.S	I B.Sc N&D	S. Jegathambigai
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12	NINDHU.A	I B.Sc N&D	A. Nindhu
13	NIVITHA.R	I B.Sc N&D	R. Nivitha
14	PREETHISHA.M	I B.Sc N&D	M. Preethisha
15	RAKSHASRI.K.V	I B.Sc N&D	K. V. Rakshasri
16	SANTHIYA.T	I B.Sc N&D	T. Santhiya
17	SHRE ISHWERYA LAKSHMI.K	I B.Sc N&D	K. Shre Ishwerya
18	SRIMATHI.S	I B.Sc N&D	S. Srimalathi
19	SRISABITHA.G	I B.Sc N&D	G. Srisabitha
20	YUVARANI.G	I B.Sc N&D	G. Yuvarani
21	DEEPIKA.S	II B.Sc N&D	S. Deepika
22	DHIVYA SRI.S	II B.Sc N&D	S. Dhivya
23	JESSY.J	II B.Sc N&D	J. Jessy

24	JOTHIBHARATHI.M	II B.Sc N&D	M. J. L. L.
25	KAVIYA.M	II B.Sc N&D	M. K. J.
26	LAVANYA.R	II B.Sc N&D	R. Lav.
27	MANJU.D	II B.Sc N&D	Manju D.
28	NISHA.A	II B.Sc N&D	A. Nisha
29	PRIYADHARSHINI.S	II B.Sc N&D	P. Priya
30	RASEENA BE.M	II B.Sc N&D	M. Raseena
31	SHARUMATHI.K	II B.Sc N&D	K. Sharumathi
32	VARSHINI.N	II B.Sc N&D	Varshini N.
33	AADHISHWARLA	III B.Sc N&D	A. Adhishwarla
34	ABINAYA.S	III B.Sc N&D	S. Abinaya
35	DEEPIKA.K	III B.Sc N&D	K. Deepika
36	GOBIKA.P	III B.Sc N&D	P. Gobika
37	ILAVARASI.S	III B.Sc N&D	S. Ilavarasi
38	KIRUTHIKA.C	III B.Sc N&D	C. Kiruthika
39	NANDHINI.A	III B.Sc N&D	A. Nandhini
40	SHOBICA.N	III B.Sc N&D	N. Shobika
41	SRINITHI.R	III B.Sc N&D	R. Srinithi
42	THIRISA.R	III B.Sc N&D	R. Thirisa
43	VEDHA.P	III B.Sc N&D	P. Viji

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL - 637002**  
**(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.**  
**2f & 12b STATUS GRANTED BY UGC NEW DELHI**  
**AND NAAC ACCREDITED BY A+)**

**IIC, IQAC AND EDC**  
**IN SUPPORT OF THE**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**CONDUCTS A WORKSHOP ON**  
**PROCESS & COMMERCIALIZATION OF**  
**INNOVATIVE FOOD PRODUCTS**

(PROCESS OF INNOVATION DEVELOPMENT & TECHNOLOGY READINESS LEVEL  
& COMMERCIALISATION OF LAB TECHNOLOGIES & TECH- TRANSFER)

**RESOURCE PERSON**



**Dr.C.PANDIYAN, M. V. Sc., Ph.D**  
**PROFESSOR,**  
**DEPT. OF LIVESTOCK PRODUCTS TECHNOLOGY**  
**(DAIRY SCIENCE),**  
**TAMILNADU VETERINARY COLLEGE AND**  
**RESEARCH INSTITUTE (TANUVAS)**  
**NAMAKKAL-637 002**

**DATE:13.02.2025**

**TIME: 11:00 AM**

**VENUE: SEMINAR HALL**

WITH THE BLESSINGS OF  
Er.K.NALLUSAMY, CHAIRMAN  
Er.S SELVARAJ, SECRETARY  
Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR  
Dr M.R.LAKSHIMINARAYANAN, PRINCIPAL  
Dr.ARASUPARAMESWARAN, CO-ORDINATOR  
SILVER JUBILEE CELEBRATIONS COMMITTEE  
Mr.N.S.SENTHIL KUMAR,ADMINISTRATIVE OFFICER

WITH REGARDS  
IIC, IQAC & EDC CO-ORDINATORS &  
MEMBERS  
FACULTY MEMBERS AND  
STUDENTS OF N&D

## REPORT SUMMARY

### Entrepreneurship Awareness Programme

The Institution's Innovation Council, Internal Quality Assurance Cell and Entrepreneurship Development Cell, in support of the department of Nutrition and Dietetics, Trinity College for Women, Namakkal on 13.02.2025.

Dr. C. Pandiyan, Professor, Department of Livestock Products Technology (Dairy Science), Tamil Nadu Veterinary College & Research Institute (TANUVAS), Namakkal was the special invitee.

Under the theme of Process of innovation development & technology readiness level & commercialization of lab techniques and technical transfer, this programme was conducted for the students.

Dr. C. Pandiyan, talked about the topic entitled "Process and commercialization of innovative products".

The process of commercializing innovative products includes a multistep approach, commencement with idea generation and market survey, developing through product development and prototyping and finally, establishing a final result in the establishment and marketing of the new product to reach the target market, targeting to generate sales and revenue, he said.

Apart from that, he brought out the various entrepreneurial topics like the process and commercialization of innovative food products, like, process of food product development, food growth strategy, key stages of food product development, commercialization process, challenges in food product development and commercialization and technologies used in new food product development, etc.,

Mrs. Aruna Selvaraj, Executive Director, presided over the programme. Dr. M.R. Lakshiminarayanan, Principal of the College, welcomed the gathering. The faculty members of Nutrition and Dietetics, Mrs. R. Rupa, Ms. P. Sri Renugadevi and Ms. R. Srivarsini also took part in that occasion.



Namakkal, Tamil Nadu, India  
55h9+q43, Namakkal, Tamil Nadu 637002, India  
Lat 11.178564° Long 78.166702°  
13/02/25 11:03 AM GMT +05:30



Namakkal, Tamil Nadu, India  
55h9+q43, Namakkal, Tamil Nadu 637002, India  
Lat 11.178532° Long 78.166686°  
13/02/25 10:58 AM GMT +05:30

The IIC, IQAC and EDC, in support of the department of Nutrition and Dietetics, Trinity College for Women, Namakkal conducted an event entitled "Process and commercialization of innovative products" on 13/02/25. Dr. C. Pandiyan, Professor, Department of Livestock Products Technology (Dairy Science), Tamil Nadu Veterinary College & Research Institute, (TANUVAS) Namakkal was the special invitee. He elucidated the process of food product development, utilisation of strategy in food production, commercialization of food products, challenges, opportunities, technologies and market research. Mrs. Aruna Selvaraj, Executive Director and Dr. M. R. Lakshminarayanan, Principal spoke about the importance of role of service sectors for

## NKL TRI NEWS - Namakkal News - 17/02/2025

our nation's development. The faculty of Nutrition Mrs. R. Rupa, Ms. P. Sri Benugadevi, Mrs. R. Vanitha and Ms R. Sivarashini made arrangements.



9:20 am



நாமக்கல் - டிரினிடி மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் முத்தாக்க சபையம். உறுதி அமைப்பம் மற்றும் தொழில் முனைவோர் மேம்பாட்டு அமைப்பம் ஆகியவை இணைத்து நிகழ்ச்சிகள் உட்பட்டமாக துறையின் பங்களிப்புகள் உணவுப் பொருட்களை சந்தைப்படுத்துதலில் மேற்கொள்ள வேண்டிய தொழில்நுட்பங்கள் மற்றும் புதுமைகள் என்ற தலைப்பிலான நிகழ்ச்சி 13/02/25 அன்று கல்லூரி வளாகத்தில் நடைபெற்றது. இந்தநிகழ்வில் சிறப்பு அழைப்பாளராக நாமக்கல் - தமிழ்நாடு கல்வந்தம், மருத்துவக் கல்லூரியின் பால் அறிவியல் துறைப் பேராசிரியர் சி. பாண்டியன் சிறப்பு அழைப்பாளராக கலந்து கொண்டார். உணவுப் பொருட்கள் தயாரிப்பில் மேற்கொள்ள வேண்டிய தொழில்நுட்ப மேம்பாடுகள், இத்துறையில் உள்ள சவால்கள், வாய்ப்புகள், உணவுப் பொருட்களை சந்தைப்படுத்துதலில் ஏற்படும் தொல்புகள் ஆகியவை குறித்து

## NKL TRI NEWS - Namakkal News - 17/02/2025

செய்தல் முறைகள், அபிவிருத்திகளுக்கு ஏற்றவாறு செயல்படும் பொது நாம் செயல்படுத்த வேண்டியவைகள் குறித்து நிகழ்வில் எடுத்துரைத்தார். நிகழ்வில் கல்லூரியின் செயல்பாடுகள் குறித்து செல்வராஜ் & முதலவர் எம். ஆர். லட்சுமிநாயகன் ஆகியோர் பேசினர். இத்தொடரின் கடைசி நேரத்தில் கல்லூரியின் நிபுணர்கள் துறை உதவிப் பேராசிரியர்கள் ஆர். ருத். பி. ஜி. ரெணுகாபெட்டி, ஆர். வனிதா மற்றும் ஆர். ஜி. வரதராஜன் ஆகியோர் செய்திருந்தனர்.

9:21 am



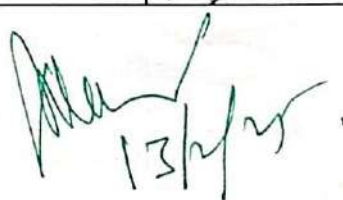
**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**

**EVENT: PROCESS & COMMERCIALIZATION OF INNOVATIVE FOOD PRODUCT**

**DATE: 13.02.2025**

S.NO	NAME	CLASS	SIGNATURE
1	BRINDHA.P	I B.Sc N&D	P.Brindha
2	DHARANI.A	I B.Sc N&D	A.Dharani
3	DHARANI.S.R	I B.Sc N&D	S.R.Dharani
4	DIVYA.M	I B.Sc N&D	M.Divya
5	FAHIMITHA BANU.S	I B.Sc N&D	S.Fahimitha
6	HASIN MEHMUDA.A.N	I B.Sc N&D	H.Hasin
7	JEGATHAMBIGAI.K.S	I B.Sc N&D	S.Jegathambigai
8	KAVIYA.S	I B.Sc N&D	S.Kaviya
9	LIBIKA.S	I B.Sc N&D	S.Libika
10	MAHALAKSHMI.S	I B.Sc N&D	S.Mahalakshmi
11	MANORANJANI.M	I B.Sc N&D	M.Manoranjani
12	NINDHU.A	I B.Sc N&D	A.Nindhu
13	NIVITHA.R	I B.Sc N&D	R.Nivitha
14	PREETHISHA.M	I B.Sc N&D	M.Preethisha
15	RAKSHASRI.K.V	I B.Sc N&D	K.V.Rakshasri
16	SANTHIYA.T	I B.Sc N&D	T.Santhiya
17	SHRE ISHWERYA LAKSHMI.K	I B.Sc N&D	K.Shre Ishwerya
18	SRIMATHI.S	I B.Sc N&D	S.Srimathi
19	SRISABITHA.G	I B.Sc N&D	G.Srisabitha
20	YUVARANI.G	I B.Sc N&D	G.Yuvarani
21	DEEPIKA.S	II B.Sc N&D	S.Deepika
22	DHIVYA SRI.S	II B.Sc N&D	S.DHIVYA

23	JESSY.J	II B.Sc N&D	J.J
24	JOTHIBHARATHI.M	II B.Sc N&D	Jothibhary.M
25	KAVIYA.M	II B.Sc N&D	M.KAVIYA
26	LAVANYA.R	II B.Sc N&D	R.Lad
27	MANJU.D	II B.Sc N&D	MANJU.D
28	NISHA.A	II B.Sc N&D	A.Nisha
29	PRIYADHARSHINI.S	II B.Sc N&D	S.Palffy
30	RASEENA BE.M	II B.Sc N&D	RASEENABE.M
31	SHARUMATHI.K	II B.Sc N&D	K.Sharunf
32	VARSHINI.N	II B.Sc N&D	Varshini.N
33	AADHISHWARLA	III B.Sc N&D	A.Aadithi
34	ABINAYA.S	III B.Sc N&D	S.Abinaya
35	DEEPIKA.K	III B.Sc N&D	K.Deepika
36	GOBIKA.P	III B.Sc N&D	P.Gobika
37	ILAVARASI.S	III B.Sc N&D	S.Ilavarasi
38	KIRUTHIKA.C	III B.Sc N&D	C.Kiruthika
39	NANDHINI.A	III B.Sc N&D	A.Nandhini
40	SHOBICA.N	III B.Sc N&D	N.Shobika
41	SRINITHI.R	III B.Sc N&D	R.Srinithi
42	THIRISA.R	III B.Sc N&D	R.Thirisa
43	VEDHA.P	III B.Sc N&D	P.Vedha

  
13/4/25

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

## EXTERNAL ACTIVITIES

S.NO	DATE	NAME OF THE PROGRAMME	PLACE VISITED	PROGRAMME DETAILS
1	18.08.2024 & 19.08.2024	STUDY TOUR	MYSORE,COORG	MYSORE PALACE, KRISHNARAJA SAGAR DAM AND BRINDAVAN GARDEN, GOLDEN TEMPLE, LAKE RAFTING, NISHADHARMA FOREST, HARANGI DAM AND LIGHT SHOW
2	26.09.2024	NATIONAL SEMINAR	JAMAL MOHAMED COLLEGE, TRICHY	“THE ROLE OF MICROBIOME IN NUTRITION ANDHEALTH: EMERGING RESEARCH AND CLINICAL APPLICATIONS”
3	29.10.2024	COMPETITION	GOVERNMENT BOYS SCHOOL, NAMAKKAL	SMALL GRAIN (MILLET) COOKING COMPETITION AND EXHIBITION
4	07.01.2025	NATIONAL SEMINAR	KSR COLLEGE ARTS AND SCIENCE FOR WOMEN, TIRUCHENGODE	“CONVERGING TOWARDS HEALTHY WALK THROUGHOUT THE LIFE”
5	21.02.2025	NATIONAL CONFERENCE	NKR GOVERNMENT ARTS COLLEGE FOR WOMEN,NAMAKKAL	MANAGING STRESS THROUGH NUTRITION: A HOLISTIC APPROACH
6	27.02.2025	NATIONAL SYMPOSIUM	VIVEKANANDHA ARTS & SCIENCE COLLEGE FOR WOMEN, NAMAKKAL	RECENT SCENARIO IN MENTAL HEALTH NUTRITION





**TRINITY COLLEGE FOR WOMEN**  
**DEPARTMENT OF NUTRITION & DIETETICS**

Date: 16.08.2024

Place: Namakkal

From  
Department of N&D  
Trinity College for Women  
Namakkal

To  
The Executive Director  
Trinity College for Women  
Namakkal

Through  
The Principal  
Trinity College for Women  
Namakkal


Respected Sir  
Sub: Requesting permission for educational tour –Reg.


The **Department of N&D** planned to organize two days **Educational Tour** to **Mysore & Coorg** on 18.08.2024 and 19.08.2024 (Sunday and Monday). So, we kindly request you to give permission for the **Educational Tour**.

The students and staffs details for the educational tour is given below,


S.no	Class	No. of students	Staff incharge	Remarks
1	I B.Sc- N&D	09	Mrs.R.Rupa,AP & HOD- N&D Ms.P.SriRenugadevi,AP- N&D Mrs.V.Archana, AP&HOD-PD	
	II B.Sc- N&D	01		
	III B.Sc- N&D	06		

Thanking You

  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

  
16/8/24

Yours faithfully

  
16/08/24  
(R. Rupa AP/HOD  
N&D)



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL-637002**

**DATE:16.08.2024**

**CIRCULAR**

We are delighted to inform you that our Department of Nutrition and Dietetics organize two days educational tour to Mysore & Coorg on 18.08.2024 and 19.08.2024 (Sunday and Monday)

*R.nh 16/8/24*

**SIGNATURE OF HOD**

*[Handwritten Signature]*

**SIGNATURE OF PRINCIPAL**

**Principal,**  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**DEPARTMENT OF N&D**  
**EDUCATIONAL TOUR NAME LIST**

S.NO	STUDENT NAME	CLASS	SIGNATURE
1	DHARANI.S.R	I B.Sc N&D	D.P. Dharani...
2	HASIN MEHMUDA.A.N	I B.Sc N&D	Hasin Mehmuda A.N
3	JEGATHAMBIGAI.K.S	I B.Sc N&D	Jegathambigai
4	LIBIKA.S	I B.Sc N&D	Libika
5	NINDHU.A	I B.Sc N&D	A. Nindhu
6	NIVITHA.R	I B.Sc N&D	R. Nivitha
7	SHRE ISHWERYA LAKSHMI.K	I B.Sc N&D	K. Shreeshwari
8	SRISABITHA.G	I B.Sc N&D	G. Srisabitha
9	YUVARANI.G	I B.Sc N&D	G. Yuvarani
10	KAVIYA.M	II B.Sc N&D	M. Kaviya
11	AADHISHWARLA	III B.Sc N&D	A. Adhishwarla
12	ABINAYA.S	III B.Sc N&D	S. Abinaya
13	DEEPIKA.K	III B.Sc N&D	K. Deepika
14	SHOBIKA.N	III B.Sc N&D	N. Shobika
15	THIRISA.R	III B.Sc N&D	R. Thirisa
16	VEDHA.P	III B.Sc N&D	P. Vedha

R. N.  
16/8/24  
HOD

  
**PRINCIPAL**

**Principal,**  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.





**NK Holidays**  
Vacations with your destination

# NK HOLIDAYS

DEIVANAYAGAM STREET, SHEVAPET, SALEM-636002

Mobile: 8056733272-9842054224

## TWO DAYS FOR MYSORE-COORG

### Day 1- MYSORE


07.30 AM-Check in Hotel  
08.30 AM-Breakfast  
10.30 AM-Chamundeswari hills  
12.00 PM-Mysore palace  
03.00 PM-Lunch  
05.00 PM-KRS Dam & Brindhavan garden  
08.30 PM-Dinner  
09.30 PM-Stay in Room

### Day 2 -COORG

07.00 AM-Check out Hotel & Travel to Coorg  
09.30 AM-Breakfast  
10.30 AM-Golden temple  
12.00AM- Lake Rafting  
01.30 PM-Lunch  
03.00 PM- Nishadharma forest  
04.30 PM-Shopping  
06.15 PM-Harangi dam & light show  
08.00 PM-Dinner  
09.30 PM-DEPARTURE FROM COORG

NOTE: TIMES IS APPROXIMATELY

  
16/8/24

  
Principal,  
Trinity College for Women (Arts & Science)  
Namakkal - 637 002.

**" YOUR PERFECT TOUR PARTNER "**

## **TRINITY COLLEGE FOR WOMEN, NAMAKKAL**

### **EDUCATIONAL TOUR**

Apart from the university curriculum, our college arranges study tours as well as excursions for the benefit of our students. In this regard, on 18th and 19th August 2024, our College's (Trinity College for Women, Namakkal) 16 students of Nutrition and Dietetics went to Mysore and Coorg in Karnataka state. On the first day (18.08.2024), they visited the places of Mysore, like Chamundeeswari Hill and worshipped the Goddess Sri Chamundeeswari. Apart from that, they have seen the Mysore Palace, Krishnaraja Sagar Dam and Brindavan Garden.

On the second day (19.08.2024), they looked in on Golden Temple, Lake Rafting, Nishadharma Forest, Harangi Dam and Light Show. After finishing the tour, our students of Nutrition & Dietetics went shopping and purchased a variety of goods in Mysore city. Mrs. R. Rupa, Assistant Professor and Head, Ms. P. Sri Renugadevi, Assistant Professor of Nutrition and Dietetics and Mrs. V. Archana, Director of Physical Education, Trinity College for Women, Namakkal were the caretakers of our students.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL  
UG DEPARTMENT OF N&D  
B.Sc N&D - EDUCATIONAL TOUR NAME LIST  
ARRIVAL/DEPARTURE DETAILS

S.NO	STUDENT NAME	STUDENT NO	PARENT NO	COLLEGE IN TIME DETAILS			DEPARTURE TIME	ARRIVAL TIME	RETURN WITH	PARENT/ GUARDIAN SIGN
				TIME	PARENT/ GUARDIAN/SELF	PARENT/ GUARDIAN SIGN				
1	DHARANIS.R	733923151	999436151	6:10	Parent	[Signature]	10:00	9:00	Father	S.R.Dharani
2	HASIN MEHMUDA.A.N	730522537	9095059391	6:38	Parent	[Signature]	10:00	11:10	Father	[Signature]
3	JEGATHAMBIGALK.S	9566816946	9003746946	7:19	Parent	[Signature]	10:00	9:50	Father	[Signature]
4	LIBIKA.S	82110687626	9751966771	7:32	parent	S. Sathya	10:00	9:50	Mother	S. Sathya
5	NINDHULA	9677467114	9788961815	6:16	Parent	[Signature]	10:00	10:15	Father	A.Nindhu
6	NIVITHA.R	6382083525	936098423	6:30	parent	M. Anil	10:00	9:50	Uncle	[Signature]
7	SHRE ISHWERYA LAKSHMI.K	860856558	860816558	6:25	Parent	[Signature]	10:00	9:50	Brother	[Signature]
8	SRISABITHA.G	769591894	6380465915	6:10	Parent	G. S. Sathya	10:00	9:50	Father	S. Sathya
9	YUVARANI.G	9754688629	9486028629	6:20	Guardian	S. Sathya	10:00	9:50	Self	[Signature]
10	KAVIYA.M	9361400826	9544446193	6:08	Parent	P. S. Sathya	10:00	9:50	Self	M. Sathya
11	AADHISWARLA	995265277	9442728472	6:52	Parent	M. Anil	10:00	10:15	Parent	AA
12	ABINAYA.S	638186158	7091460240	6:25	Parent	[Signature]	10:00	10:15	Self	S. Abinaya
13	DEEPIKA.K	8610122770	8489276228	6:20	Parent	S. Sathya	10:00	10:15	Self	K. Deepika
14	SHOBICA.N	9894198806	9445711556	6:20	Self	N. Shobika	10:00	10:15	Self	N. Shobika
15	THIRISA.R	7010239874	975168793	6:50	Self	R. Thirisa	10:00	10:15	Self	R. Thirisa
16	VEDHA.P	8825663209	6569347473	6:10	Parent	M. Anil	10:00	10:15	Parent	P. Vij

1. P. Sathya  
2. R. Sathya  
CLASS INCHARGE SIGNATURE

R. Sathya  
20/08/24  
HOD

[Signature]  
PRINCIPAL  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.









**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**  
**DEPARTMENT OF NUTRITION AND DIETETICS**

Date: 25.09.2024

Place: Namakkal

From

Department of N&D  
Trinity College for Women  
Namakkal

To

The Executive Director  
Trinity College for Women  
Namakkal

Through

The Principal  
Trinity College for Women  
Namakkal


Respected Mam

Sub: Requesting permission for attending National Conference-Reg.

The Department of N&D planned to attend The **National Conference** at Jamal Mohamed College (Autonomous) entitled **"THE ROLE OF MICROBIOME IN NUTRITION & HEALTH: EMERGING RESEARCH AND CLINICAL APPLICATIONS"** on 26.09.2024 & 27.09.2024 (Thursday & Friday). We kindly request you Madam to give permission for attending the National conference. Herewith we are enclosing the details of the staffs and the students attending the conference.

S.No	Year & Degree	No.of.students	Staff Incharge	Remarks
1	II B.Sc-N&D	12	Mrs R.Rupa, AP/HOD- N&D Ms.P.SriRenugadevi, AP-N&D Mrs.R.Vanitha, AP-N&D	
2	III B.Sc-N&D	2		

Thanking You

  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

Yours faithfully,

  
25/09/24



## TRINITY COLLEGE FOR WOMEN, NAMAKKAL

DATE: 18.09.2024

### CIRCULAR

We hereby inform that Jamal Mohamed College (Autonomous), Trichirappalli organize National Seminar on "THE ROLE OF MICROBIOME IN NUTRITION AND HEALTH: EMERGING RESEARCH AND CLINICAL APPLICATIONS" 26.09.2024 & 27.09.2024

Students those who are willing to participate in this event can register your names to the respective class in charge on or before 20.09.2024

R.m.  
18/9/24  
Signature of the HOD

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

18/9/24  
Signature of the Principal

**Principal,**  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.



## REPORT SUMMARY

Nutrition and Dietetics Students' participation in the national level seminar held at Jamal Mohamed College, Trichy

The department of Nutrition and Dietetics & B.Voc Food Processing and Safety, Jamal Mohamed College (Autonomous), Trichirappalli conducted a two day national level seminar titled "The role of microbiome in Nutrition and Health: Emerging Research and Clinical Applications" on 26<sup>th</sup> and 27<sup>th</sup> September 2024 in the College campus. The themes of the seminars were diet microbiome interactions, microbiome and chronic disease, microbiome modulation, microbiome and cancer prevention, microbiome and aging, microbiome in public health, personalized nutrition & prebiotics and probiotics.

In this regard, 3 faculty members of the Nutrition and Dietetics department along with 14 students have actively participated and presented their research articles in that seminar.

### The details of the faculty participants

Name of the Staff	Designation and Department
Mrs. R. Rupa	Assistant Professor and Head, Department of Nutrition and Dietetics
Ms. P. Sri Renugadevi	Assistant Professor in Nutrition and Dietetics
Mrs. R. Vanitha	Assistant Professor in Nutrition and Dietetics

### The details of the student participants

Name of the student	Year and Degree
Ms. S. Deepika	Second year B.Sc., Nutrition and Dietetics
Ms. S. Dhivya Sri	Second year B.Sc., Nutrition and Dietetics
Ms. J. Jessy	Second year B.Sc., Nutrition and Dietetics
Ms. M. Jothibharathi	Second year B.Sc., Nutrition and Dietetics
Ms. M. Kaviya	Second year B.Sc., Nutrition and Dietetics
Ms. R. Lavanya	Second year B.Sc., Nutrition and Dietetics
Ms. D. Manju	Second year B.Sc., Nutrition and Dietetics
Ms. A. Nisha	Second year B.Sc., Nutrition and Dietetics
Ms. S. Priyadharshini	Second year B.Sc., Nutrition and Dietetics
Ms. M. Raseena Bee	Second year B.Sc., Nutrition and Dietetics
Ms. K. Sharumathi	Second year B.Sc., Nutrition and Dietetics
Ms. N. Varshini	Second year B.Sc., Nutrition and Dietetics
Ms. A. Nandhini	Third Year B.Sc., Nutrition and Dietetics
Ms. P Gobika	Third Year B.Sc., Nutrition and Dietetics

All the above-mentioned faculty members and students are greeted





TRINITY COLLEGE FOR WOMEN, NAMAKKAL-637002

DEPARTMENT OF NUTRITION AND DIETETICS

NATIONAL CONFERENCE -PARTICIPANTS LIST

Date : 26.09.2024

Venue: Jamal Mohamed College (Autonomous), Trichirappalli

S.No	Name	Class	Signature
1	DEEPIKA.S	II B.Sc- N&D	<i>P. Deepika</i>
2	DHIVYA SRI.S	II B.Sc- N&D	<i>S. Dhivya</i>
3	JESSY.J	II B.Sc- N&D	<i>J. Jessy</i>
4	JOTHIBHARATHI.M	II B.Sc- N&D	<i>M. Jothi</i>
5	KAVIYA.M	II B.Sc- N&D	<i>M. Kaviya</i>
6	LAVANYA.R	II B.Sc- N&D	<i>R. Lavanya</i>
7	MANJU.D	II B.Sc- N&D	<i>Manju.D</i>
8	NISHA.A	II B.Sc- N&D	<i>A. Nisha</i>
9	PRIYADHARSHINI.S	II B.Sc- N&D	<i>P. Priyadharshini</i>
10	RASEENA BE.M	II B.Sc- N&D	<i>M. Raseena</i>
11	SHARUMATHI.K	II B.Sc- N&D	<i>K. Sharumathi</i>
12	VARSHINI.N	II B.Sc- N&D	<i>N. Varshini</i>
13	GOBIKA.P	III B.Sc- N&D	<i>P. Gobika</i>
14	NANDHINI.A	III B.Sc- N&D	<i>A. Nandhini</i>

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.



**அனுப்புநர்**

திருமதி.தி.காயத்திரி,எம்.ஏ.,பி.எட்.,எம்.பி.எல்.,  
மாவட்ட சமூகநல அலுவலர்,  
மாவட்ட சமூகநல அலுவலகம்,  
நாமக்கல் மாவட்டம்.

**பெறுநர்**

**கல்லூரி முதல்வர்கள்,**

- 1.நாமக்கல் கவிஞர்  
வெ.இராமலிங்கம் அரசு மகளிர்  
கலை (ம) அறிவியல் கல்லூரி,
- 2.திருவள்ளூர் அரசு  
கலைக்கல்லூரி,
- 3.டிர்னிடி மகளிர் கலைக்கல்லூரி
- 4.கே.எஸ்.ஆர் கலை மற்றும்  
அறிவியல் கல்லூரி,
- 5.பாவை கலை மற்றும்  
அறிவியல் கல்லூரி,
- 6.விவேகானந்தா கலை மற்றும்  
அறிவியல் கல்லூரி,  
நாமக்கல்.

ந.க.எண். 595/ம.அ.மை /2024 நாள்:-10.2024

அம்மையர்,

**பொருள்:** சமூகநலம் - மாவட்ட சமூகநல அலுவலகம், நாமக்கல்  
**பெண் குழந்தைகளை காப்போம் பெண் குழந்தைகளுக்கு  
கற்பிப்போம்"** திட்டம் - சிறுதானிய சமையல் போட்டி (ம)  
கண்காட்சி நிகழ்வுகள் - பங்குபெறும் மாணவிகள் பெயர்  
பட்டியல் அனுப்ப கோருதல் - தொடர்பாக.


**பார்வை:** 1.சமூகநல ஆணையர், சென்னை செயல்முறைகள்  
ந.க.எண்.001452/CW2/2021 நாள்:20.02.2024  
2.மாவட்ட ஆட்சித்தலைவர் அவர்களின் கூட்ட அறிவுரை

\*\*\*\*\*

பார்வை 1ல் காணும் செயல்முறையில், மாவட்ட அளவில் “பெண்  
குழந்தைகளை காப்போம் பெண் குழந்தைகளுக்கு கற்பிப்போம்”  
திட்டப்பணிகளை செயல்படுத்த தெரிவிக்கப்பட்டுள்ளது. பார்வை 2ல் காணும்  
மாவட்ட ஆட்சித்தலைவர் அவர்களின் நேரடி அறிவுரையின்படி மாவட்ட

சமூகநலன் மற்றும் மகளிர் உரிமைத்துறை நாமக்கல் மாவட்டம் “பெண் குழந்தைகளை காப்போம் பெண் குழந்தைகளுக்கு கற்பிப்போம்” திட்டத்தின் மூலம் சிறுதானிய சமையல் போட்டி மற்றும் கண்காட்சியானது அரசு ஆண்கள் மேல்நிலைப்பள்ளியில்(தெற்கு) 29.10.2024 அன்று நடத்தப்பட்டு சிறந்த மூன்று நபர்களுக்கு பரிசுகள் மற்றும் பாராட்டு சான்றிதழ்கள் வழங்கப்பட உள்ளது. மேலும் போட்டியில் பங்கு பெறும் அனைத்து மாணவிகளுக்கும் பாராட்டு சான்றிதழ் வழங்கப்படும். எனவே விருப்பமுள்ள மாணவிகயின் பெயர் பட்டியலை அனுப்புமாறும், மேலும் இணைப்பில் கண்டுள்ள விவரப்படி போட்டியில் பங்கேற்று பரிசுகள் மற்றும் சான்றிதழ் பெற்றுக்கொள்ளுமாறும் அன்புடன் கேட்டுக்கொள்ளப்படுகிறது.

குறிப்பு: போட்டியில் பங்கேற்கும் மாணவிகள் விவரம் அனுப்ப வேண்டிய மின்னஞ்சல் முகவரி: [dhewnamakkal2023@gmail.com](mailto:dhewnamakkal2023@gmail.com)  
தொலைபேசி எண்: இ. பானுப்பிரியா 9942426834

  
மாவட்ட சமூகநல அலுவலர்,  
நாமக்கல் மாவட்டம்.

## REPORT SUMMARY

The Department of Social Welfare, Namakkal District organized a one day Programme entitled “Small Grain (Millet) Cooking Competition and Exhibition” on 29.10.2024.

The main motto of the programme –

“Save Daughter – Educate Daughter”

“Beti Bachao Beti Padhao”

This event was held in the premises of Government Boys Higher Secondary School, Namakkal South, Namakkal. In this regard, the following Nutrition and Dietetics students of our Trinity College for Women, Namakkal have actively taken part.

S.No	Name of the student	Year and Degree	Name of the Event
01	Ms. K. Deepika	III B.Sc., Nut. & Diet	Fireless Cooking
02	Ms. P. Gopika	III B.Sc., Nut. & Diet	Millet Exhibition
03	Ms. C. Kiruthika	III B.Sc., Nut. & Diet	Fireless Cooking
04	Ms. A. Nandhini	III B.Sc., Nut. & Diet	Millet Exhibition
05	Ms. P. Vedha	III B.Sc., Nut. & Diet	Fireless Cooking
06	Ms. S. Dhivya Sri	II B.Sc., Nut. & Diet	Millet Exhibition
07	Ms. M. Jothibharathi	II B.Sc., Nut. & Diet	Millet Exhibition
08	Ms. M. Kaviya	II B.Sc., Nut. & Diet	Millet Exhibition
09	Ms. D. Manju	II B.Sc., Nut. & Diet	Millet Exhibition
10	Ms. M. Raseena Be	II B.Sc., Nut. & Diet	Millet Exhibition
11	Ms. K. Sharumathi	II B.Sc., Nut. & Diet	Millet Exhibition
12	Ms. N. Varshini	II B.Sc., Nut. & Diet	Millet Exhibition
13	Ms. S. Libika	I B.Sc., Nut. & Diet	Fireless Cooking
14	Ms. A.N. Mehmuda	I B.Sc., Nut. & Diet	Millet Exhibition
15	Ms. A. Nindhu	I B.Sc., Nut. & Diet	Fireless Cooking
16	Ms. K.V. Rakshasri	I B.Sc., Nut. & Diet	Fireless Cooking
17	Ms. G. SriSabitha	I B.Sc., Nut. & Diet	Fireless Cooking



### Prize Winners

S.No	Name of the student	Year and Degree	Name of the Event	Achievement
01	Ms. Hasin Mehmuda. A.N.	First Year B.Sc., Nutrition and Dietetics	Millet Exhibition	First Prize
02	Ms. Nandhini. A	Final Year B.Sc., Nutrition and Dietetics	Millet Exhibition	Second Prize
03	Ms. Vedha. P	Final Year B.Sc., Nutrition and Dietetics	Fireless Cooking	Fourth Prize

In this regard, Dr. S. Uma, District Collector, Namakkal took part and distributed the prizes and the certificates to all the participants. Mrs. T. Gayathri, Social Welfare Officer, Namakkal District also conveyed her greetings to all the participants.

Mrs. R. Rupa, Assistant Professor and Head & Ms. P. Sri Renugadevi, Assistant Professor in Nutrition and Dietetics, Trinity College for Women were the caretakers of above said students.

In continuation, a felicitation function was held in the college campus. Er. K. Nallusamy, Chairman, Er. S. Selvaraj, Secretary, Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr Arasuparameswaran, Coordinator – Silver Jubilee Celebrations of the College have communicated their good wishes to the above said participants.





01/11/24
Cholan News



## சோழன் செய்தி - நாமக்கல் - 1/11/24

நாமக்கல் மாவட்ட சமூக நலத் துறையானது பெண் குழந்தைகளை காப்போம் பெண் குழந்தைகளுக்கு கற்பிப்போம் என்ற திட்டத்தின் அடிப்படையில் சிறு தானிய சமையல் போட்டி கண்காட்சி நாமக்கல் அரசு ஆண்கள் தெற்கு மேல்நிலைப் பள்ளியில் நடந்து இதில் சிறப்பிடம் பெற்ற மோகனூர் டிரினிடி கல்லூரி மாணவிகள் ஹசீன் மெகமுதா, நந்தினி, வேதா ஆகியோர்களுக்கு நாமக்கல் மாவட்ட ஆட்சியர் உமா பாராட்டி சான்றிதழ்கள் பரிசுகளை வழங்கினார்.


Share Chat / Cholan News



### மாணவிகளுக்கு ஆட்சியர், கல்லூரி சார்பில் பாராட்டு

சிறு தானிய சமையல் போட்டி & கண்காட்சி (29/10/2024) அன்று நாமக்கல் - அரசு ஆண்கள் மேல்நிலைப்பள்ளியில் நடந்தது. நாமக்கல் மாவட்டத்திற்குட்பட்ட பல்வேறு கல்லூரிகள் இதில் கலந்து கொண்டனர். இதில் நாமக்கல் - டிரினிடி கல்லூரி மாணவி எம்.ஹசீன் மெகமுதா முதல் இடமும், நந்தினி 2ம் இடம், வேதா 4ம் இடம் பெற்றனர். இவர்களை கலெக்டர் பாராட்டினார். மேலும், கல்லூரி சார்பில் தலைவர், முதல்வர் உள்ளிட்டோர் நேற்று பாராட்டினர்.

07:56 am 2nd Nov 2024  
Way2News - Namakkal Dt News - 02  
November 2024



**TRINITY COLLEGE FOR WOMEN,NAMAKKAL**  
**DEPARTMENT OF NUTRITION AND DIETETICS**

**FOOD FESTIVAL-PARTICIPANTS LIST**

S.NO	NAME OF THE STUDENT	CLASS	SIGNATURE
1	DEEPIKA.K	III B.Sc N&D	K. Deepika
2	GOPIKA.P	III B.Sc N&D	P. Gopika
3	KIRUTHIKA.C	III B.Sc N&D	C. Kiruthika
4	NANDHINI.A	III B.Sc N&D	A. Nandhini
5	VEDHA.P	III B.Sc N&D	P. Vedha
6	DHIVYA SRI.S	II B.Sc N&D	S. Dhivya
7	JOTHIBHARATHI M	II B.Sc N&D	M. Jothibharathi
8	KAVIYA.M	II B.Sc N&D	M. Kaviya
9	MANJU.D	II B.Sc N&D	D. Manju
10	RASEENA BE.M	II B.Sc N&D	M. Raseena
11	SHARUMATHI.K	II B.Sc N&D	K. Sharumathi
12	VARSHINI.N	II B.Sc N&D	N. Varshini
13	LIBIKA.S	I B.Sc N&D	S. Libika
14	HASIN MEHMUDA.A.N	I B.Sc N&D	A.N. Hasin Mehmuda
15	NINDHU.A	I B.Sc N&D	A. Nindhu
16	RAKSHASRI.K.V	I B.Sc N&D	V. Rakshasri
17	SRISABITHA.G	I B.Sc N&D	G. Srisabitha



Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.



**TRINITY COLLEGE FOR WOMEN**  
**DEPARTMENT OF NUTRITION & DIETETICS**

Date: 03.01.2025

Place: Namakkal

From

Department of N&D  
Trinity College for Women  
Namakkal

To

The Executive Director  
Trinity College for Women  
Namakkal

Through

The Principal  
Trinity College for Women  
Namakkal

Respected Mam

Sub: Requesting permission for attending National Seminar -Reg.


The **Department of N&D** planned to attend a one day National Seminar at KSR College of Arts and Science Entitled **"CONVERGING TOWARDS HEALTHY WALK THROUGHOUT THE LIFE"** on 07.01.2025(Tuesday). We kindly request you to give permission for attending the National Seminar.


The students and staffs details is given below,

S.No	Year & Degree	No.of students	Staff Incharge	Remarks
1	I B.Sc- N&D	20	Ms.P.SriRenugadevi, AP-N&D Ms.R.Srivasini -LABASSISTANT	
2	II B.Sc- N&D	12		
3	III B.Sc- N&D	9		

Thanking You

Yours faithfully,

  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

  
R. N.  
03/1/25

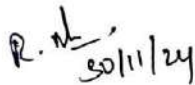
**TRINITY COLLEGE FOR WOMEN, NAMAKKAL**

**DATE: 30.11.2024**

**CIRCULAR**

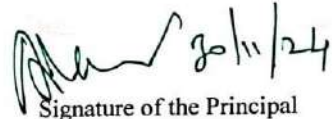
We hereby inform that KSR College of Arts and Science for Women, Tiruchengode organize National Seminar on **"CONVERGING TOWARDS HEALTHY WALK THROUGHOUT THE LIFE"** on 07.01.2025

Students those who are willing to participate in this event can register your names to the respective class in charge on or before 02.01.2025

 30/11/24

Signature of the HOD

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

 30/11/24

Signature of the Principal  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.



## REPORT SUMMARY

Students of Nutrition and Dietetics participated in the national seminar

The Department of Nutrition and Dietetics, KSR College of Arts and Science for Women, Tiruchengode, conducted the second national seminar titled “Converging towards healthy walk throughout the life” (CHTL – 2025) on 07<sup>th</sup> January 2025 in the College campus. On this subject, the faculty of Nutrition & Dietetics, Trinity College for Women, Namakkal, Ms. P. Sri Renugadevi and Ms. R. Srivarsini along with the following 41 students of this department has actively participated.

S.No	Name of the student	Year and Degree
01	Ms. P. Brindha	I B.Sc., Nutrition and Dietetics
02	Ms. A. Dharani	I B.Sc., Nutrition and Dietetics
03	Ms. S.R.Dharani	I B.Sc., Nutrition and Dietetics
04	Ms. M. Divya	I B.Sc., Nutrition and Dietetics
05	Ms. S. Fahimitha Banu	I B.Sc., Nutrition and Dietetics
06	Ms. A.N. Hasin Mehmuda	I B.Sc., Nutrition and Dietetics
07	Ms. K.S. Jegathambigai	I B.Sc., Nutrition and Dietetics
08	Ms. S. Kaviya	I B.Sc., Nutrition and Dietetics
09	Ms. S. Libika	I B.Sc., Nutrition and Dietetics
10	Ms. S. Mahalakshmi	I B.Sc., Nutrition and Dietetics
11	Ms. M. Manoranjani	I B.Sc., Nutrition and Dietetics
12	Ms. A. Nindhu	I B.Sc., Nutrition and Dietetics
13	Ms. R. Nivitha	I B.Sc., Nutrition and Dietetics
14	Ms. M. Preethisha	I B.Sc., Nutrition and Dietetics
15	Ms. V. Rakshasri	I B.Sc., Nutrition and Dietetics
16	Ms. T. Santhiya	I B.Sc., Nutrition and Dietetics
17	Ms. K. Shre Ishwerya Lakshmi	I B.Sc., Nutrition and Dietetics
18	Ms. S. Srimathi	I B.Sc., Nutrition and Dietetics
19	Ms. G. Sri Sabitha	I B.Sc., Nutrition and Dietetics
20	Ms. G. Yuvarani	I B.Sc., Nutrition and Dietetics
21	Ms. S. Deepika	II B.Sc., Nutrition and Dietetics
22	Ms. S. Dhivya Sri	II B.Sc., Nutrition and Dietetics
23	Ms. J. Jessy	II B.Sc., Nutrition and Dietetics
24	Ms. M. Jothibharathi	II B.Sc., Nutrition and Dietetics
25	Ms. M. Kaviya	II B.Sc., Nutrition and Dietetics
26	Ms. R. Lavanya	II B.Sc., Nutrition and Dietetics
27	Ms. D. Manju	II B.Sc., Nutrition and Dietetics
28	Ms. A. Nisha	II B.Sc., Nutrition and Dietetics
29	Ms. S. Priyadarshini	II B.Sc., Nutrition and Dietetics
30	Ms. M. Raseena Be	II B.Sc., Nutrition and Dietetics
31	Ms. K. Sharumathi	II B.Sc., Nutrition and Dietetics
32	Ms. N. Varshini	II B.Sc., Nutrition and Dietetics
33	Ms. A. Aadhiswari	III B.Sc., Nutrition and Dietetics
34	Ms. S. Abinaya	III B.Sc., Nutrition and Dietetics

35	Ms. K. Deepika	III B.Sc., Nutrition and Dietetics
36	Ms. A. Gobika	III B.Sc., Nutrition and Dietetics
37	Ms. C. Kiruthika	III B.Sc., Nutrition and Dietetics
38	Ms. A. Nandhini	III B.Sc., Nutrition and Dietetics
39	Ms. N. Shobika	III B.Sc., Nutrition and Dietetics
40	Ms. R. Srinithi	III B.Sc., Nutrition and Dietetics
41	Ms. P. Vedha	III B.Sc., Nutrition and Dietetics

The above said participants are greeted.





**TRINITY COLLEGE FOR WOMEN, NAMAKKAL-637002**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**NATIONAL CONFERENCE -PARTICIPANTS LIST**


**Date** : 07.01.2025

**Venue** : KSR College of Arts and Science

S.No	Name	Class	Signature
1	BRINDHA.P	I B.Sc- N&D	P.Brindha
2	DHARANI.A	I B.Sc- N&D	A.Dharani.
3	DHARANI.S.R	I B.Sc- N&D	S.R.Dharani
4	DIVYA.M	I B.Sc- N&D	M. Divya
5	FAHIMITHA BANU.S	I B.Sc- N&D	S. Fahimitha
6	HASIN MEHMUDA.A.N	I B.Sc- N&D	Hasin Mehmuda A.N
7	JEGATHAMBIGAI.K.S	I B.Sc- N&D	Jegathambigai K.S
8	KAVIYA.S	I B.Sc- N&D	S. Kaviya
9	LIBIKA.S	I B.Sc- N&D	S. Libika
10	MAHALAKSHMI.S	I B.Sc- N&D	S. Mahalakshmi
11	MANORANJANI.M	I B.Sc- N&D	M. Manoranjani
12	NINDHU.A	I B.Sc- N&D	N. Nindhu
13	NIVITHA.R	I B.Sc- N&D	R. Nivitha
14	PREETHISHA.M	I B.Sc- N&D	M. Preethisha
15	RAKSHASRI.K.V	I B.Sc- N&D	K.V. Rakshasri
16	SANTHIYA.T	I B.Sc- N&D	T. Santhiya
17	SHRE ISHWERYA LAKSHMI.K	I B.Sc- N&D	K. Shre Ishwerya Lakshmi
18	SRIMATHI.S	I B.Sc- N&D	S. Srimathi
19	SRISABITHA.G	I B.Sc- N&D	G. Srisabitha

20	YUVARAN.L.G	I B.Sc- N&D	Y. Yugan
21	DEEPIKA.S	II B.Sc- N&D	S. Deepi
22	DHIVYA S.R.L.S	II B.Sc- N&D	S. Dhivya
23	JESSY.J	II B.Sc- N&D	J. Jiji
24	JOTHIBHARATHI.M	II B.Sc- N&D	M. Jothi
25	KAVIYA.M	II B.Sc- N&D	M. Kaviya
26	LAVANYA.R	II B.Sc- N&D	R. Lavanya
27	MANJU.D	II B.Sc- N&D	Manju D
28	NISHA.A	II B.Sc- N&D	A. Nisha
29	PRIYADHARSHINI.S	II B.Sc- N&D	S. Priya
30	RASEENA BE.M	II B.Sc- N&D	M. Raseena
31	SHARUMATHI.K	II B.Sc- N&D	K. Sharumathi
32	VARSHINI.N	II B.Sc- N&D	N. Varshini
33	AADHISHWARI.A	III B.Sc- N&D	A. Adhishwari
34	ABINAYA.S	III B.Sc- N&D	S. Abinaya
35	DEEPIKA.K	III B.Sc- N&D	K. Deepika
36	GOBIKA.P	III B.Sc- N&D	P. Gobika
37	KIRUTHIKA.C	III B.Sc- N&D	C. Kiruthika
38	NANDHINI.A	III B.Sc- N&D	A. Nandhini
39	SHOBIKA.N	III B.Sc- N&D	N. Shobika
40	SRINITHI.R	III B.Sc- N&D	R. Srinithi
41	VEDHA.P	III B.Sc- N&D	P. Vedha

R.m.  
7/1/25  
HOD

  
7.1.25  
Principal,  
Tunji College for Women (Arts & Science),  
Namakkal - 637 002.



**TRINITY COLLEGE FOR WOMEN  
DEPARTMENT OF NUTRITION & DIETETICS**

Date: 18.02.2025

Place: Namakkal

From

Department of N&D  
Trinity College for Women  
Namakkal

To

The Executive Director  
Trinity College for Women  
Namakkal

Through

The Principal  
Trinity College for Women  
Namakkal

Respected Mam

Sub: Requesting permission for attending National Seminar -Reg.

The Department of N&D planned to attend a one day National Seminar at NKR Govt Arts College For Women" **MANAGING STRESS THROUGH NUTRITION: A HOLISTIC APPROACH**" 21.02.2025(Friday). We kindly request you to give permission for attending the National Seminar.

The students and staffs details is given below,


S.No	Year & Degree	No.of students	Staff Incharge	Remarks
1	I B.Sc- N&D	20	Ms.P.SriRenugadevi.,AP-N&D Ms.R.Srivarsini -LAB ASSISTANT	
2	II B.Sc- N&D	04		
3	III B.Sc- N&D	11		

Thanking You

Yours faithfully,

P. Sreng 18/2/25

[P. SRIRENUGADEVI]

  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.



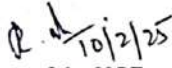
## TRINITY COLLEGE FOR WOMEN, NAMAKKAL

DATE: 10.02.2025

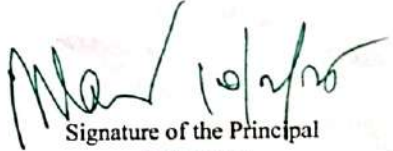
### CIRCULAR

We hereby inform that NKR Government Arts College for Women, Namakkal organize National Conference on "MANAGING STRESS THROUGH NUTRITION: A HOLISTIC APPROACH" on 21.02.2025

Students those who are willing to participate in this event can register your names to the respective class in charge on or before 13.02.2025

  
Signature of the HOD

R. NUPA,  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

  
Signature of the Principal

Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

## **REPORT SUMMARY**

The Department of Nutrition and Dietetics, Namakkal Kavignar Ramalingam Government Arts College for Women, Namakkal conducted a national-level conference titled “Managing stress through Nutrition: A Holistic Approach” on 21st February 2025 on the College campus.

Dr. M.Govindarasu, Principal of the College, presided over the programme.

Dr. R. Sujatha, Associate Professor and Head, Department of Nutrition and Dietetics was the convener of the programme.

Dr. Kayalvizhi Balamurugan, AP of Home Science (FSMD), Kanchi Mamunivar Government Institute for Post Graduate Studies and Research (Autonomous), Pondicherry University, Puducherry, was the chief guest. She delivered the topic titled “Mental Health and Stress Management: Relax, Rejuvenate & Revitalize” and Dr. C. Pandiyan, Professor, Department of Livestock Products and Technology (Dairy Science), Tamil Nadu Veterinary College and Research Institute (TANUVAS), Namakkal, was the special invitee. He spoke on the topic titled “Dairy Foods for Stress Relief: A Healthy Lifestyle”.

Dr. L. Santhadani, Ms. P. Sangavi, Dr. R. Gowri Manohari, Dr. R. Geetha, Dr. S. Deepa, Ms. S. Niranjana Devi and Ms. K. Manimalathi, Assistant Professors of Nutrition and Dietetics of the College also took part.

On behalf of Trinity College for Women, 35 students of Nutrition and Dietetics along with two faculty members (Ms. P. Sri Renugadevi, Assistant Professor & Ms. R. Srivarsini, Lab. Assistant of the Department of Nutrition and Dietetics also took part.



The Internal Quality Assurance Cell & the department of Nutrition and Dietetics, Retiyar, University, Salem conducted a five-day FDP event titled "Emerging Trends in Teaching and Research" from 17/02/2025 to 21/02/25 in the University campus. Mrs. R. Varitha, Assistant Professor in Nutrition and Dietetics, Trinity College for Women - Namakkal, participated in that faculty development program. Mrs. R. Varitha is greeted by Dr. K.

**25/02/2025**





TRINITY COLLEGE FOR WOMEN, NAMAKKAL-637002

DEPARTMENT OF NUTRITION AND DIETETICS

NATIONAL CONFERENCE -PARTICIPANTS LIST

Date : 21.02.2025

Venue : NKR Govt Arts College For Women

S.No	Name	Class	Signature
1	BRINDHA.P	I B.Sc- N&D	P.Brindha
2	DHARANI.A	I B.Sc- N&D	A.Dharani
3	DHARANI.S.R	I B.Sc- N&D	D.R. Dharani
4	DIVYA.M	I B.Sc- N&D	M. Divya
5	FAHIMITHA BANU.S	I B.Sc- N&D	G. Fahimitha
6	HASIN MEHMUDA.A.N	I B.Sc- N&D	Hasin Mehmuda A.N
7	JEGATHAMBIGAI.K.S	I B.Sc- N&D	Jegathambigai K.S
8	KAVIYA.S	I B.Sc- N&D	S. Kaviya
9	LIBIKA.S	I B.Sc- N&D	L. Libika
10	MAHALAKSHMI.S	I B.Sc- N&D	S. Mahalakshmi
11	MANORANJANI.M	I B.Sc- N&D	M. Manoranjani
12	NINDHU.A	I B.Sc- N&D	A. Nindhu
13	NIVITHA.R	I B.Sc- N&D	R. Nivitha
14	PREETHISHA.M	I B.Sc- N&D	M. Preethisha
15	RAKSHASRI.K.V	I B.Sc- N&D	K.V. Rakshasri
16	SANTHIYA.T	I B.Sc- N&D	T. Santhiya
17	SHRE ISHWERYA LAKSHMI.K	I B.Sc- N&D	K. Shre Ishwerya Lakshmi
18	SRIMATHI.S	I B.Sc- N&D	S. Srimathi
19	SRISABITHA.G	I B.Sc- N&D	S. Srisabitha
20	YUVARANI.G	I B.Sc- N&D	G. Yuvarani
21	DHIVYA SRL.S	II B.Sc- N&D	S. Dhivya Sri
22	KAVIYA.M	II B.Sc- N&D	M. Kaviya
23	MANJU.D	II B.Sc- N&D	Manju. D
24	RASEENA BE.M	II B.Sc- N&D	Raseena Be. M
25	AADHISHWARI.A	III B.Sc- N&D	A. Adhishwari
26	ABINAYA.S	III B.Sc- N&D	S. Abinaya

27	DEEPIKA.K	III B.Sc- N&D	K. Deepika
28	GOBIKA.P	III B.Sc- N&D	P. Gobika
29	ILAVARASIS	III B.Sc- N&D	S. Ilavarasi
30	KIRUTHIKA.C	III B.Sc- N&D	C. Kiruthika
31	NANDHINLA	III B.Sc- N&D	A. Nandhini
32	SHOBICA.N	III B.Sc- N&D	N. Shobika
33	SRINITHIR	III B.Sc- N&D	R. Srinithi
34	THIRISA.R	III B.Sc- N&D	R. Thirisa
35	VEDHA.P	III B.Sc- N&D	P. Vedha

*Mani*  
12/12/20

Principal,

Jenabai College for Women (Arts & Science),  
Mannakkal - 637 002.





**TRINITY COLLEGE FOR WOMEN  
DEPARTMENT OF NUTRITION & DIETETICS**

Date: 25.02.2025

Place: Namakkal

From

Department of N&D  
Trinity College for Women  
Namakkal

To

The Executive Director  
Trinity College for Women  
Namakkal

Through

The Principal  
Trinity College for Women  
Namakkal

Respected Mam

Sub: Requesting permission for attending National Level Symposium –Reg.

The Department of N&D planned to attend a one day National Level Symposium at Vivekanadha College of Arts and Science for Women" **RECENT SCENARIO IN MENTAL HEALTH NUTRITION**" 27.02.2025(Thursday). We kindly request you to give permission for attending the National Level Symposium.

The students and staffs details is given below,


S.No	Year & Degree	No.of students	Staff Incharge	Remarks
1	I B.Sc- N&D	17	Mrs R.VANITHA AP N/D	
2	III B.Sc- N&D	1		

Thanking You

  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.

  
25/2/25

Yours faithfully,

  
[P. SRIRENUGADEVI]



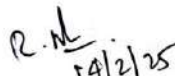
## TRINITY COLLEGE FOR WOMEN, NAMAKKAL

DATE: 14.02.2025

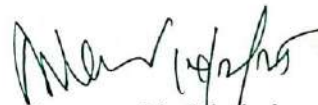
### CIRCULAR

We hereby inform that Vivekanandha Arts & Science College for Women, Namakkal organize National Conference on "RECENT SCENARIO IN MENTAL HEALTH NUTRITION" on 27.02.2025

Students those who are willing to participate in this event can register your names to the respective class in charge on or before 19.02.2025

  
Signature of the HOD

**R. RUPA,**  
Asst. Professor & Head,  
Department of Nutrition and Dietetics,  
Trinity College For Women,  
Namakkal - 637 002.

  
Signature of the Principal  
Principal,  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.



**TRY TIMES NKL - Namakkal News - 04/03/2025**

நாமக்கல் மாவட்டம் - திருச்செங்கோடு - விவேகானந்தா மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் நியூட்ரிசன் மற்றும் டயட்டிசன் துறையின் சார்பில் 27/02/25 அன்று தேசிய அளவிலான "மனம் தொடர்பான ஆரோக்கியமான ஊட்டச்சத்து குறித்த தற்போதைய தூழல்" என்ற தலைப்பிலான பயிலரங்க நிகழ்வு நடைபெற்றது. இதில் நாமக்கல் - டிரீனிடி மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் நியூட்ரிசன் மற்றும் டயட்டிசன் துறையின் 18 மாணவிகளும், 3 உதவிப் பேராசிரியைகளும் கலந்து கொண்டனர். இதில் முதலாம் ஆண்டு பிளஸ்சி நியூட்ரிசன் பாடப்பிரிவு மாணவி கே. வி. ரசுலாபு, பழங்கள் மற்றும் காய்கறிகள் செதுக்குதல் போட்டியில் முதலாமிடம் பெற்றார். இவருக்கும், நிகழ்வில் கலந்து கொண்ட மாணவிகளுக்கும் இன்று (3/3/25) வாழ்த்துத் தெரிவிக்கும் நிகழ்ச்சி நடைபெற்றது. இதில் கல்லூரி செயல் இயக்குநர் அருண் செல்வராஜ், முதல்வர் எம். ஆர். லட்சுமிநாராயணன், இத்துறை உதவிப் பேராசிரியைகள் டி. ஸ்ரீ ரேணுகாதேவி மற்றும் ஆர். வனிதா ஆகியோர் கலந்து கொண்டனர்.

நாமக்கல் மாவட்டம் - திருச்செங்கோடு - விவேகானந்தா மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் நியூட்ரிசன் மற்றும் டயட்டிசன் துறையின் சார்பில் 27/02/25 அன்று தேசிய அளவிலான "மனம் தொடர்பான ஆரோக்கியமான ஊட்டச்சத்து குறித்த தற்போதைய தூழல்" என்ற தலைப்பிலான பயிலரங்க நிகழ்வு நடைபெற்றது. இதில் நாமக்கல் - டிரீனிடி மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் நியூட்ரிசன் மற்றும் டயட்டிசன் துறையின் 18 மாணவிகளும், 3 உதவிப் பேராசிரியைகளும் கலந்து கொண்டனர். இதில் முதலாம் ஆண்டு பிளஸ்சி நியூட்ரிசன் பாடப்பிரிவு மாணவி கே. வி. ரசுலாபு, பழங்கள் மற்றும் காய்கறிகள் செதுக்குதல் போட்டியில் முதலாமிடம் பெற்றார். இவருக்கும், நிகழ்வில் கலந்து கொண்ட மாணவிகளுக்கும் இன்று (3/3/25) வாழ்த்துத் தெரிவிக்கும் நிகழ்ச்சி நடைபெற்றது. இதில் கல்லூரி செயல் இயக்குநர் அருண் செல்வராஜ், முதல்வர் எம். ஆர். லட்சுமிநாராயணன், இத்துறை உதவிப் பேராசிரியைகள் டி. ஸ்ரீ ரேணுகாதேவி மற்றும் ஆர். வனிதா ஆகியோர் கலந்து கொண்டனர்.

**NKL TRI NEWS**  
-Namakkal News -  
05/03/2025

## REPORT SUMMARY

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, conducted a national symposium titled “Recent scenario in mental health nutrition” on 27<sup>th</sup> February 2025 in the College campus. The various events like fruits and vegetables carving, poster presentation, theme on “The gut brain connection: Nutrition influences in mental health and nutria connection”.

Dr. Kayalvizhi Balamurugan, AP of Home Science (FSMD), Kanchi Mamunivar Government Institute for Post Graduate Studies and Research (Autonomous), Pondicherry University, Puducherry, was the chief guest. Ms. C.S. Surabi, Dietitian, PSG Hospitals, Coimbatore was the special invitee.

18 students along with the three faculty members (Mrs. R. Rupa, AP & HOD, Ms. P. Sri Renugadevi and Mrs. R.Vanitha, Assistant Professors, Nutrition and Dietetics, Trinity College for Women, Namakkal took part.

It is proudly noted that Ms. K.V. Rakshasri, first year B.Sc., Nutrition and Dietetics of our College got the first prize in the competition of fruits and vegetables.

The following students of B.Sc., Nutrition and Dietetics actively participated.

S.No	Name the student	Year and Degree Class	Remarks
1	Ms. RAKSHASRI.K.V	I B.Sc- N&D	Fruits and vegetables carving (I PRIZE)
2	Ms. BRINDHA.P	I B.Sc- N&D	Actively Participated
3	Ms. DHARANI.A	I B.Sc- N&D	Actively Participated
4	Ms. DIVYA.M	I B.Sc- N&D	Actively Participated
5	Ms. FAHIMITHA BANU.S	I B.Sc- N&D	Actively Participated
6	Ms. HASIN MEHMUDA.A.N	I B.Sc- N&D	Actively Participated
7	Ms. KAVIYA.S	I B.Sc- N&D	Actively Participated
8	Ms. LIBIKA.S	I B.Sc- N&D	Actively Participated
9	Ms. MAHALAKSHMI.S	I B.Sc- N&D	Actively Participated



10	Ms. MANORANJANI.M	I B.Sc- N&D	Actively Participated
11	Ms. NINDHU.A	I B.Sc- N&D	Actively Participated
12	Ms. PREETHISHA.M	I B.Sc- N&D	Actively Participated
13	Ms. SANTHIYA.T	I B.Sc- N&D	Actively Participated
14	Ms. SHRE ISHWERYA LAKSHMI.K	I B.Sc- N&D	Actively Participated
15	Ms. SRIMATHI.S	I B.Sc- N&D	Actively Participated
16	Ms. SRISABITHA.G	I B.Sc- N&D	Actively Participated
17	Ms. YUVARANI.G	I B.Sc- N&D	Actively Participated
18	Ms. SHOBICA.N	III B.Sc- N&D	Actively Participated

The above-said participants are greeted by Mrs. Aruna Selvaraj, Executive Director and Dr. M.R. Lakshiminarayanan, Principal of the College on 03.03.2025.



**TRINITY COLLEGE FOR WOMEN, NAMAKKAL-637002**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**NATIONAL SYMPOSIUM – STUDENTS PARTICIPANTS LIST**

**Date : 27.02.2025**

**Venue : Vivekanandha College of Arts and Science (Autonomous), Tiruchengode**

S.No	Name	Class	Signature
1	BRINDHA.P	I B.Sc- N&D	P. Brindha
2	DHARANI.A	I B.Sc- N&D	A Dharani
3	DIVYA.M	I B.Sc- N&D	M. Divya
4	FAHIMITHA BANU.S	I B.Sc- N&D	S. Fahimitha
5	HASIN MEHMUDA.A.N	I B.Sc- N&D	Hasin Mehmuda A.N
6	KAVIYA.S	I B.Sc- N&D	S Kaviya
7	LIBIKA.S	I B.Sc- N&D	S. Libika
8	MAHALAKSHMI.S	I B.Sc- N&D	S. Mahalakshmi
9	MANORANJANI.M	I B.Sc- N&D	M. Manoranjani
10	NINDHU.A	I B.Sc- N&D	A. Nindhu
11	PREETHISHA.M	I B.Sc- N&D	M. Preethisha
12	RAKSHASRI.K.V	I B.Sc- N&D	K.V. Rakshasri
13	SANTHIYA.T	I B.Sc- N&D	T. Santhiya
14	SHRE ISHWERYA LAKSHMI.K	I B.Sc- N&D	K. Shre Ishwerya
15	SRIMATHI.S	I B.Sc- N&D	S. Srimathi
16	SRISABITHA.G	I B.Sc- N&D	G. Srisabitha
17	YUVARANI.G	I B.Sc- N&D	G. Yuvarani
18	SHOBIKA.N	III B.Sc- N&D	N. Shobika

  
**Principal,**  
Trinity College for Women (Arts & Science),  
Namakkal - 637 002.