

NUTRITION AWARENESS ACTIVITY

AT PSGR KRISHNAMMAL COLLEGE FOR WOMEN,
PEELAMEDU COIMBATORE ON FRIDAY 28TH DEC 2018

Report By

Dr. Subramanian Chitra,
Associate Professor & Head,
Department of Chemistry,
PSGR Krishnammal College for Women

Dr. N. Arunadevi,
Assistant Professor,
Department of Chemistry,
PSGR Krishnammal College for Women

Ms. Anuja Rawool,
Food Scientist,
PFNDAI



The Nutrition Awareness Activity was organized by Department of Food Processing Technology and Management, PSGR Krishnammal College for Women Peelamedu, Coimbatore in collaboration with Protein Foods and Nutrition Development Association of India (PFNDAI) on 28th of December, 2018 at Chandra Seminar Hall, PSGR Krishnammal College for Women, Peelamedu, Coimbatore. The activity was supported by Kellogg's India, Marico and Tata Chemicals Pvt.Ltd. The theme of the activity was Fitness, Health and Nutrition. The two components of the Awareness Activity included the Inter-collegiate events and a seminar on "Role of

Food in Healthy Life".

The programme started with the registration of the participants. About 260 students from 16 colleges in addition to 100 students from PSGRKCW participated in the programme. This was followed by prayer. The welcome address was given by Dr. (Mrs.) N. Yesodha Devi, Secretary PSGRKCW. The Programme was inaugurated by Dr.N. Ramasubramanian, Founder Director, VR Food Tech Mumbai. Three intercollegiate events were organized in the forenoon session. The first event was the Nutri-Suspi - Quiz Competition which was based on Food Science, Food Technology, and Nutrition. It was conducted by the quiz master Mr. Surya Narayanan from Catalyst Quiz Corp, Coimbatore. The quiz consisted of the preliminary round and the final round. All the students participated enthusiastically in the competition. Mr.K.Vivek and Mr.J.Gokulnath, B.Tech students from Amritha School of Engineering won the first prize while Mr.K. Vishnu Prashanth and Mr.Kavin Ayapparaj from PSG

College of Technology won the 2nd Prize.

The second event was the poster presentation themed as Good Food Good Life. The topics for the poster competition were Nutrition and Women health or Reducing Food Wastage for Hunger Free world. The participants were given guidelines to represent their innovative ideas in an attractive manner in order to ensure it as an effective tool for communication. The participants brought in beautiful and creative ideas on paper sending strong messages. The competition was judged by Dr.D.Sridevi from Dr. NGP Arts & Science College & Ms.K.Parimala Devi Consultant - Dietitian & Nutritionist, Founder & Head at Parims Nutrition Coimbatore. Ms.T. Poovizhi and R. Deepa from Vellalar College for Women bagged the first prize while Ms.Kaviya. K and Ms.Shalini M form the Dept. of Botany PSGKRCW won the 2nd prize. The third prize was given to Ms. Hemalatha B and Ms. Harithasri S from Vellalar College for Women.

The Third Event was the Hitch Free Recipe competition wherein the students had to prepare recipes using the sugar substitute- Stevia branded zero sugar by Tata Chemicals. The participation was overwhelming. A lot of delectable and mouthwatering dishes were witnessed by Mr. S. Ashok Kumar, Chef Chief, The Residency Hotel Pvt Ltd Coimbatore & Ms. Kavitha, Chief Dietitian, P.S.G Hospitals, Coimbatore.

The recipe titled “Golden balls and Millet Cookies” prepared by the students- Danusya B and Kalavathy DN of Food Processing Technology and Management PSGRKCW received the first prize. This was followed by “Eggless Banana Cashew Muffin” Kavipriya S and SarayuRashikaa students of Dept. of Botany; PSGRKCW took away the second prize. The third prize was handed over to S.Nandini and S. NasrinBanu for preparing Ragi Balls Vellalar College of Women.

The afternoon session comprised of four technical sessions conducted by eminent speakers. The first session was presented by Dr. N Ramasubramanian, Founder Director VR Food tech, Mumbai on Sports Nutrition. He highlighted

upon the importance of nutrition for sports persons, RDA's for sports men and women. He also emphasized on how nutrient and exercises play a vital role in enhancing their endurance as well as keep them fit.

The technical session II witnessed was an engaging presentation by Dr. Rohini Sharma – Consultant Food Technologist and Nutritionist, Mom Made foods, Coimbatore. Her presentation showcased upon the ways of stress management in our day to day life, with a dose of essential amino acids like tryptophan. She also highlighted the relationship between the Essential amino acids and hormones related to sleep and happiness.

The third session was presided by Dr. Malathy Venkatesan, Senior Scientist, Tata Chemicals Pvt. Ltd., Mumbai. She showcased upon the role of sugar substituted in healthy life. The focal point of her presentation was how sugar substitutes are better alternative to table sugar especially for people suffering from type II diabetes. She also said that some of these substitutes were designed for lactose- intolerance people.

Session IV was a presentation by Ms. Swechha Soni on Aseptic Processing and Health. She drew special attention on the need of aseptic processing in the current scenario and the various technologies employed to ensure aseptic processing and packaging of food in order to ensure safe and wholesome food to the consumer.

Also, Ms. Shobana Boopathy from Dr. N.G.P Arts & Science was felicitated by giving the PFNDAI merit cum means scholarship for the year 2018-19 by the hands of Dr. Ramasubramanian, VR Food Tech.

The technical session was succeeded by the valediction. The Valedictory address was given by Dr. S. Nirmala, Principal, PSGRKCW. She mentioned the importance of food right from being as a basic necessity of life to an important trading commodity. Hence with right knowledge and technology up gradation it can pave the way for development.

The Programme concluded by vote of Thanks by Dr. S. Chitra, Head & Associate Professor, Department of Chemistry, PSGR Krishnammal College for Women, Coimbatore.

EVENT PHOTOGRAPHS





Poster Competition



Recipe Competition



Dr.N.Ramasubramanian – VR FoodTech



Dr.Rohini Sharma-Nutritionist Coimbatore



Ms. Swetha Soni, PFNDAI



Ms. Shobhana Boopathy from Dr NGP Arts & Science College receiving PFNDAI Merit cum Means Scholarship for year 18-19 by Dr. N Ramasubramanian, VR FoodTech with Dr S Nirmala, Principal PSGRKCW at NAA-Coimbatore



Dr. Malathy Venkatesan, Tata Chemicals



Mr. Vishnu Prashant receiving the first prize from Dr. Malathy, Tata Chemicals and Dr. S Nirmala, Principal, PSGRKCW for Quiz Competition on behalf of Mr. Vivek and Mr. Gokulnath of PSG College of Technology



Ms. Rennie receiving award from Dr. S Nirmala, Principal, PSGRKCW and Dr. Rohini on behalf of Ms. Poovizhi & Ms. Deepa of Vellalar College for Women, for winning the first prize in Poster Competition.



Mr. Vishnu Prashant of PSG College of Tech, being felicitated by Dr. N. Ramasubramanian, VR Tech and Dr. S Nirmala, Principal, PSGRKCW for winning the second prize in the Quiz Competition.



Ms. Kavitha of PSGRKCW being felicitated by Dr. S Nirmala, Principal, PSGRKCW and Dr. Rohini Sharma for winning the second prize in Poster Competition.



Ms. Monisha receiving award from Dr. S Nirmala, Principal, PSGRKCW on behalf of Ms. Hemalatha & Ms. Harithasri of Vellalar College for women, for winning the third prize in Poster Competition.



Ms. Kalavathy of PSGRKCW, being felicitated by Dr. S Nirmala, Principal, PSGRKCW and Ms. Swechha Soni for winning the first prize in Recipe Competition



Ms. Saraya Rashikaa and Ms. Kavipriya of PSGRKCW, being felicitated by Ms. Swechha Soni and Dr. S Nirmala, Principal, PSGRKCW for winning the second prize in Recipe Competition.



Ms. Nasrinbanu and Ms. Nandhini of Vellalar College for Women, being felicitated by Dr. S Nirmala, Principal, PSGRKCW and Ms. Swechha Soni for winning the third prize in Recipe Competition.