



Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Department of Mathematics

Cordially invites you all for

π θηεεχ - 2023

Celebrating National Pi day



*Exploring Pi is like
Exploring the Universe*

Date: 14.03.2023

Time: 1.45 pm

Venue

Academic Council Hall



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India

Department of Mathematics

Cordially invites you all for

$\Pi\theta\eta\epsilon\epsilon\chi$ - 2023

Dr. V. Bharathi Harishankar

Vice Chancellor

Avinashilingam Institute for Home Science and Higher Education for Women

Will preside

Dr. G. Padmavathi

Dean, School of Physical Sciences & Computational Sciences

Will felicitate

Dr. B. Sury

Professor

Indian Statistical Institute, Bangalore

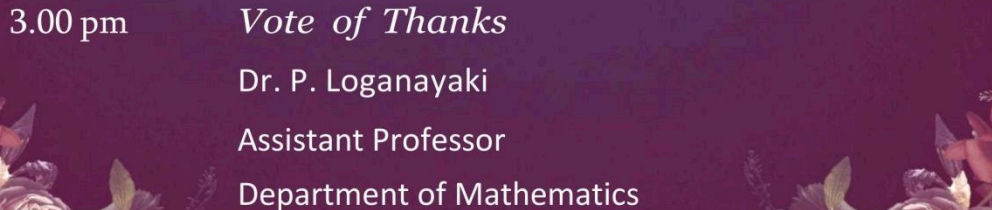
Will deliver the Special Address

On

“Mathematics is Just Fun and Games”



PROGRAMME SCHEDULE

- 1.45 pm *Prayer Song*
- 1.50 pm *Welcome Address*
Dr. N. Balamani
Assistant Professor (SS) & Head (i/c)
Department of Mathematics
- 1.55 pm *Presidential Address*
Dr. V. Bharathi Harishankar
Vice Chancellor, Avinashilingam Institute
- 2.00 pm *Felicitation*
Dr. G. Padmavathi
Dean, School of Physical Sciences & Computational Sciences
- 2.05 pm *Introduction of the Chief Guest*
- 2.10 pm *Special Address*
Dr. B. Sury
Professor, Indian Statistical Institute
- 2.40 pm *Prize Distribution*
- 3.00 pm *Vote of Thanks*
Dr. P. Loganayaki
Assistant Professor
Department of Mathematics
- 

Report on National Pi Day – 14.03.2023

Pi Day is an annual celebration of the mathematical constant π (pi). Pi Day is observed on March 14 since 3,1 and 4 are the first three significant digits of the infinite, nonrepeating decimal expansion of $\pi = 3.1415926\dots$. Pi Day was founded by Physicist Larry Shaw in 1988. Every year Pi Day is celebrated in all mathematics departments at international level.

On March 14, 2023, the Department of Mathematics at Avinashilingam Institute for Home Science and Higher Education for Women in Coimbatore celebrated National Pi Day.

The Mistress of Ceremony for the program was **Ms. G. Porkodi and Ms. G. Priyadharshini**, II M.Sc. Mathematics. Association function. **Ms. G. Priyadharshini** of II M.Sc. Mathematics gave a brief introduction about the Chief Guest of the day.

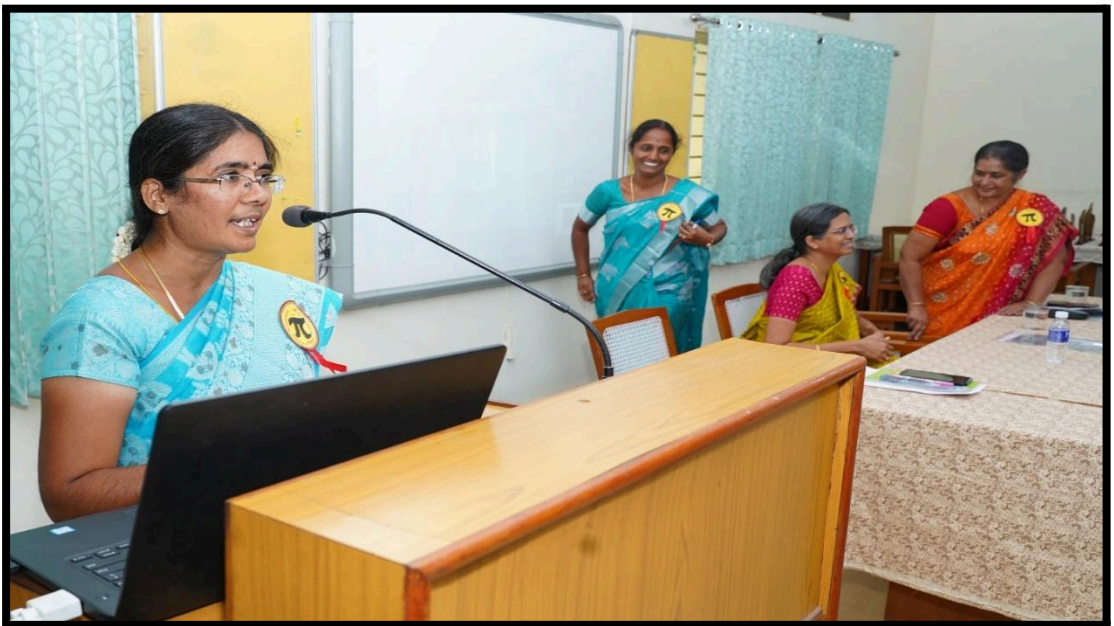
Dr. (Mrs.) N. Balamani, Assistant Professor (SS) & Head(i/c), Department of Mathematics welcomed the dignitaries and delegates for the National Pi Day function. **Dr. (Mrs.) V. Bharathi Harisankar**, Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, gave a presidential address for students. **Dr. G. Padmavathi**, Dean, School of Physical Sciences and Computational Sciences, gave the special note on the occasion and briefed the importance of Mathematics and its application in the current scenario.

The function was graced by **Dr. B. Sury**, Professor in Indian Statistical Institute, and Bangalore on the topic “**Mathematics is Just Fun and Games**”. In his address to the students, he gave a various interesting concept and fulfilled talk on Mathematics.

Prizes were distributed to the students who participated in Pi Day celebration events by various departments on 10th March 2023. The function came to end by 3.30 p.m. with the vote of thanks by **Dr. P. Loganayaki**, Assistant Professor, Department of Mathematics. Around 200 students and 10 staff members of the mathematics department participated and benefited from the address.



Mistress of Ceremony by **Ms. G. PORKODI** and **Ms. G. PRIYADHARSHINI**, II M.Sc. Mathematics.



Welcome Address by **Dr. (Mrs.) N. Balamani**, Head of, Department of Mathematics



Presidential Address by Dr. (Mrs.) V. Bharathi Harisankar, Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women



Felicitation by Dr. G. Padmanabhi, Dean, School of Physical Sciences and Computational Sciences



Special Address by Dr. M. Saig, Professor in Indian Statistical Institute, and Bangalore





RECOVERING KEY SPECIES FOR ECOSYSTEM RESTORATION



AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN
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Coimbatore - 641 043, Tamil Nadu, India



Wildlife week celebrations **FAUNA FEST- 2K22**

Theme - "Recovering key species for ecosystem restoration"

Organized
Department of Zoology

About Wildlife Week:

Wildlife week is celebrated every year in India during first week of October. The animal theme of the campaign is to promote the conservation of fauna. Wildlife week was conceptualized in 1952 with the overall goal of raising awareness to serve the long-term goal of safeguarding the lives of wild through critical action

About the Department:

The inception of the Department of Zoology in Avinashilingam Institute for Home Science and Higher Education for Women was in 1957. Since then the Department geared up the zeal among the students to celebrate wildlife week every year. Various competitions imparting the importance of wildlife were conducted and students were honored with prizes. Thus, there activities encourage and provoke the individual responsibility of students to protect nature and create optimistic vibes to join hands for the conservation of wildlife.



WORLD
WILDLIFE DAY
3 MARCH

#WWD2022

The theme for the year 2022 is “**Recovering key species for ecosystem restoration**” therefore the department has framed various competition based on theme for student participation through Online mode (Last date of Submission: 30.09.2022)

Competitions : Virtual Mode, Last date 30.09.2022

- **Pencil Sketching**
Theme: Endangered species
link: <https://forms.gle/CATSwgVNY4vJFoXz9>
- **Painting**
Theme: Ecosystem restoration
link: <https://forms.gle/dBYaJjyyZjo1ubU18>
- **Logo making**
Theme: Recovering key species for ecosystem restoration
link: <https://forms.gle/6NNQ53ETghGVDL1X9>
- **Photography**
Theme: Fauna in avinuty
link: <https://forms.gle/pQSfg8GKt3bF8zWdA>
- **Short film**
Theme: Awareness of Wildlife
link: <https://forms.gle/2xugpoGMSktG1TEu6>

Valedictory Function & Prize distribution

06.10.2022 (Thursday) @10.30 am

Special Lecture on

“Recovering key species for ecosystem restoration”
by

Dr. C. Kunhikannan, Director
Institute of Forest Genetic and Tree Breeding
(IFGTB) Coimbatore-641002

Venue : Gallery (Science Block)

Audience : All UG, PG Students, Research
Scholars of Zoology department and
Prize Winners

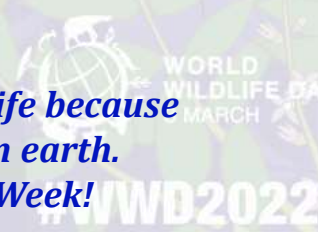
Contact Person:

Dr. K.S. Santhy,
Professor
+91 94444 39960

Dr. P. Chitra,
Assistant Professor,
Department of Zoology
+91 8973485238



*Love the animals and Wildlife because
they are the true Gold on earth.
Happy World Wildlife Week!*





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Coimbatore - 641 043, Tamil Nadu, INDIA.

A report on “Awareness of Research Opportunities for Undergraduate and Postgraduate students”

PLATFORM: Google meet (meet.google.com/rzd-cbbf-hty)

DATE : 29th & 30th, June 2022

TIME : 1:30P.M

SPEAKER : Ms. Abhijna Krishna. R,

Prime Minister’s Research Fellow (PMRF)

Department Of Chemistry

NIT, Trichirappalli

BENEFICIARIES : **Ph.D Scholars , PG & UG students (250 members)**

REPORT

The lecture was on the topic “Awareness of research opportunities” for the undergraduate and postgraduate students delivered by Ms Abhijna Krishna R, Prime Minister’s Research Fellow (PMRF), Department of Chemistry; National Institute of Technology, Tiruchirappalli for our UG, PG students and research scholars.

The lecture started at 1:30 PM through google meet, she gave us a short introduction about herself and her skills. Madam started with the sectors of the branches in Chemistry. She gave us a brief account on the Fellowship process and PMRF granting institutes. WE got to know about the all Indian competitive exams like NEST, CSIR NET-JRF, GATE, CUCET, ICAR NET-JRF, ICMR NET-JRF, JEST. She explained about the Public sectors that offer employment for chemists. We got to know about the websites and the software apps which can be used for science purpose like SCI-HUB, CHEMISTRY WORLD, TOPSPIN, NOVA, CHEM DRAW, LATEX, ORIGIN, X9, MENDELEY DESKTOP, GOOGLE SCHOLAR, SCIFINDER, RSC, ASC.

Outcome

She gave us a lecture which we will be very useful for all the UG, PG and Ph.D Scholars. This programme provided an opportunity to gather knowledge.

Quantum Chemistry

- Particle in a box (energy, probability, degeneracy)
- Commutation
- Hermitian
- Eigen Value
- SHO (basics)
- Angular Momentum
- Hydrogen atom
- Huckel Theory
- Perturbation Theory
- Overlap integral

Abhijna is presenting

Abhijna

Vilashenee R

ORIGIN
Data Analysis and Graphing Software

ChemDraw

LATEX

Abhijna is presenting

CAS Software

Abhijna is presenting

Electrochemistry

- Conductance
- Debye-Huckel
- Kohlrausch's Law
- Nernst Equation
- Polarography
- K_{sp} , K_{eq}
- Enthalpy, Entropy, and Gibbs free energy
- Potentiometric titration

Abhijna is presenting

Mendeley Desktop

EndNote X9

Abhijna is presenting

topspin

NOVA

Abhijna is presenting

Thermodynamics

- Maxwell square
- Equation of state
- Entropy of mixing
- Carnot engine
- Heat capacity
- Clausius-Clapeyron equation
- Joule's Thomson coefficient
- W, q, U calculation
- Fugacity

Abhijna is presenting

Screenshots of the lecture on “Awareness of research opportunities”



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Coimbatore - 641 043, Tamil Nadu, India

REPORT

- PROGRAMME TITLE : “AWARENESS PROGRAMME ON DIGILOCKER”
- DATE AND TIME : 10th January 2023 ; 2.30 p.m
- VENUE : Gallery
- ORGANIZER : Ms. V. Archana

The programme started at 2.30p.m with a prayer song by Pavithra Devi S and Aruna Bharathy K of II UG Chemistry. The gathering was welcomed by Subhashini P.J of I PG Chemistry . Ms.V.Archana Teaching and Research fellow gave us the information about 'DigiLocker'. DigiLocker is a flagship initiative of Ministry of Electronics & IT (MeitY) under Digital India programme. DigiLocker aims at 'Digital Empowerment' of citizen by providing access to authentic digital documents to citizen's digital document wallet.

It is used for storing document and verifying credentials. DigiLocker can safely store your important documents like PAN card, driving licence, Aadhaar card, school marksheets, insurance papers.



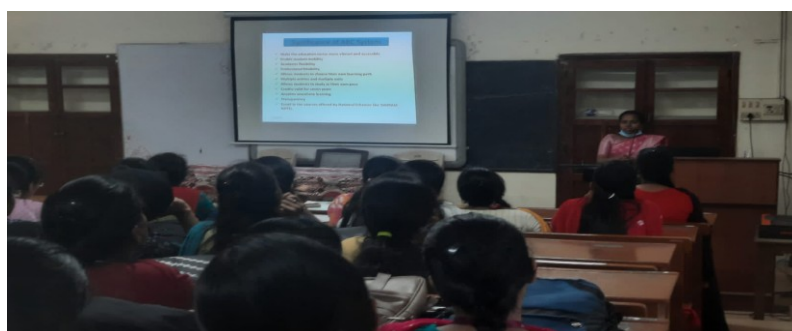
Presidential Address by Dr. R. Rajalakshmi, Professor Department of Chemistry



Greetings by Dr. N.Renugadevi , Professor Department of Chemistry



Introduction of the Speaker by Ms. Aruna Devi



Ms. V. Archana delivering her talk on “Digilocker”

CONCLUSION:

The programme concluded with a note that the documents verified in DigiLocker can be used in place of the original driving license and registration certificate.

It is Free, Secure, Flexible and easy-to-use application. This digital document is a legally valid document under the Indian IT Act 2000. The session was very informative and interactive. We gained more knowledge about digilocker.

VOTE OF THANKS:

The programme was ended with vote of thanks given by Pooja Shri.K of II UG Chemistry thanking the speaker ,staffs and audience.



Vote of thanks by Ms. Pooja Shri

INVITATION



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Coimbatore - 641 043, Tamil Nadu, India

THE DEPARTMENT OF CHEMISTRY

CORDIALLY INVITES YOU TO THE

AWARENESS PROGRAMME ON "DIGILOCKER"

On

JANUARY 10th 2023, Tuesday

with

Ms. V. ARCHANA

Teaching and Research Fellow, Department of Chemistry

Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore

As Resource Person

Presided by

Dr. R. RAJALAKSHMI

Professor

Department of Chemistry

While

Dr.R. RENUGADEVI

Professor

Department of Chemistry

Greets the gathering

Venue : GALLERY

Time : 2.30 PM

Audience : UG, PG students & Research Scholars of Department of Chemistry



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DEPARTMENT OF CHEMISTRY

AWARENESS PROGRAMME ON "DIGILOCKER"

10th January 2023

AGENDA

Prayer	: K. Aruna Bharathy S. Pavithradevi II UG Chemistry
Welcome address	: P. J. Subhashini I PG Chemistry
Presidential Address	: Dr. R. Rajalakshmi Professor, Department of Chemistry
Presidential Address	: Dr. N. Renugadevi Professor, Department of Chemistry
Speaker	: Ms. V. Archana Teaching and Research Fellow Department of Chemistry
Vote of Thanks	: K. Pooja Shri III UG Chemistry
Venue	: Gallery
Time	: 2:30 PM



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Coimbatore-641 043, Tamil Nadu, India

REPORT

PROGRAMME TITLE : “Challenges to Transforming Scientific Innovation to
Global Business Brands”

DATE AND TIME : 11th January 2023 ; 11.30 am to 1.30 pm

VENUE : Gallery

ORGANIZER : Ms. V. Archana

OPENING:

The programme started at 11.30 am with a prayer song by Uvashree C and Janaranjani M of I PG Chemistry. The gathering was welcomed by Kamalini V of III UG Chemistry

PRESIDENTIAL ADDRESS:

The Presidential Address by given by Dr. R. Saratha, Professor & Head, Department of Chemistry.



Presidential Address by Dr. R. Saratha, Professor & Head, Department of Chemistry

INTRODUCTION TO SPEAKER:

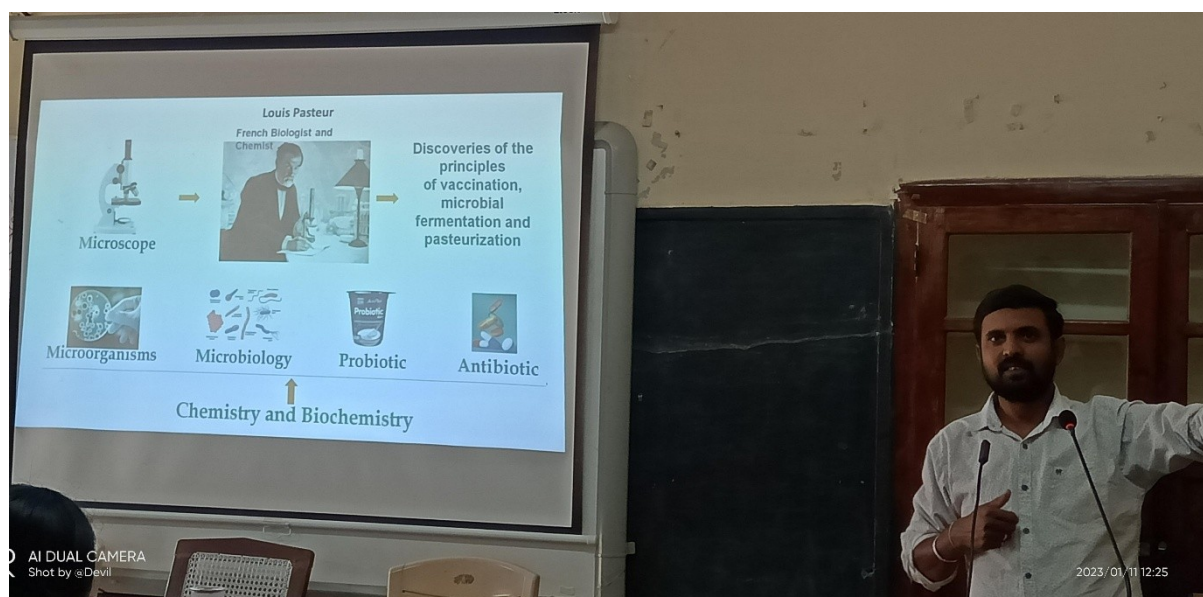
Introduction to speaker was given by Harinivashini R, Research scholar, Department of Chemistry. Dr.Ranjith kumar Rajamani was born in a small village named Melkavatty located in The Nilgiri biosphere, Tamil Nadu, India. He is a young and dynamic researcher in nano-biotechnology. He has received a Doctor of Philosophy (Ph.D.,) degree in the field of Biotechnology in June 10th 2016, from Bharathiar University, Coimbatore, Tamil Nadu, India. Presently, he is working as Chief Scientific Officer and Founder of Viyen Biotech LLP, Coimbatore. His domain experience at various streams of biotechnological research and academic progression is more than 7 years. He has published research articles more than 25 research articles in various reputed SCI indexed journals (H-index 14, i10 index 18) and also inventor of 2 patents in the field of nanocomposite preparation and applications. Also, he has organized national and international conferences and workshops in the field of current science for the rural development sector. He was worked as an expertise fellow in the various following domains of Research, Leadership, and Administration at The Nilgiris Education and Research (The NEAR) Foundation. In the part of Research and Education field he has received the Vocational Excellence Award - 2018 from Rotary club, Nilgiris, Tamil Nādu, India and Best Young Scientist National Award - 2019 for outstanding in learning, teaching, and research from Innovative Research Developers and Publishers (IRDP), Chennai, India. He received meritorious award during 2018, 2019 and 2020 from Kongunadu Arts and Science College, Coimbatore for the outstanding contribution for the Research and Development. Recently, He has been selected as a Fellow of Einstein Research Academy (ERA), up to 2023 by Pondicherry, India and Primary Evaluator in Toyathon-2021 organized by the Ministry of Education Innovation Cell, Government of India.



SPEAKER :

Dr.R.Ranjith kumar gave a useful information on “Challenge to transform the Scientific Innovation to Global business brands”. He is a very big follower of Namaalvaran Indian green crusader, agricultural scientist, environmental activist and organic farming expert best known for his work on spreading ecological farming and organic farming.

He explained about the research based on three main aspects such man, method and machine. And also, how the ingredients neem and aloe vera plays a prominent in cosmetic and pharmaceutical industry. He explained HPLC and how that is the biggest innovation to the modern industries. He discussed about the scientist Anton van Leeuwenhoek a textile engineer who paved away to the understanding of biological aspects of microorganism. He explained how Pasteur worked on microorganism and how DNA was proposed in 1953 with some basic model with later created a revolution in the field of science.



Chief guest Dr.R.Ranjith kumar delivering his talk on “Challenges to Transforming Scientific Innovation to Global Business Brands”

He gave awareness on how the Chromatography deals with different colour which also leads to the understanding of different compounds. Finally ended with how the global brand faced challenges and they changed them into opportunities. The global business brands mentioned were MILKY MIST founded by T.Sathish Kumar, COFFEE DAY run by Malavaika Hegde, BIOCON founded by Kiran Mazumdar-Shaw, KEERAI KADAI founded by G.Sriram Prasad, RAMRAJ COTTON founded by K.R.Nagarajan and MOTHER OF HERBS-Samiyathal from Modakurichi who holds Vaidya Bushan award from the International Peace University in Germany.

CONCLUSION:

He discussed about how the challenges are transformed into the scientific innovations and global business brands. The session was very interesting and interactive. He gave a lot of information on how to be creative and to change our ideas into opportunities. He gave a heads on upcoming ideology competition.

VOTE OF THANKS:

The programme was ended with vote of thanks given by M.Sowmiya of I PG Chemistry thanking the speaker, staff and audience.

Invitation



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Coimbatore - 43

THE DEPARTMENT OF CHEMISTRY

**Cordially Invites You for a Special Talk
on**

January 11th 2023, Wednesday

Dr. R. RANJITH KUMAR

**Chief Scientist officer
Viyen Blotech LLP, Coimbatore
will deliver a special talk**

on

**"CHALLENGES TO TRANSFORMING SCIENTIFIC
INNOVATION TO GLOBAL BUSINESS BRANDS"**

Dr. R.SARATHA

**Professor & Head, Department of Chemistry
will preside**

Venue : Gallery

Time : 11.30 AM

Audience : UG, PG Students & Research Scholars of Department of Chemistry



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DEPARTMENT OF CHEMISTRY

**“Challenges to Transforming Scientific Innovation to
Global Business Brands”**

11th January 2023

AGENDA

Prayer	: M. Janaranjani C. Uvasree I PG Chemistry
Welcome address	: V. Kamalini II UG Chemistry
Presidential Address	: Dr. R.Saratha Professor & Head, Department of Chemistry
Introduction of the Speaker	: R. Harinivashini Research Scholar
Speaker	: Dr. R. Ranjith Kumar Chief Scientist officer Viyen Biotech LLP, Coimbatore
Vote of Thanks	: M.Sowmiya I PG Chemistry
Venue	: Gallery
Time	: 11:30 AM



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Coimbatore-641043, Tamil Nadu, India

REPORT ON "**WORKSHOP ON DIGILOCKER**"

Organized by
DEPARTMENT OF CHEMISTRY

DATE :12.01.2023
VENUE :Gallery
TIME :2:30 PM to 3:30 PM
PARTICIPANTS :UG, PG Students and Research Scholars of Department of Chemistry

REPORT

The event started with a prayer by Uvashree C. and Janaranjani of IPG Chemistry which was followed by a welcome address by Shankaramari M. of IPG Chemistry.

Dr.R.Saratha ,Head and Professor, Department of Chemistry shared valuable information regarding Digilocker app and stated its importance. She mentioned the usefulness of the app by which students not only receive academic benefits but also gain access to important documents such as Aadhar card, driving license, birth certificate, community certificate etc. She mentioned the significance of the Academic Bank of Credits. She urged all the students to install Digilocker and register themselves. She also congratulated the participants who received the certificate of excellence in the quiz conducted by The Indian Science Congress in Nagpur.

Glimpses of the Programme



Prayer Song by UvashreeC. and Janaranjani of IPG Chemistry



Professor and Head, Department of Chemistry, Dr. R. Saratha addresses the gathering

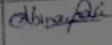
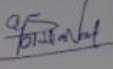
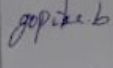
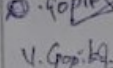
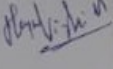


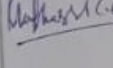
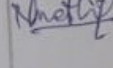



Vote of thanks by Anushree S. of I PG Chemistry

Ms.Archana ,Teaching and Research Fellow, Department of Chemistry then continued by demonstrating and guiding the students on how to register themselves in the app. She showed the distinct options available in the app including the ABC ID. She mentioned how the issued documents can be viewed even in offline mode.

The workshop concluded with vote of thanks by Anushree S. of I PG Chemistry. The event was led by anchoring of Sweta Thamatoor of II UG Chemistry. With Digilocker it is possible to access documents anytime and anywhere.The app is simple, convenient and documents are issued directly by the registered issuers like Registrar Office, Income Tax department, CBSE,etc. This workshop was highly informative and educational as it helped students to register in an app that is and will be of immense value.

ABC IDs of I UG students

DEPARTMENT OF CHEMISTRY				
CLASS: I UG CHEMISTRY				
S. NO	REGISTER NO	NAME	DIGILOCKER ID	SIGN
1	22UCH001	G. Abinayashi	613184796874	
2	22UCH003	N. Devaki	773846491386	N. Devaki
3	22UCH004	T. Deepika	187829758544	T. Deepika
4	22UCH006	Gokilavani. S.	432394415638	
5	22UCH007	B. GOPIKA	828607575440	
6	22UCH008	D. Gopika	810711520174	
7	22UCH009	V. Gopikasree	281025338756	V. Gopikasree
8	22UCH010	Hayal Vizhi. M	899637547874	
9	22UCH011	Jeeva Reha. R	146538223671	Jeeva R.
10	22UCH012	Jeevitha. R	897928523871	
11	22UCH013	LIDIYA S. R.	863436320659	
12	22UCH014	Madhu Srip. C.G	187291174075	
13	22UCH015	Nardhini. M.	102691678287	Nardhini
14	22UCH016	S. Nivedha	484449487905	
15	22UCH017	B. Pavithra	995278300433	B. Pavithra
16	22UCH018	POOJA. R	773854379853	

S. NO	REGISTER NO	NAME	DIGILOCKER ID	SIGN
17	22UCHO19	Pradeepa. G.	916658862513	Pradeepa
18	22UCHO20	Praveena. A	942246088717	Praveena
19	22UCHO21	SANOPIYA. M. A.	670849899982.	M. A. Sanopiya
20	22UCHO22	G. SAVITHA	540337038884	G. Savitha
21	22UCHO23	Shobika. A	787410188665	A. Shobika
22	22UCHO24	SUBHIKSHA B	641754750843	B. Subhiksha
23	22UCHO25	Theertha. S	732585639702	S. Theertha
24	22UCHO26	TSVASEEMA FATHIMA	656736679674	vasaseemafathima
25	22UCHO27	Vikasini. C	732094942499	C. Vikasini
26	22UCHO28	A. Mathiyasini	045330838456	A. Mathiyasini

ABC IDs of II UG students

<u>DEPARTMENT OF CHEMISTRY</u>				
<u>CLASS : II UG</u>				
S.NO	REG NO:	NAME	DIGILOCKER ID	SIGN
1.	21UCHD01	Alitha V	730608003093	A. Githa
2.	21UCHD02	Anura Bharathyk	216058814281	Anura Bharathyk
3.	21UCHD03	Brindha M	746854012289	
4.	21UCHD05	Harine M.Y	430636105793	
5.	21UCHD06	Harine k	667523903906	
6.	21UCHD07	Harini M	548020192768	
7.	21UCHD08	Harini M	548020192768	M. Raji
8.	21UCHD09	Idhya Sri. S	134077083476	M. Harini
9.	21UCHD10	Indramathi T	377942302864	Sridhyanthi
10.	21UCHD11	Jakin Sharon S	986345247020	Jayanthi T
11.	21UCHD14	Jeevitha C	458529821299	Jackin Sharon S
12.	21UCHD15	kamalani V	360242579562	Jeevitha C
13.	21UCHD16	kansa k	265404885995	V. Kansa
14.	21UCHD19	Loganayaki L	760157895578	Kansa k
15.	21UCHD20	Malavizhi P	766650783281	Loganayaki L
16.	21UCHD21	Mangalasi R	606866661075	malavizhi P
17.	21UCHD22	Manju S	575355917070	
18.	21UCHD23	Manobharathi R	887028865243	
19.	21UCHD24	Nithya Roopini S	492786872447	Nithya
20.	21UCHD25	Pavithradevi S	272564139265	Pavithradevi S
21.	21UCHD26	Pooja Sri k	260301404807	
22.	21UCHD27	Praveena D	788659104789	
23.	21UCHD28	Puritha P	282368727677	Puritha P
24.	21UCHD30	Rohini S	99632589665	Rohini

NO	REG NO	NAME	DIGILOCKER ID	SIGN
26	21UCHD31	Shajitha Banu S	217743584642	Shajitha
26	21UCHD32	Shanjuna K.N	668787930904	shanjuna
27	21UCHD33	Sivapriya B	393476367628	
28	21UCHD34	Sowmiya L	700360129984	Sowmiya
29	21UCHD35	Subathra M	141689190692	
30	21UCHD37	Suvathi S.	451262422912	
31	21UCHD38	Swathy K	810937323312	Swathy - k
32	21UCHD39	Swetha Thamatoov	660420710631	Swetha
33	21UCHD40	Tharuni T	269393479492	Tharuni S
34	21UCHD42	Thirupathi Lakshmi S	146641980005	Thirupathi Lakshmi
35	21UCHD42	Varsha M	287044914123	M. Varsha
36	21UCHD43	Vinitha R	976990083308	R. Vinitha
37	21UCHD44	Vishnu Priya	438877922158	Vishnu Priya e

ABC IDs of III UG students

DEPARTMENT OF CHEMISTRY				
CLASS: III UG				
S.NO	NAME	REGISTER NUMBER	ABC ID	SIGN
1)	ANUSIYA. M	20UCH001	683027249282	<i>Anusuya</i> Anusuya. R.
2)	ARCHANA. R.	20UCH002	451187353123	<i>Archana R.</i>
3)	DEEKSHA. S.	20UCH003	312604878343	<i>Deeksha S.</i>
4)	DHARANI. A.	20UCH004	997449612807	<i>A. Dhanya</i>
5)	DHARANYA. V.	20UCH005	102489861886	<i>V. Dhanya</i>
6)	ELAVARASI. M.	20UCH007	729957117797	<i>Elavarasi M.</i>
7)	HAFEEZUNNISA	20UCH008	180838445525	<i>Hafiz</i>
8)	HARSHA. A.	20UCH009	516541102502	<i>Harsha</i>
9)	INDIRAMANI. N.	20UCH010	165829391488	<i>Indira</i>
10)	KARUNA. V. C.	20UCH013	521941946965	<i>Karuna</i>
11)	KRITHIKA. S.	20UCH014	426394781962	<i>S. Krithika</i> <i>K. Lakshitha</i>
12)	LAKSHITHA. C.	20UCH015	888174678850	
13)	LAVANYA. S.	20UCH016	660877360320	<i>S. Lavanya</i>
14)	MALAVIGA. S.	20UCH017	403981638541	<i>malaviga S.</i>
15)	MONISHA. J.	20UCH019	885981711745	<i>J. Monisha</i>
16)	MONNISHA. B.	20UCH020	414636580402	<i>B. Monisha</i>
17)	PARKAVI. R.	20UCH021	742430003259	<i>K.R. Parkavi</i>
18)	POOJA BHARATHI. P	20UCH022	253542544080	<i>P. Pooja Bhathi</i>
19)	POOJA. R.	20UCH023	555396106947	<i>P. Pooja</i>
20)	RENUKADEVI. D.	20UCH025	248966116951	<i>Renuka D.</i>
21)	SARATHI SOWMIYA. K.	20UCH026	481943793187	<i>Sarathi</i>
22)	SHAKTHI RITHANYA. N	20UCH027	441000391036	<i>Shakthi</i>

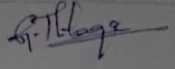
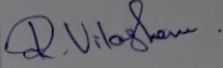
23)	SHANMITHA .T.	20UCH028	550399096455	T. Shan
24)	SHEETHANA .S.	20UCH029	717724826242	S. Sheetha
25)	SOFIYA .P	20UCH032	675092956187	P. Sofiya
26)	SWETHA .G.G.	20UCH035	675296250330	G.G. Swetha
27)	SWETHA .S.	20UCH036	857767273287	S. Swetha
28)	TAMIL KODI .S.	20UCH037	205561639700	S. Tamilkodi
29)	VIBITHA .S.	20UCH038	263045246577	S. Vibitha
30)	VIDHYA .C.	20UCH039	485985748880	C. Vidhya
31)	VINOTHINI .A.	20UCH040	124317232556	A. Vinthini

ABC IDs of I PG students

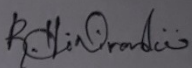
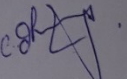

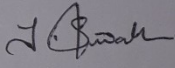
DEPARTMENT OF CHEMISTRY				
Class: I PG Chemistry				
S.No	Register Number	Name	Digilocker Id	Signature
1.	22PCH001	N. Anusri	911049988088	N. Anusri
2.	22PCH002	P. Chandrabooma	947030584679	P. Chandrabooma
3.	22PCH003	K. Dharani	401693572514	K. Dharani
4.	22PCH005	M. Divyaa	430-854-447-517	M. Divyaa
5.	22PCH006	N. Indra devi	419861359834	N. Indra devi
6.	22PCH007	S. Janani	236578389894	Janani S
7.	22PCH008	M. Jananjanani	824654859179	Jananjanani M
8.	22PCH009	U. Kavishree	230339427876	Kavishree
9.	22PCH010	R. Keerthana	673590594413	Keerthana
10.	22PCH011	V. Keerthana	844687636640	v. keertana
11.	22PCH012	R. Madhumita	493811721931	R. Madhumita
12.	22PCH013	V. Nivashini	477995085082	V. Nivashini
13.	22PCH014	M. Sankaramani	731803437857	M. Sankaramani
14.	22PCH015	G. Saranya	963788579359	G. Saranya
15.	22PCH016	T. Senbaga priya	532532256335	T. S. Priya
16.	22PCH017	G. Shalini	289020562883	G. Shalini
17.	22PCH018	P. Sowmiya	206207491560	P. Sowmiya
18.	22PCH019	P. J. Subhashini	195-767-697-162	P. J. Subhashini
19.	22PCH020	R. Subiksha	516538873827	Subiksha R.
20.	22PCH021	V. Surya ganga	996643677263	V. Surya ganga
21.	22PCH022	C. Uvasree	796942240774	Uvasree C.

ABC IDs of II PG students

DEPARTMENT OF CHEMISTRY					
D	S. No	Register Number	Name	DigitLocker ID	Signature
	1	21PCH001	Aishwarya .M. C	29601112731	
	2	21PCH002	Akshaya .I	974879776698	
HFCC	3	21PCH003	Ancy M.V.	893290528038	
HFCC	4	21PCH004	Annapoornani . M	740217073340	
CHF	5	21PCH005	Anusree S.S.	285951665428	
act	6	21PCH006	Apreeta .T	963711817036	P. Aparna
H	7	21PCH007	522680 Bindu . B	522680609858	Bindu
	8	21PCH008	Dhanuja . K	951858301514	
	9	21PCH009	Gayathri . P	791913365014	
	10	21PCH010	V.KAVYASREE	528762699000	V. Kavya
	11	21PCH011	Keerthiga . K.S	530367236709	K. Keerthiga
	12	21PCH012	Kovasshini . S	640657073872	
	13	21PCH013	Merlinvinoliya .J.E	215137567352	J.E. Merlin Vinoliya
	14	21PCH014	Nandhini . M	900733817650	
	15	21PCH015	S. Nehashree	435067061965	S. Nehashree
	16	21PCH016	Nirmaladevi . G	838583948152	G. Nirmaladevi
	17	21PCH017	R. Paustina ancy	861596585772	R. Paustina
	18	21PCH018	Reeba . N	256440820269	
	19	21PCH019	G. Sanguni	424552772633	G. Sanguni
	20	21PCH020	Srinithi . S	782631249383	
	21	21PCH021	Subasree . S	976058687646	S. Subasree

S. No	Register Number	Name	Digilocker ID	Signature
22	21PCH022	Thilaga. G	411484692419	
23	21PCH024	Vasfa. K.P.	809266258370	
24	21PCH025	Vilashnee R.	865713689535	

ABC IDs of Research Scholars

DEPARTMENT OF CHEMISTRY				
CLASS: RESEARCH SCHOLARS				
S.No	REGISTER No.	NAME	DIGILOCKER ID	SIGNATURE
1.	22PHCHF001	HARINIVASHINI. R	197849581834	
2.	20PHCHF005	PON NIVETHA A	695405704493	A. Pon Nivetha
3.	19PHCHF003	RAJALAKSHMI. R	817924475258	R. Rajalakshmi
4.	20PHCHF003	DHIVYA. C	651697306906	
5.	21PHCHF002	S. SINDHU	955684982363	S. Sindhu
6.	20PHCHF006	S. VYSHNAVI	5857434628	Vyshnavi
7.	21PHCHF003	K. Trisha	962649648315	K. Trisha
8.	19PHCHF002	S. Kiruthika	9025294076	S. Kiruthika
9.	20PHCHF002	R. DHANYA SRUTHI.	511559679797	
10.	20PHCHF004	L. KEERTHANA.	591475422827	L. Keertana.
11.	19PHCHF004	M. SHANMUGA PRIYA	883048284703	M. Shanmuga Priya
12.	21PHCHF004	SIVASANKARI. J	5028 573108724602	



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC)

Coimbatore - 641 043, Tamil Nadu, INDIA.

A report on “Awareness of Research Opportunities for Undergraduate and Postgraduate students”

PLATFORM: Google meet (meet.google.com/rzd-cbbf-hty)

DATE : 29th & 30th, June 2022

TIME : 1:30P.M

SPEAKER : Ms. Abhijna Krishna. R,

Prime Minister’s Research Fellow (PMRF)

Department Of Chemistry

NIT, Trichirappalli

BENEFICIARIES : **Ph.D Scholars , PG & UG students (250 members)**

REPORT

The lecture was on the topic “Awareness of research opportunities” for the undergraduate and postgraduate students delivered by Ms Abhijna Krishna R, Prime Minister’s Research Fellow (PMRF), Department of Chemistry; National Institute of Technology, Tiruchirappalli for our UG, PG students and research scholars.

The lecture started at 1:30 PM through google meet, she gave us a short introduction about herself and her skills. Madam started with the sectors of the branches in Chemistry. She gave us a brief account on the Fellowship process and PMRF granting institutes. WE got to know about the all Indian competitive exams like NEST, CSIR NET-JRF, GATE, CUCET, ICAR NET-JRF, ICMR NET-JRF, JEST. She explained about the Public sectors that offer employment for chemists. We got to know about the websites and the software apps which can be used for science purpose like SCI-HUB, CHEMISTRY WORLD, TOPSPIN, NOVA, CHEM DRAW, LATEX, ORIGIN, X9, MENDELEY DESKTOP, GOOGLE SCHOLAR, SCIFINDER, RSC, ASC.

Outcome

She gave us a lecture which we will be very useful for all the UG, PG and Ph.D Scholars. This programme provided an opportunity to gather knowledge.

Quantum Chemistry

- Particle in a box (energy, probability, degeneracy)
- Commutation
- Hermitian
- Eigen Value
- SHO (basics)
- Angular Momentum
- Hydrogen atom
- Huckel Theory
- Perturbation Theory
- Overlap integral

Abhijna is presenting

Abhijna

Vilashnee R

ORIGIN
Data Analysis and Graphing Software

ChemDraw

LATEX

Abhijna is presenting

CAS Software

Abhijna is presenting

Electrochemistry

- Conductance
- Debye-Huckel
- Kohlrausch's Law
- Nernst Equation
- Polarography
- K_{sp} , K_{eq}
- Enthalpy, Entropy, and Gibbs free energy
- Potentiometric titration

Abhijna is presenting

Mendeley Desktop

EndNote X9

Abhijna is presenting

topspin

NOVA

Abhijna is presenting

Thermodynamics

- Maxwell square
- Equation of state
- Entropy of mixing
- Carnot engine
- Heat capacity
- Clausius-Clapeyron equation
- Joule's Thomson coefficient
- W, q, U calculation
- Fugacity

Abhijna is presenting

Screenshots of the lecture on “Awareness of research opportunities”



Avinashilingam Institute for Home Science and Higher Education for Women

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Venue : Gallery

Date : 31/01/2023

Time : 11:30 pm

Programme: CHEMISTRY ALUMNI ASSOCIATION

Theme : "DREAM OF A COMMON GIRL "

Special talk : Mrs. PAVITHRA.V.RAVI

REPORT

The program started by a prayer song by Elavarasi & Vinothini of III UG chemistry.

Welcome address was given by Lakshitha Dr. Saratha Professor & Head, Department of Chemistry, greeted the chief guest and addressed the gathering with her motivational & inspirational speech about ahimsa.

The introduction of the speaker Mrs. Pavithra. V. Ravi was given by Shakthirithanya.

The chief guest gave a speech on the topic "Dream of a common girl". She explained about the things to achieve our dream. She motivated the students by sharing her journey and the struggles faced to achieve this position as CSIR Research fellow. Then she also gave an explanation about her start-up fronto club.

8 Alumni participated in the programme along with 180 students of our department.

The programme came to an end with a formal vote of thanks given by Poojashree of II UG chemistry.

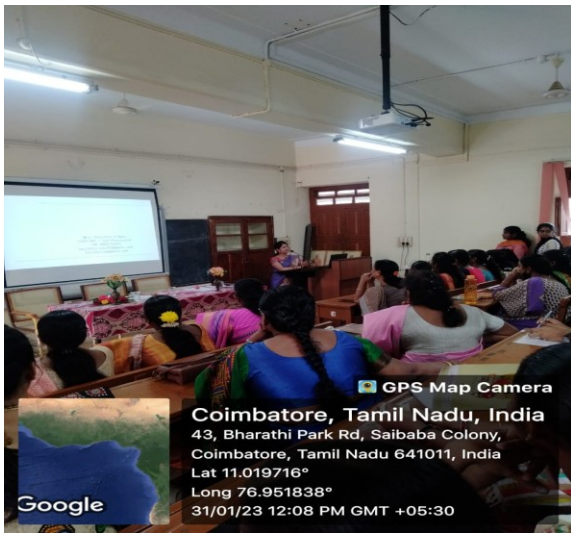


Photo Gallery- Glimpses from the talk



Avinashilingam Institute for Home Science and Higher Education for Women

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Category I by UGC Coimbatore -641 043, Tamil Nadu, India

**DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND DIETETICS
&
INDIAN DIETETIC ASSOCIATION
COIMBATORE CHAPTER**

Report on

Breast Feeding Week Celebration-2022

Theme: Step up for Breast Feeding: Educate and Support

Date: 03/08/2022

Time: 11:00 am to 12:30 pm

Venue: Hi-tech Hall, Administrative Block

REPORT ON BREAST FEEDING WEEK CELEBRATION -2022

On the 3rd of August, 2022, in the Hi-tech hall of Avinashilingam Institute for Home Science and Higher Education for Women, Department of Food service Management and Dietetics along with Indian Dietetic Association, Coimbatore Chapter organized an awareness lecture on “Importance of Breast Feeding and Breast Milk Donation”, under the theme for the year “Step up for Breast Feeding: Educate and Support”.

The lecture began at 11:00 am by invoking God’s Presence through a prayer song led by S.P. Gayathri, S. Shri Ranjani and S. Sathyashri, II-B.Sc. Students from the Department of Food service Management and Dietetics. Following them, N. Komathy, Research Scholar from the Department of Food service Management and Dietetics extended her warm welcome to the gathering.

The program went on with the Presidential address rendered by Dr. N. Vasugi Ma’am, Professor and Dean, School Of Home Science. Ma’am addressed the participants through her valuable words and also asked them to advocate breastfeeding as an essential part of good nutrition, food security and poverty reduction. The Social Research volunteers of Coimbatore Dr. Madhuri Ravindra Kumar and her group of volunteers also participated in the program.

Dr. Premala Priyadharshini Ma’am, Professor and Head, Department of Food service Management and Dietetics greeted the audience. Ma’am emphasized on the natural feeding to be encouraged and the newborns to be fed with breast milk. In this regard, ma’am rendered a short awareness for the future mothers on the importance of breast feeding where it is very much essential to promote adequate growth, development and prevention of mortality among children.

Our Head of the Department, Dr. Premela Priyadharshini ma’am stated that breastfeeding practices in India needs immediate attention as rate of initiation of breastfeeding within one hour of birth is 57% while exclusive breastfeeding rate remains about 58%. Further, 66% of the infant deaths occur during the first year of life. This is often caused by inappropriate feeding practices.

Mrs. Roopa Selvanayaki, founder of Amirtham Foundation, Tirupur delivered the Special address. Through her talk the students were educated on the importance of breast feeding the health issues of premature babies, physiological changes in lactating a baby, breast milk as a bond between the mother and the baby, care of breast before and after feed, contents of breast milk, difficulties encountered in

breast feeding and its treatment. Ma'am also highlighted on the difference between breastfeeding and complementary feeding. Keeping this in mind and to raise awareness regarding the importance of breastfeeding, this special lecture was conducted for II UG and III UG girls.

Few points emphasized by the speaker in her lecture.

Breastfed babies have:

- Stronger immune systems
- Less diarrhea, constipation, gastroenteritis, gastroesophageal reflux and preterm necrotizing enterocolitis (NEC)
- Never not undergo respiratory illnesses like pneumonia, respiratory syncytial virus (RSV) and cough
- Fewer case of bacterial meningitis
- Better vision and less retinopathy of prematurity
- Lower rates of infant mortality
- Lower rates of Sudden Infant Death Syndrome (SIDS)
- Overall lessens illness and less hospitalization

Breast milk provides abundant and easily absorbed nutritional components, antioxidants, enzymes, immune properties and live antibodies from mother. Mother's more mature immune system makes antibodies. These antibodies enter her milk to help protect her baby from illness. Immunoglobulin A coats the lining of the baby's immature intestines helping germs and allergens from getting through the body. Breast milk also contains substances that naturally soothe infants.

Breastfeeding is healthier for a mother in the following physical ways:

- Promotes faster weight loss after child birth and to maintain milk supply.
- Stimulates the uterus to contract and return to normal size.
- Lessens the risk of postpartum bleeding and postpartum depression.
- Fewer urinary tract infections.
- Lessens the chance of anemia.

- Lowers the risk of breast cancer and ovarian cancer.
- Lowers the risk of rheumatoid arthritis and lupus.
- Lessens endometriosis, osteoporosis with age, diabetes, hypertension and cardiovascular diseases.

The session was very much interactive. Later the lecture ended with the vote of thanks rendered by J. Yoshia Leela, Research Scholar from the Department of Food service Management and Dietetics. After the awareness lecture students were willing to create community awareness, benefited through this awareness lecture. Overall Master of the ceremony was taken over by S. Sanufiya, II-B.Sc. from the Department of Food service Management and Dietetics. Total of 172 beneficiaries were benefited through this awareness lecture.

LIST OF BENEFICIARIES (STUDENTS, STAFF & VOLUNTEERS)

II UG from the Department of Food Service Management & Dietetics	= 48
II UG from the Department of Home Science and Extension	= 45
II UG Students from the Department of Food Service Management & Dietetics	= 53
Ph. D., Research Scholars from the Department of Food Service Management & Dietetics	= 10
Staff from the Department of Food Service Management & Dietetics	= 7
Number of Social Volunteers	= 9
TOTAL	= 172

GLIMPSES OF THE WORLD BREAST FEEDING WEEK CELEBRATION -2022

THEME: Step up for Breast Feeding: Educate and Support



S. Sanufiya, Mastering the Ceremony



Mrs. Roopa Selvanayagi Ma'am in the Reception



Prayer song led by II B. Sc. Girls



Welcome Address by N. Komathy



Our Chief Guest Welcomed with a Memento



Presidential Address by Dr. N. Vasugi Ma'am



Social Researcher, Dr. Madhuri Ravindra Kumar and her group of volunteers, interacting in the Awareness Lecture



Mrs. Roopa Selvanayaki, founder of Amirtham Foundation, Tirupur delivering the Special address



Audience listening to the Awareness Lecture

INVITATION



Avinashilingam Institute for Home Science and Higher Education for Women
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Coimbatore-641 043, Tamil Nadu, India



Breast Feeding Week Celebrations - 2022

Theme: Step up for Breast Feeding: Educate and Support

Department of Food Service Management and Dietetics

&

Indian Dietetic Association, Coimbatore Chapter

Cordially invites you to the Awareness Lecture

On

Importance of Breast Feeding and Breast Milk Donation

By



Mrs. Roopa Selvanayagi

Founder, Amirtham Foundation

Tirupur

when

Dr. N. Vasugi

Professor & Dean, School of Home Science

will preside

Dr. S. Uma Mageshwari

Professor & Dean, Student affairs,

Department of Food Service Management & Dietetics

will felicitate

Dr. V. Premala Priyadharsini

Professor and Head, Department of Food Service Management & Dietetics

will greet



**World
Breastfeeding
Week**
(31st - 7th August)

Venue: Hi-tech Hall, Administrative Block

Date: 3rd August, 2022
Time: 11:00 AM to 12:30 PM

PROGRAM SHEET



Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd.u/s 3 of UGC Act 1956, Category A by MHRD
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Coimbatore-641 043, Tamil Nadu, India



Department of Food Service Management and Dietetics
&
Indian Dietetic Association, Coimbatore Chapter

BREAST FEEDING WEEK CELEBRATIONS – 2022
Theme: Step up for Breast Feeding: Educate and Support

Awareness Lecture on
Importance of Breast Feeding and Breast Milk Donation


PROGRAMME (03.08.2022)


<i>Prayer</i>	<i>S.P. Gayathri, S. ShriRanjani and S. Sathyashri</i> <i>II-B. Sc., FSMD</i>
<i>Welcome Address</i>	<i>N. Komathy</i> <i>Research Scholar, FSMD</i>
<i>Presidential Address</i>	<i>Dr. N. Vasugi</i> <i>Professor & Dean, School of Home Science</i>
<i>Felicitation</i>	<i>Dr. S. Uma Mageshwari</i> <i>Professor & Dean, Student affairs,</i> <i>Department of FSMD</i>
<i>Greetings</i>	<i>Dr. V. Premala Priyadharsini</i> <i>Professor and Head, Department of FSMD</i>
<i>Special lecture</i>	<i>Mrs. Roopa Selvanayagi</i> <i>Founder, Amirtham Foundation, Tirupur</i>
<i>Vote of Thanks</i>	<i>J. Yoshia Leela</i> <i>Research Scholar, FSMD</i>
<i>Master of ceremony</i>	<i>S. Sanuftyia</i> <i>II-B. Sc., FSMD</i>

Venue: Hi-tech Hall, Administrative Block

Time: 11:00 AM to 12:30 PM

PROGRAM PRESENTATION

 **Avinashilingam Institute for Home Science and Higher Education for Women**
*Deemed to be University Estd. in 3 of UGC Act 1956, Category A by MHRD
Re-accredited with 'A++' Grade by NAAC, CGPA 3.65/4, Category I by UGC
Coimbatore-641 043, Tamil Nadu, India*


 **Department of Food Service Management and Dietetics
&
Indian Dietetic Association, Coimbatore Chapter**


BREAST FEEDING WEEK CELEBRATIONS – 2022
Theme: Step up for Breast Feeding: Educate and Support

Awareness Lecture on
Importance of Breast Feeding and Breast Milk Donation

Venue: Hi-tech Hall, Administrative Block (PM) **Date & Time:** 3rd August, 2022 (11:00 AM to 12:30 PM)




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 **BREAST FEEDING WEEK CELEBRATIONS – 2022**
Theme: Step up for Breast Feeding: Educate and Support

PRAYER

S.P. Gayathri, S. ShriRanjani and S. Sathyashri
II-B. Sc., FSMD




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Coimbatore-641 043, Tamil Nadu, India*


 **BREAST FEEDING WEEK CELEBRATIONS – 2022**
Theme: Step up for Breast Feeding: Educate and Support

WELCOME

N. Komathy
Research Scholar, FSMD




 **Avinashilingam Institute for Home Science and Higher Education for Women**
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 **BREAST FEEDING WEEK CELEBRATIONS – 2022**
Theme: Step up for Breast Feeding: Educate and Support

PRESIDENTIAL ADDRESS

Dr. N. Vasugi
Professor & Dean, School of Home Science




 **Avinashilingam Institute for Home Science and Higher Education for Women**
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 **BREAST FEEDING WEEK CELEBRATIONS – 2022**
Theme: Step up for Breast Feeding: Educate and Support

FELICITATION

Dr. S. Uma Mageshwari
Professor & Dean, Student affairs,
Department of Food Service Management & Dietetics





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 **BREAST FEEDING WEEK CELEBRATIONS – 2022**
Theme: Step up for Breast Feeding: Educate and Support

GREETINGS

Dr. V. Premala Priyadharsini
Professor and Head, Department of Food service management and dietetics

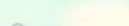



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Coimbatore-641 043, Tamil Nadu, India*


 **BREAST FEEDING WEEK CELEBRATIONS – 2022**
Theme: Step up for Breast Feeding: Educate and Support

SPECIAL LECTURE

Mrs. Roopa Selvanayagi
Founder, Amirtham Foundation, Tirupur




 **Avinashilingam Institute for Home Science and Higher Education for Women**
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 **BREAST FEEDING WEEK CELEBRATIONS – 2022**
Theme: Step up for Breast Feeding: Educate and Support

VOTE OF THANKS

J. Yoshia Leela
Research Scholar, FSMD



SPEAKER'S PRESENTATION – I



Basics of Breastfeeding

- Breastfeeding knowledge in Pregnancy
- 6 Months of Exclusive Breastfeeding
- 1 Year main source of Nutrition is breast milk only
- WHO recommends 2 Years of breastfeeding minimum

Activate Windows
Go to PC settings

SPEAKER'S PRESENTATION – II



Do you heard of Breastmilk Donation ?

- Yes It's do exist !
- There are **22 human milk banks** in TAMILNADU where they do collect human milk from lactating mothers and provide it to tiny pre-matured, very sick under weight babies.

Activate Windows
Go to PC settings

Human Milk Bank

- Deep freezing
- Pasteurization
- Micro Lab Screening

NICU

- Level 1,2,3 babies
- How they feed donor milk to babies ?



Activate Windows
Go to PC settings to activate Windows.

What do Amirtham Breastmilk Donation do ?

- Guiding breastfeeding mothers to store Breastmilk
- Collecting stored milk stash from donor mothers with the help of volunteers in all the districts of Tamilnadu
- Dropping it in Human Milk Bank of respective districts



Parenting Support

- 24/7 watsapp support to all Pregnant and Lactating mothers
- Pregnancy related - amniotic fluid level maintenance, delayed cord clamping
- 6 month EBF, 2 years minimum breastfeeding etc..



Activate Windows
Go to PC settings to activate Windows.

Human Milk bank



1. Deep Freezer



Human Milk bank

2. Pasteurizer



NICU Babies

1. Under weight
2. Pre Matured
3. Sick babies



Activate Windows
Go to PC settings to activate Windows

Donor Breastmilk is the only source of food for NICU babies and highly nutritious which makes babies to recover very early !



Donor Breastmilk



One to One Guidance to Donor Mothers will be provided

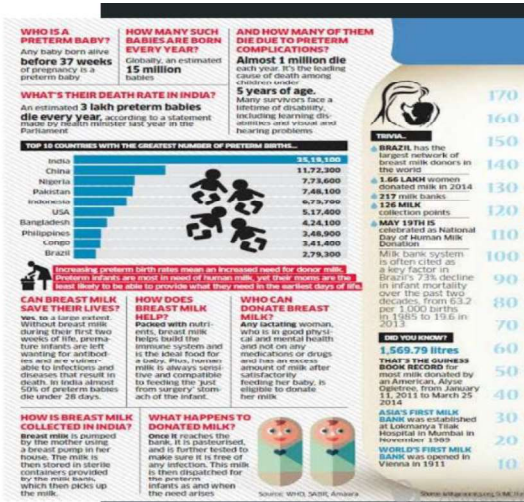
Breastmilk Storage Guidelines

Type of Breastmilk	Counter (77° F or colder)	Refrigerator (40° F)	Freezer (0° F or colder)
Freshly pumped	Up to 4 hours	Up to 4 days	Up to 6 months is best Up to 12 months is okay
Thawed	Up to 2 hours	Up to 1 day	Never freeze breast milk that's already been thawed
Leftover from a feeding	Use within 2 hours of baby's last feeding		

Source: CDC

the BUMP

India Secures the second highest place in the world In the premature babies birth and death rate



Thank You !

Every Breastfeeding Mother should donate her Breastmilk at-least once in her whole Lifetime journey



Please Contact us !

- Google
- Facebook
- Instagram
- Twitter
- Youtube

In 2021, we have donated 1143 litres of breastmilk all over Tamilnadu

AMIRTHAM BREASTMILK DONATION
"MOTHERS TEARS CAN'T SAVE HER CHILD'S LIFE BUT YOUR BREASTMILK CAN"
For contact : +91 99652 15777 / +91 97905 97127

A Group Of Lactating And Pregnant Mothers.
"In All the districts of Tamilnadu"
Our Journey Of Saving Needy Tiny NICU Babies
Join Us To Know All About Breastmilk Donation,
Pumping And Breastfeeding.

"Share Your Liquid Gold To Save The Life Of Premies."
Every Drop Counts!

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Coimbatore-641 043, Tamil Nadu, India



DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND DIETETICS
&
INDIAN DIETETIC ASSOCIATION
COIMBATORE CHAPTER

Guest Lecture Report

**GLOBAL AVENUES FOR CAREER OPPORTUNITIES IN
HOSPITALITY INDUSTRY**

Venue: Gallery

Date: 24th August, 2022

Time: 11.00 AM-12.30 PM

REPORT ON GUEST LECTURE

GLOBAL AVENUES FOR CAREER OPPORTUNITIES IN HOSPITALITY INDUSTRY

On the 24th of August, 2022, in the Gallery of Avinashilingam Institute for Home Science and Higher Education for Women, Department of Food service Management and Dietetics & Indian Dietetic Association conducted guest lecture on **GLOBAL AVENUES FOR CAREER OPPORTUNITIES IN HOSPITALITY INDUSTRY**. The undergraduate, PG diploma, post graduate, PhD scholars and the faculty members of the Department of Food service Management and Dietetics were invited for the guest lecture. Around 150 participants were benefitted through this guest lecture.

INVITATION



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DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS
Cordially invites you to the Guest lecture

On

GLOBAL AVENUES FOR CAREER OPPORTUNITIES IN HOSPITALITY INDUSTRY

By



Mr. Alfred Luther
Assessment Moderator and Program Monitor for Hospitality Management Courses,
New Zealand Qualifications Authority

when

Dr. N. Vasugi
Professor & Dean, School of Home Science
presides

Dr. V. Premala Priyadharsini
Professor and Head, Department of Food Service Management & Dietetics
greet

Venue: Gallery

Date: 24th August, 2022
Time: 11.00 AM-12.30 PM

PROGRAMME SHEET



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore-641 043, Tamil Nadu, India

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

Cordially invites you to the guest lecture on

GLOBAL AVENUES FOR CAREER OPPORTUNITIES IN HOSPITALITY INDUSTRY

PROGRAMME

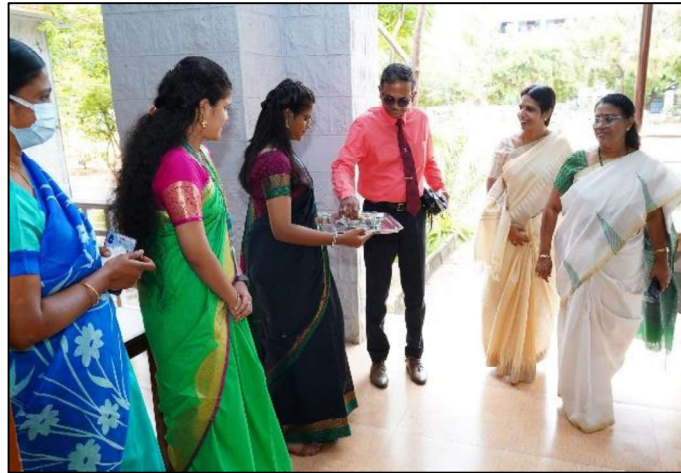
Prayer	Kasarbada RVND Praharshitha <i>I - M. Sc., FSM D</i>
Welcome Address	J. Sowmiya <i>Research Scholar, FSM D</i>
Presidential Address	Dr. N. Vasugi <i>Professor & Dean, School of Home Science</i>
Greetings	Dr. V. Premala Priyadharsini <i>Professor and Head, Department of FSM D</i>
Guest Lecture	Mr. Alfred Luther <i>Assessment Moderator and Program Monitor for Hospitality Management courses, New Zealand Qualifications Authority.</i>
Vote of Thanks	K.K. Shanmukapriya <i>Research Scholar, FSM D</i>
Master of Ceremony	D. Sowmya <i>II-B. Sc., FSM D</i>

VENUE: GALLERY

DATE: 24th August, 2022

TIME: 11:00 am to 12:30 pm

The chief guest Mr. Alfred Luther was given a warm welcome at the reception by the students of the Department of Food service Management and Dietetics.



Mr. Alfred Luther welcomed at the reception

The session commenced with a prayer song by *Kasarbada RVND Praharshitha, I M.Sc Department of Food service Management and Dietetics*, which created a divine ambience for the morning. *J. Sowmiya, Research scholar from the Department of Food service Management and Dietetics* rendered the welcome address. She took immense pleasure in welcoming the gathering.



Prayer



Welcome address

The presidential address was rendered by *Dr. N. Vasugi - Dean, School of Home Science*. Madam had addressed the participants by her valuable words and also asked the participants to advocate this lecture as an essential part of career.



Presidential Address rendered by Dr. N. Vasugi- Dean, School of Home Science

Dr. Premala Priyadharshini, Professor and Head, Department of Food service Management and Dietetics greeted the gathering. Professor emphasized and motivated the students that opportunities are present in front of us, wherein it is the responsibility of the students to acquire the required knowledge and skills to grab those opportunities.



Greetings by Dr. Premala Priyadharshini, Professor and Head, Department of Food service Management and Dietetics

The chief guest for the day, Mr. Alfred Luther was welcomed with a memento given by Dr. N. Vasugi - Dean, School of Home Science and an elaborate introduction of the guest speaker for the day was marked by *Ms. Shakthi Abirami, II B. Sc. Student from the Department of Food service Management and Dietetics.*



Chief Guest welcomed with a Memento



Introduction of the speaker

Mr. Alfred Luther delivered the special address on *Global avenues for career opportunities in hospitality industry*. He started the session by sharing his professional life experiences, in which he did his under graduation in Zoology. But the passion of doing hotel management within him was alive and that made him to work in a star hotel. By gaining years of experience in hotel industry in various places like Qatar, London, etc... he moved into teaching which was also his passion. He looked for opportunities abroad and that's how he moved to New Zealand and continued working as a Tutor and Team Leader, Hospitality faculty, Private school in Auckland, New Zealand. Followed by working as a senior tutor and then a part time tutor at Whitireia Polytechnic, Auckland, New Zealand. Speaker is now being an Assessment Moderator and Program Monitor for Hospitality Management Courses, New Zealand Qualifications Authority. He also shared his experience of volunteering as a supervisor at 'THE MERCY SHIPS'.

The keynote speaker had elaborated on the wide sectors in hospitality industry which includes hotel and restaurant management, airline catering and cabin service, club management, cruise ship hotel management, hotel and tourism association, catering institutes and even set up an entrepreneurial venture of their own and require hospitality professionals.

After his lecture, the forum was open for question-and-answer session, wherein Faculty members and students asked about the abroad opportunities, the procedure to get admitted in

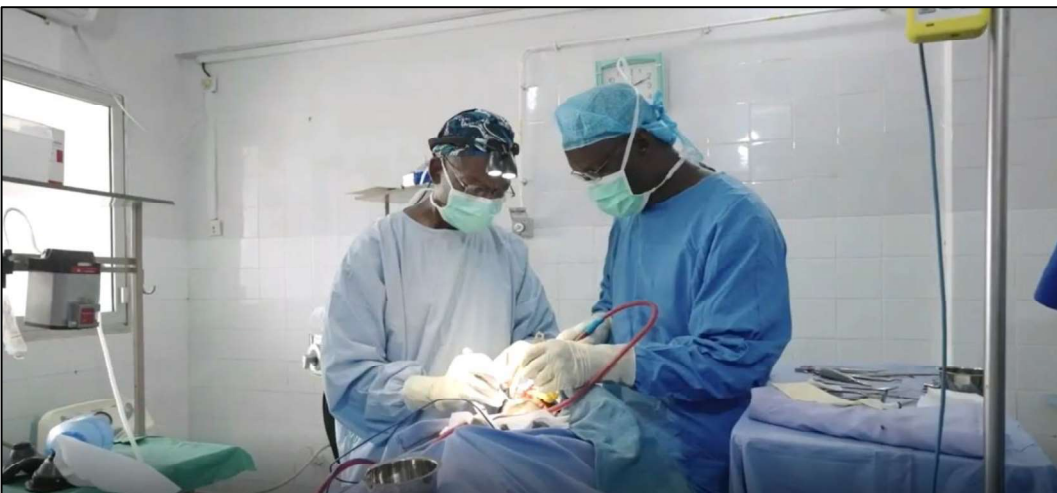
universities, job opportunities as dietitian in cruise ship, research scoops in hospitality industry and student exchange programs which were all clarified by him

From his lecture, students were motivated and were also glad to know from his experience that the passion within, can take us over the globe.



Mr. Alfred Luther evoking the students by sharing his experience and knowledge

Mr. Alfred Luther sharing his experience of working in THE MERCY SHIP





Audience listening to the guest lecture

Later the session came to an end with words of gratitude by ***K.K. Shanmukapriya, Research Scholar from the Department of Food service Management and Dietetics***. She thanked each and everyone who had rendered their meticulous efforts for the smooth functioning of the programme. Overall Master of the ceremony was taken over by ***D. Sowmya, II-B.Sc. from the Department of Food service Management and Dietetics***.



Master of ceremony

LIST OF BENEFICIARIES
(STUDENTS and FACULTY MEMBERS from the Department of Food Service Management and Dietetics)

II UG Students from the Department of Food Service Management & Dietetics	= 48
III UG Students from the Department of Food Service Management & Dietetics	= 54
PG Diploma Students from the Department of Food Service Management & Dietetics	= 6
I PG Students from the Department of Food Service Management & Dietetics	= 26
Ph. D., Research Scholars from the Department of Food Service Management & Dietetics	= 5
Faculty members from the Department of Food Service Management & Dietetics	= 7
TOTAL	= 146

Report on Celebration of Freshers' Day - Food Service Management and Dietetics Department 28 August 2022



On August 28, 2022, the Department of Food Service Management and Dietetics (FSMD) orchestrated a lively Freshers' Day celebration, serving as a warm welcome for the incoming batch. The event showcased the unity and camaraderie between juniors and seniors, establishing a strong testament to the familial bond that defines the department.

The celebration unfolded with a kaleidoscope of cultural activities that not only entertained but also introduced the new freshers to the rich tapestry of the department's traditions. The atmosphere reverberated with laughter and excitement as fun games engaged the students, breaking the ice and fostering a sense of community. The evening continued with an insightful department tour, allowing the freshers to acquaint themselves with the facilities and resources at their disposal. Adding a touch of humor to the occasion, funny icebreakers further lightened the atmosphere, creating an environment conducive to building lasting friendships.

The Freshers' Day celebration in the Department of Food Service Management and Dietetics was not merely an event but a symbolic initiation into a supportive and welcoming academic community. It laid the foundation for a positive and inclusive environment, setting the stage for a collaborative and enriching academic journey for both the new entrants and their experienced counterparts.



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DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND DIETETICS

REPORT ON
VINAYAGAR CHATURTHI CELEBRATION 2022-23

Venue: Food Quantity Lab

Date: 30/08/2022

Time: 2.30 pm – 3.30 pm

Programme Sheet



Avinashilingam Institute for Home Science and Higher Education for Women
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DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

Vinayagar Chaturthi Celebration - 2022

PROGRAMME (30/08/2022)

Prayer Song	Kasarbada RVND Praharshitha I - M.Sc., FSMD
Welcome Address	J. Sowmiya Research Scholar, FSMD
Tamil Speech	V. Saranya III - B.Sc., FSMD
English Speech	M. Subiksha II - B.Sc., FSMD
Slogam	J. Ezhil I - B.Sc., FSMD
Vinayagar Song	J. Prageetha I - B.Sc., FSMD
Greetings	Dr. S. Uma Maheshwari Professor & Dean, Student affairs Department of FSMD
Vote of Thanks	T.S. Ezhil II - B.Sc., FSMD

TIME : 2.30PM to 3.30PM

REPORT ON VINAYAGAR CHATURTHI CELEBRATION 2022-23

The Department of Food Service Management and Dietetics on August 30 had Vinayagar Chaturthi Celebration at Food Quantity Lab.

The purpose of Vinayagar Chaturthi Celebration is to get blessings from Lord Ganesha and to Thank God for giving us strength. It also allows incorporating the culture of celebrating Vinayagar Chaturthi among students. Students of 1st UG, 2nd UG, 1st PG, 1st PG Diploma students, PhD scholars and faculty members were welcomed to the event which was organized by Third-year students of the department.

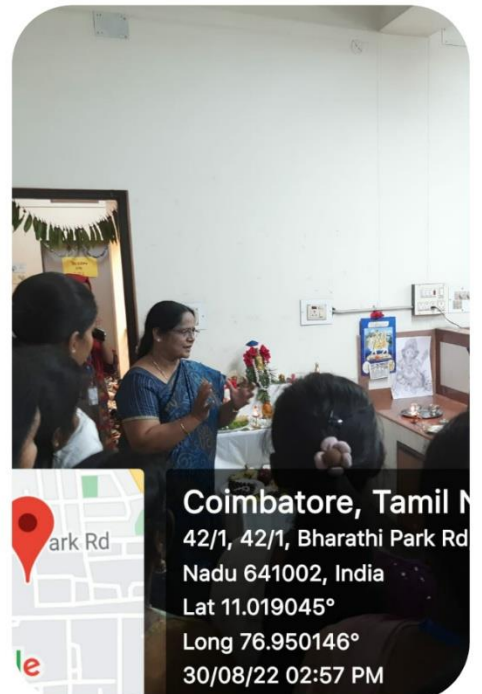
The program started with a prayer song by Kasarbada RVND Praharshitha I M.Sc Food Service Management and Dietetics followed by a Welcome address J. Sowmiya Research Scholar, FSMD. Followed by a Tamil speech V. Saranya III B.Sc Food Service Management and Dietetics and an English speech by M. Subiksha II B.Sc Food Service Management and Dietetics on the importance of Vinayagar Chaturthi Pooja and its relevance to the socio-cultural practices.

Slogam was said by J. Ezhil I B.Sc Food Service Management and Dietetics and the Vinayagar special song was sung by P. Pregeetha I B.Sc Food Service Management and Dietetics.

Dr.S. Uma Maheshwari, Professor and Dean, Student Affairs, Department of Food Service Management and Dietetics greeted the students and appreciated the student's creativity in preparing different varieties of kozhukatti's and Vinayagar carvings in fruits and vegetables.

The event was concluded by the vote of thanks delivered by T.S. Ezhil, II B.Sc Food Service Management and Dietetics. Students prepared traditional signature recipes for Vinayagar Chaturthi Pooja namely Sundal, and Kozhukatti's (Ragi, Sweet, Spicy). To uphold and transfer the culture and heritage of our festival, prayer was offered and prasadhas were distributed. A total of 150 students, PhD scholars along with staff members participated in this event

GLIMPSES OF VINAYAGA CHATURTHI CELEBRATION





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DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND DIETETICS

REPORT ON
SARASWATHI POOJA CELEBRATION 2022-23

Venue: Department of FSMD

Date: 30/09/2022

Time: 10 am – 10.30 pm

Programme Sheet



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Coimbatore - 641 043, Tamil Nadu, India.

Department of Food Service Management & Dietetics

"POOJA CELEBRATIONS"

30.09.2022-12.00 pm

Programme

<i>Prayer</i>	Ms. Kasarabada RVND Praharshita I M.Sc FSMD
<i>Welcome Address</i>	Ms. Nigila II M.Sc FSMD
<i>Durga Pooja songs</i>	Ms.S Vishnu Durga & Ms G. Rohini III B.Sc FSMD
<i>Saraswathi Pooja</i>	Ms.R. Nandhini I M.Sc FSMD
<i>Navarathri Importance</i>	Ms.V.M. Harishma III B.Sc FSMD

REPORT ON VINAYAGAR CHATURTHI CELEBRATION 2022-23

Saraswathi Puja was celebrated with great dedication on September 30 at the Department of Food Service Management and Dietetics. The event was celebrated with a lot of devotion and dedication by worshipping Goddess Saraswati, who is the fountain head of all learning and art forms. Students worshipped Maa Saraswati to seek wisdom, artistic and technical skills, academic excellence and a good heart. The ritual was graced with the presence of all the students, staff and faculty.

On this special day, all the Laboratories and Office were beautified with plantain trees, mango leaves and glazing paper. It was an attempt to preserve the India and culture, to impart a sense of respect towards long established traditions. Dr. Uma Mageshwari, Dean-Students Affairs enlightened on the concept and significance of Saraswati puja on the occasion.

It is believed that worshipping Goddess Saraswati on this occasion symbolizes constant flow of the unseen river of wisdom and represents the full blossoming of all the hues of Nature to keep the light of inspiration kindled forever. Maa Saraswati has four hands that signify the ego, mind, intellect and alertness of the human beings. We find her holding lotus in one hand which signifies true knowledge. She also holds the vedas in one hand and carries a veena (musical instrument). Maa Saraswati sits on white swan which symbolizes the purest form of knowledge.

Both the faculty and students joined hands together, with great zeal to make the event a memorable one, also evoking the blessing of the goddess of knowledge to have a successful academic and carrier growth by performing 'Saraswati Vandana'. The celebration came to a close with distribution of 'Prasada'.

Report on Celebration of Teachers' Day - Food Service Management and Dietetics Department September 5, 2022



On the occasion of Teachers' Day, the Food Service Management and Dietetics department celebrated a heartwarming event on September 5th, 2022, at 2 pm, commemorating the exceptional bond between the teachers and students. The celebration, conceived as an ode to the dedicated educators, was a testament to the profound impact they have had on the academic and personal development of the students.

The event unfolded with a harmonious blend of artistic expressions, as students showcased their gratitude through a diverse array of performances. A poignant poem, melodious songs, graceful dances, including classical dance performances, a compelling monoact, and thoughtful token gifts were presented by the students. Each segment of the celebration encapsulated the deep appreciation and respect the students held for their mentors. The tangible and artistic expressions of gratitude not only illuminated the intellectual exchange within the academic setting but also highlighted the emotional connect that exists between the faculty and students in the Food Service Management and Dietetics department. This celebration served as a touching tribute to the unwavering dedication and guidance provided by the teachers, fostering an environment of mutual respect and admiration within the academic community.



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DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND DIETETICS

ASSOCIATION INAUGURATION REPORT

VENUE: Hi-tech seminar hall

DATE: 30th September, 2022

TIME: 02.00PM - 03.00 PM

REPORT ON ASSOCIATION INAUGURATION PROGRAMME

INVITATION



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Department of Food Service Management & Dietetics

We Cordially invite you to the

INAUGURATION OF THE ASSOCIATION OF DEPARTMENT OF FOOD SERVICE MANAGEMENT & DIETETICS

when



Dr. K. Uma Maheswari

Senior Professor

Department of Food Science and Technology
GITAM University, Telangana

will deliver the Inaugural Address on

FOOD PROCESSING AS AN ENTREPRENEURIAL ACTIVITY FOR NUTRITIONAL PROFESSIONALS

Dr. N. Vasugi

Dean, School of Home Science

will Preside

Dr. S. Uma Mageshwari

Professor & Dean, Student Affairs

Dept. of FSMD

&

Dr. V. Premala Priyadharshini

Professor and Head, Dept. of FSMD

will Greet

DATE: 30.09.2022

TIME: 2.00 pm to 3.00 pm

VENUE: HI-TECH SEMINAR HALL

PROGRAMME SHEET



Avinashilingam Institute for Home Science and Higher Education for Women
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Inauguration of the Association of Food Service Management and Dietetics **PROGRAMME (30/09/2022)**

Prayer Song	P. Prageetha I - B.Sc., FSMD
Welcome Address	S. Shakthi Abirami II - B.Sc., FSMD
Badge wearing ceremony & Pledge	
Plan of Action	V.S. Dharshini III - B.Sc., FSMD
Launching 4th Edition - FSMD DIGEST Magazine & FOOD AND BEVERAGE DESTINATION Ebook	
Presidential Address	Dr. N. Vasugi Dean School of Home Science
Greetings	Dr.S. Uma Mageshwari Professor & Dean, Student affairs Department of FSMD Dr. V. Premala Priyadharshini Professor & Head of the Department of FSMD S.Indirapriyadharshini I- B.Sc., FSMD
Introducing the Chief Guest	Dr.K. Uma Maheswari Senior Professor Dept of Food Science and Technology GITAM University Telangana
Inaugural Address	S. Pavithra II - M.Sc., FSMD Mahima Magdalene III - B.Sc., FSMD
Vote of Thanks	
Master of Ceremony	

TIME : 2.30PM to 3.30PM

Venue : Hi-tech Seminar Hall

REPORT ON ASSOCIATION INAUGURATION PROGRAMME

On the 30th of September, 2022, the inauguration of the Association of Food Service Management and Dietetics was conducted along with a guest lecture on **FOOD PROCESSING AS AN ENTREPRENEURIAL ACTIVITY FOR NUTRITIONAL PROFESSIONALS** in the Hi-tech seminar hall of Avinashilingam Institute for Home Science and Higher Education for Women. The Undergraduate, PG diploma, Post graduate, PhD scholars and the faculty members of the Department of Food Service Management and Dietetics were invited to this lecture. Around 150 participants benefitted from this lecture.

The session commenced with a prayer song by **P. PRAGEETHA, I B.sc Department of Food service Management and Dietetics**. **S. SHAKTHI ABIRAMI, SECRETARY, II B.sc, Department of Food service Management and Dietetics**, delivered the welcome address.



Prayer



Welcome address

The event proceeded with the introduction of the office bearers of the Department of Food Service Management and Dietetics for the academic year 2022-2023. Dr. Uma Mageshwari, Dean-Students Affairs and Dr. V. Premala Priyadharshini, Professor and Head of the Department of Food Service Management and Dietetics graciously wished the best to the office bearers and asked them to carry out their duties and responsibilities in the best way possible keeping in mind the benefit of the students. The office bearers were given different positions in the association of Food Service Management and Dietetics and the office bearers took a pledge to perform their duties without fail.

BADGE WEARING CEREMONY AND PLEDGE



**V.S. Dharshini
Chairperson**



**Mahima Magdalene,
Co-chair person**



**P.Pavithra
Co-Chairperson**



**S.Shakthi Abirami
Secretary**



**S. Indra Priyadharshini
Joint Secretary**



**P.V. Fathimatul Hibha
Editor**



J Sowmiya
Technical Editor



Yoshia Leela
Student Advisor



R. Sobia,
Treasurer



Office bearers taking pledge

The association inauguration event progressed further by proposing the plan of action for the academic year 2022-2023 by V.S. Dharshini, Chairperson, III B.sc from the Department of Food Service Management and Dietetics.



Plan of action proposed by V.S. Dharshini, Dept. Association Chairperson

To communicate the department events and to bring out the students' talents, FSMD Digest magazine is being released every year since 2019. This year again the 4th edition of FSMD DIGEST MAGAZINE was launched. **P.V. Fathimatul Hibha, Editor, I M.sc, Department of Food Service Management and Dietetics** gave an introduction regarding the book.



Introduction about the newsletter by P.V. Fathimatul Hibha, Editor-FSMD Digest

Dr. S. Uma Mageshwari, Professor and Dean Student Affairs, Department of Food Service Management and Dietetics greeted the gathering. Madam expressed her optimism that there were newer opportunities to learn and grow from and also held a positive outlook for the future of the association itself. **Dr. Premala Priyadharshini, Professor and Head, Department of Food Service Management and Dietetics** felicitated the gathering. She emphasized and motivated the students that opportunities are present in front of them, wherein it is the responsibility of the students to acquire the required knowledge and skills to grab those opportunities.



Greetings by Dr. Premala Priyadharshini, Professor and Head, Dept. of FSMD

And an elaborate introduction of the guest speaker for the day was marked by **Ms. S. Indra Priyadharshini, Joint Secretary, I B. Sc. Food Service Management and Dietetics.**



Introduction of the speaker by Ms. S. Indra Priyadharshini, Dept. Association Joint Secretary

The inaugural address was given by Dr. K. Uma Maheshwari, Senior Professor from the Department of Food Science and Technology, GITAM University, Telangana. She delivered the inaugural address on Food Processing as an Entrepreneurial Activity for Nutritional Professionals. She also explained about food business start-ups, Tech start-ups -A new way ahead, Ways to find and test and also some food business ideas.

WAYS TO FIND AND TEST:

1. Local dell or farm shop
2. Social media
3. The media
4. Improving upon existing products
5. Events
6. New ingredients
7. Marking list
8. Science of nutrition
9. Signing up for advanced level cookery lessons
10. Asking family and friends [*Experimentally*]

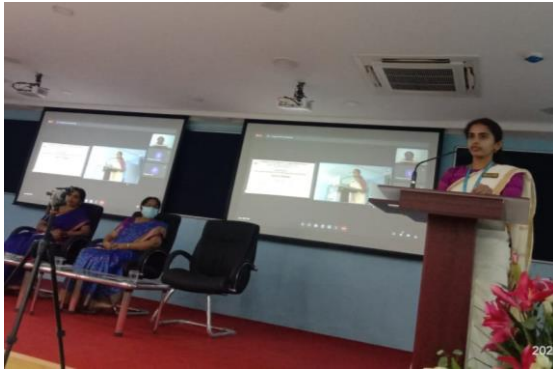
FOOD BUSINESS IDEAS:

She also explained food ideas such as Meal Planning, Organic Food Shops, Picking Farms, Cake Decorating Classes, Food Delivery, Fish Farm, Food Kiosks, Food Trucks, Healthy Food Stores, Herb Farms and International Food Retail.



**Audience listening to the inaugural address given by
Dr K. Uma Maheshwari,
Senior Professor, Department of Food Science and Technology, GITAM University, Telangana**

Later the session came to an end with words of gratitude by *P.Pavithra, Co-Chairperson, III B.sc from the Department of Food service Management and Dietetics*. She thanked every one who had rendered their meticulous efforts for the smooth functioning of the programme. Master of the ceremony was taken over by *Mahima Magdalene, Co-Chairperson, III-B.Sc. from the Department of Food service Management and Dietetics*.



Vote of Thanks
P Pavithra, Co-Chairperson



Master of ceremony
Mahima Magdalene, Co-Chairperson

LIST OF BENEFICIARIES

(STUDENTS and FACULTY MEMBERS from the Department of Food Service Management and Dietetics)

- **II UG Students from the Department of Food Service Management & Dietetics** = 48
- **III UG Students from the Department of Food Service Management & Dietetics** = 54
- **PG Diploma Students from the Department of Food Service Management & Dietetics** = 6
- **I PG Students from the Department of Food Service Management & Dietetics** = 26
- **Ph. D., Research Scholars from the Department of Food Service Management & Dietetics** = 5
- **Faculty members from the Department of Food Service Management & Dietetics** = 7

TOTAL = 146

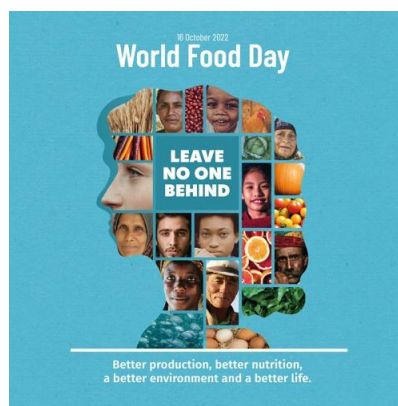
Avinashilingam Institute for Home Science & Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u's 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section
128 Coimbatore-641 043, Tamil Nadu, India



Department Of Food Service Management and Dietetics and Indian Dietetic Association – Coimbatore Chapter



REPORT ON WORLD FOOD DAY SEMINAR

“LEAVE NO ONE BEHIND”

Date- 16/10/2022

Time- 2:30 PM(IST)

INVITATION

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN



(Deemed to be university under category 'A+' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A++' grade by NAAC. Recognised by UGC section 12 B
Coimbatore - 641 603, Tamil nadu, India.



DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

INDIAN DIETETIC ASSOCIATION - COIMBATORE CHAPTER

Cordially invite's you to the

WORLD FOOD DAY CELEBRATION

When



Dr. SubbaRao M Gavaravarapu

Scientist 'F' & Head
Nutrition Information, Communication & Health Education
National Institute of Nutrition
Hyderabad

Will deliver the World Food Day address on the theme

Leave No One Behind

Dr.S.Kowsalya

Registrar, Professor
Dept of Food Science and Nutrition, AIHSHEW
Joint Secretary, Nutrition Society of India

will Preside

Dr.N.Vasugi

Dean, School of Home Science
AIHSHEW

will Greet

VENUE: Hi Tech Seminar Hall.

DATE:17.10.2022

TIME: 2.30pm to 3.30pm

SCHEDULE OF THE ACTIVITIES



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category "A" by MHRD, Estd.u/s 3 of UGC Act 1956) Re-
accredited with "A++" Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore - 641 043, Tamil Nadu, India.



**Department of Food Service Management & Dietetics
&
Indian Dietetic Association - Coimbatore chapter**

"WORLD FOOD DAY CELEBRATION"

17.10.2022

Programme

<i>Prayer Song</i>	Ms. S.Vishalakshi <i>II - M.Sc., FSMD</i> Ms.Kasarabada RVND Praharshitha <i>I - M.Sc., FSMD</i>
<i>Welcome Address</i>	Ms. H.Sneaga <i>II - M.Sc., FSMD</i>
<i>Report Reading</i>	Ms. M.Diwan Haseena <i>II - M.Sc., FSMD</i>
<i>Presidential Address</i>	Dr.S. Kowsalya <i>Registrar, Professor</i> <i>Dept of Food Science and Nutrition AIHSHEW</i> <i>Joint secretary, Nutrition Society of India</i>
<i>Greetings</i>	Dr.N.Vasugi <i>Dean, School of Home Science, AIHSHEW</i>
<i>Introducing the Chief Guest</i>	Dr.V. Premala Priyadharsini <i>Professor and Head</i> <i>Department of FSMD</i>
<i>Special Lecture</i>	Dr. SubbaRao M Gavaravarapu <i>Scientist 'F' & Head</i> <i>Nutrition Information, Communication & Health</i> <i>Education,</i> <i>National Institution of Nutrition,</i> <i>Hyderabad</i>
<i>Price Distribution</i>	
<i>Vote of Thanks</i>	Ms.N.Nityashree <i>II - M.Sc., FSMD</i>
<i>Master of Ceremony</i>	Ms. Ramlan Samrin T, Ms.Fathimathul Hibha <i>I - M.Sc., FSMD</i>

Venue: Hi-tech Seminar hall

Time: 2.30pm-3.30pm

REPORT OF WORLD FOOD DAY CELEBRATION

The Department of Food Service Management and Dietetics and Indian Dietetic Association - Coimbatore Chapter organized a Seminar on “LEAVE NO ONE BEHIND” as part of World Food Day celebrations on **OCTOBER 16th 2022** at **2:30 p.m.** in the Hi-Tech Seminar Hall and the audience included the students from the department of Food Service Management and Dietetics and Food Science and Nutrition.

The Seminar started with a invocation song by Ms. S. Vishalalshmi, II MSc Food Service Management & Dietetics Department. The welcome speech was delivered by Ms. H. Sneaga, II M.Sc Food Service Management and Dietetics Department.

The report on World Food day 2022 activities conducted by the department was deliberated by Ms. M.Diwan Haseena ,II M.Sc Food Service Management and Dietetics. In par with the themes of world food day: LEAVE NO ONE BEHIND. The department of Food Service Management and Dietetics had organized a series of programs that aimed to spread awareness and imbibe knowledge on diversified food and how it can be reached to the vulnerable groups in the society.

Competitions held

- In E poster making competition students showed there creativity and talents by make a theme based E poster on “leave no one behind “.
- The second activity was a photography competition where in the student had covered pictures on the theme “No poverty to prosperity. The students showed their best capturing skills.
- In the third was a documentary film where in the participants had prepared a 2-3 minutes video emphasizing the theme “Food for everyone/No food wastage “.
- The fourth activity was a master chef challenge where the participants has prepared a low-cost recipe including all the 5 food groups, among them the selected participants had a quiz.
- The fifth activity was on essay writing competition on the theme “Leave no one behind “.
- The sixth activity was a painting competition held on the theme “No poverty to prosperity “.
- The seventh activity was a speech competition where the speech was delivered on the theme “Leave no one behind “.
- The final activity called fodo link was conducted on the theme “leave no one behind “, were two participants per team.

The students of the department had conducted community service activities like food distribution and awareness campaigns across the city, namely Teach One Each One and Kindness Tree.

Dr S.Kowsalya Professor, Registrar, Join Secretary, NSI, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, greeted the gathering. Madam greeted the gathering by quoting the significance of food. The need and value of sustainable development in current dilemma of COVID-19. She elucidated on the contribution of the local farmers and the importance of reducing the carbon footprint.

Dr. V. Premala Priyadharshini, Head of the department, Food Service management and dietetics, introduced the chief guest, Dr. Subba Rao M Gavaravarapu Scientist and Head of Nutrition

Information, Communication and Health Education, NIN, Hyderabad, the speaker of the Seminar. The title of the seminar was Advocating for food and nutrition security (Leave NO One Behind).

The Chief Guest commenced the presentation by focusing on the contribution of major disease groups to total DALYs in India, 1990 & 2016.

He elaborated the change in food and nutrition scenario in India.

- Triple burden of malnutrition
- Centuries old tradition verses development in food production, processing, distribution, and consumption.
- Increased consumer awareness in food safety
- Rising middle class
- Higher literacy rate
- Clearer food packing
- Modernizing retail
- Media campaigns, Advertisement.

The know how of the global strategies are focusing on hidden hunger, Dietary diversification, Fortification, Supplementation. He conveyed that these strategies combine lead to a little and slow progress in India.

Minimal meal frequency- The minimum number of time children should be fed solid, semi solid or soft foods or milk feeds are-

- 2 times for breast fed infants 6-8months.
- 3 times for breast fed children 9-23 months.
- 4 times for non-breast-fed children 6-23 months.

$$\text{Minimum acceptable diet} = \text{Minimum Dietary Diversity} + \text{Minimum Meal Frequency}$$

Sir presented few graphs related to minimum diet diversity of children from below 2-4 years

- Percentage breast fed withing one hour of birth
- Percentage with minimal dietary diversity.
- Percentage with minimal meal frequency.
- Percentage with minimal acceptable diet.

The graphical representation of diet diversity of children aged 2-19years.

He also shared a conceptual frame work for developing countries showing the pathway of achieving sustainable strategies of dietary diversification to improve micronutrients status.

Sir shared a flow chart on food system diversification to enhance food system resilience where he mainly highlights

- Local/regional diet diversity
- Local/regional trading diversification
- Field, farm, landscape or region diversification.
- And he concluded that these factors are interrelated.

Sir concluded by questioning and suggesting ways

- Ensure equal access to social protection be responsible in our food choices
- Support small holder farmers by purchasing from local foods.
- Grow some of your own food -kitchen garden
- Donate food instead of wasting
- Encourage food banks or relief organizations.

At the end of the program, the prize winners for the various competitions held for World Food Day were awarded their prizes. The delivery of Vote of Thanks was done by Ms. N. Nithyasree IInd M.Sc FSMD.

The seminar was a learning experience for the students to imbibe the knowledge of food diversification. The students made use of this seminar an informative session which can bring in a change by following the theme LEAVE NO ONE BEHIND. The session motivated the student to take sustainable actions for better Food Security of the community.

GLIMPSES FROM WORLD FOOD DAY CELEBRATION



GLIMPSES FROM WORLD FOOD DAY CELEBRATION

SubbaRao M Gavaravarapu is presenting

Path of achieving sustainable strategy of dietary diversification to improve micronutrient status: A conceptual frame work for developing countries

3:43 PM | World Food Day Celebrations - 17.10.2022 - ...

SubbaRao M Gavaravarapu is presenting

Advocating for Food and Nutrition Security - Leave NO ONE Behind

SubbaRao M Gavaravarapu
PhD, FNAAS, FRSPM
Scientist F - Sr. Deputy Director & Head
Nutrition Information, Communication & Health Education (NICHE) Division
National Institute of Nutrition

3:18 PM | World Food Day Celebrations - 17.10.2022 - ...

SubbaRao M Gavaravarapu is presenting

Nutrition Transition

Contribution of major disease groups to total DALYs in India, 1990 and 2016

3:17 PM | World Food Day Celebrations - 17.10.2022 - ...

SubbaRao M Gavaravarapu is presenting

Food system diversification to enhance food systems resilience

3:45 PM | World Food Day Celebrations - 17.10.2022 - ...

SubbaRao M Gavaravarapu is presenting

Diet Diversity among Adults

3:39 PM | World Food Day Celebrations - 17.10.2022 - ...

SubbaRao M Gavaravarapu is presenting

Diet Diversity of children aged 2-4 years (previous 24h)

Diet Diversity of children aged 5-19 years (At least once a week)

3:38 PM | World Food Day Celebrations - 17.10.2022 - ...

SubbaRao M Gavaravarapu is presenting

Minimum Diet Diversity (Children <2 yrs)

3:37 PM | World Food Day Celebrations - 17.10.2022 - ...

SubbaRao M Gavaravarapu is presenting

Global Strategies

3:32 PM | World Food Day Celebrations - 17.10.2022 - ...

REGISTRATIONS FOR WORLD FOOD DAY CELEBERATION



Avinashilingam Institute for Home science and Higher Education for Women

Deemed to be University Estd.u/s of UGC Act 1956,Category A by MHRD
Re-accredited with 'A++' Grade by NAAC.CGPA 3.65/4, Category I by UGC
Coimbatore -641 043, Tamil Nadu, India

Department of Food Service Management and Dietetics

WORLD FOOD DAY 2022

THEME:- "LEAVE NO ONE BEHIND"

UPLOAD THE DOCUMENT IN REGISTRATION LINK ON OR BEFORE 15TH OCT 22

COMPETITIONS:-

RULES:-

E- POSTER MAKING

Each participant can submit 1 poster.
on theme "Leave no one behind".

PHOTOGRAPHY

THEME:- NO POVERTY TO PROSPERITY

The copies of the Photograph should be submitted as colour printout, Home Science block, Room no - 226.

DOCUMENTARY FILM

THEME:- FOOD FOR EVERYONE/ NO FOOD WASTAGE

2-3 mins video should be prepared emphasizing on the mentioned theme (Food For Everyone/No Food Wastage)

MASTER CHEF CHALLENGE

Venue: Home Science block(Food Quantity Lab)
Room no: 226, Timing: 9.00am-9.45am
Date 15/10/2022

Round 1:- should make low cost recepie and that recepie should include all five food groups. This should be made in the participants house itself.
Round 2:- Selected participants goes to next round of Quiz

ESSAY WRITTING

THEME:- LEAVE NO ONE BEHIND

Essay writing should be Submitted in A4 sheets, with 200-600 word limit ,Home Science block, Room no - 226.

PAINTING COMPETITION

THEME:- NO POVERTY TO PROSPERITY

Should be submitted in A4 sheet,
Home Science block, Room no -226.

SPEECH COMPETITION

Venue: Home Science block(II UG FSMD classroom)
Room no: 265, Timing: 10.00am-10.45am
Date 15/10/2022

3 Min speech on the theme (Leave No One behind) should be prepared.

FODO LINK

Venue: Home Science block(II UG FSMD classroom)
Room no: 265, Timing: 1.30pm-2.30pm
Date 15/10/2022

Games on the above theme will be conducted in which 2 participants will be in one team. Furthermore the game will be explained on that particular day.

<u>S.NO</u>	<u>NAME</u>	<u>ROLL NUMBI</u>
1	RITHIKEERTHI A	20UEN022
2	SOVYA S	21PBX009
3	M.SREELEKHA	20UVC011
4	VRINDA	20UBO040
5	SANDHYA. G	20UBB038
6	SWATHI.S	22TUFN014
7	RITHANYA. A. K	22TUFN004
8	B.JEEVITHA	22TUFN0063
9	R. KAVYA.	22TUFN037
10	POOJA R	21UZO018
11	PARNIKA .C KAVIYALAKSHMI .S	20UBB030 & 20UBB018
12	RASHMIKA G.K	20UBB034
13	RASHMIKA .G.K & SRINITHIKSHA.S	20UBB034 & 20UBB045
14	Y NAFISA KHULSUM, LOH	20UBB026 20UBB023
15	SASMITA K M	21UFN055
16	KOWSHIKA S	21UFN025
17	FARZHANA KHANAM. M.	21UFN016
18	HARSHANA.M	21UFN019
19	FARZHANA KHANAM. M.	21UFN016
20	I. ABARNA	21UFN001
21	ABARNA.I , DEEPIKA.D	21UFN001 21UFN012
22	J. P. MEGHAMITHRA AND MAHALINGA DHARSHINI	21UFN032, 21UFN029
23	MAHALINGA DHARSHINI.	21UFN029
24	S.GAYATHRI	20UBB013

25	S.GAYATHRI	20UBB013
26	S.GAYATHRI	20UBB013
27	POOJA SHRI.K.	21UCH026
28	POOJA SHRI.K.	21UCH026
29	K.KAVIMITRA	21UEN020
30	KAVINETTRA K	21UEN021
31	S.GAYATHRI	20UBB013
32	SHANMIKAA.V.M	21UFN057
33	RAMYA BHARATHI S	21UFN045
34	SHANMIKAA.V.M	21UFN057
35	E.AYSHATHUL RYHANA	21UFN007
36	SANGEETHA M	21UCO058
37	C.S.SUSMITHA BHARANI	21UCO069
38	HEMAVARSHINI S	21UFN020
39	SHRI SARATHI T	21UFD044
40	M.HARIPRIYA	21UFD010
41	ARCHANA.R	20UCH002
42	DHARANI. A	20UCH004
43	KRITHIKA.S	20UCH014
44	KRITHIKA.S	20UCH014
45	S. LAVANYA	20UCH016
46	S. LAVANYA	20UCH016
47	MALAVIGA S	20UCH017
48	HARSHA.A	20UCH009
49	SHAKTHIRITHANYA N	20UCH027
50	THANUSRI D	21UFN067
51	THANUSRI. D	21UFN067
52	RINISHA ANAFA. LM	21UCO054
53	KANISHKA G P	20UBB016

54	RINISHA ANAFA. L. M	21UCO054
55	A. NIVETHA	21UCO046
56	DEEPIKA.M	20UBB006
57	FATHIMA SHANA Z	21UMA008
58	M.PAVITHRA	21UCO047
59	KANAGADHARSHINI S	20UZO019
60	KANAGADHARSHINI	20UZO019
61	SARANYA	21UFN053
62	JANANI S	20UEC011
63	SUBATHRA M.	21UCH035
64	SOWMIYA.L	21UCH034
65	DHARSHNI.K.M	20UBO008
66	SRIDHEVAMITHRAA.G.R	20UZO040
67	B. VIDHYADHARSHINI	20UBO039
68	HAFEEZUNNISA A	20UCH008
69	DEEKSHITHA.S	21UIT008
70	P.MADHUMITHA	21UCP032
71	GAYATHRI S S	21UCP018
72	SUBASHREE J	21UCO066
73	NATHIYA. J	21UCP036
74	FAISZA FATHIMA M S	20UBB011
75	D.DHARANI	20UBB009
76	KAVITHA. C	20UBB017
77	ANUSHA SHERLIN. R	20UMU001
78	SUVETHA C	20UMU004
79	SUVETHA C	20UMU004
80	SUVETHA C	20UMU004
81	SUVETHA C	20UMU004

82	T. GUHAVARSHINI	20UMU002
83	JANANI S	20UEC011
84	JENNIFER .J	20UEC012
85	S.VARSHA NANDHINI	20UZO045
86	JEMI LOLUCK	21PMU003
87	BHAVANA KPS	21PMU001
88	VIJAYA LAKSHMI D	21PMU009
89	SHRUTHI S	21PMU006
90	SWETA.A	21PMU008
91	SHREEDEVI S KUMAR	21PMU004
92	VARSHA M	21UCH042
93	RAKSHITHA.A.K	21UPS035
94	K. AMINA NOORA	21UZO003
95	HARINI K	21UCH006
96	SIVAPRIYA B	21UCH033
97	RUBASRI	20UVC015
98	S. STEFFY CHRISTINA	20UBB047
99	NIRANJANI.A	21UCP037
100	P.RAGHAVI	21UCP046
101	AMIRITHA SIVAKUMARA	21UCP003
102	N.DURGADEVI	21UCO017
103	GAYATHRI.C	21UMA010
104	DEEPTHI.B	20UBB007
105	URJA K	20UBB058
106	VISHNU PRIYAA T.G.	20UBB059
107	VISHNU PRIYAA T.G.	20UBB059
108	S.GAYATHRI	20UBB013
109	NAFISA KHULSUM, LOHI	20UBB026

110	SHOBIYA. S	20UBB040
111	SAHANASHRI.A	21UFN047
112	YUVARANI. S	20UBB061
113	SOWMYA. N	21UCO062
114	HARSHAWARTHINI.S	20UIT018
115	SAAKSHE.L	20UBB036
116	SOWMYA.R	20UBB042
117	VARSHA.M	21UCH042
118	YUVARANI. S	20UBB061
119	JANANI R S	21UPH012
120	LOHITHA. S	20UBB023
121	ARSHIYA NAUREEN ANS	20UBB003
122	KARTHIKA.S	21UCO027
123	YUVARANI. S	20UBB061
124	S. PONYAZHINI	21UID018
125	C.S.SUSMITHA BHARANI	21UCO069
126	R.POOJA	20UCH023
127	S.SHAKTHI POONGUZHA	21UCO060
128	SHANMITHA T	20UCH028
129	K ARUNA BHARATHY	21UCH002
130	SRIDHEVAMITHRAA.G.R	20UZO040
131	MEENA A	21UCO039
132	KANAGADHARSHINI S	20UZO019
133	ELAVARASI M	20UCH007
134	MEGALA B	20UIT031
135	S.GAYATHRI	20UBB013
136	ANITHA.J	20UPH001
137	YUVARANI. S	20UBB061

138	S.GAYATHRI	20UBB013
139	R. AKHSHARAA	21UCO002
140	R ABIRAMI	21UCO001
141	R ABIRAMI	21UCO001
142	SHAHANAS K S	21UCO059
143	MUTHULAKSHMI D S	20UVC012
144	PRAVEENA D	21UCH027
145	SANGEETHA. M	21UCO058
146	S.GAYATHRI	20UBB013
147	S. GAYATHRI	20UBB013
148	NANDHINI S	21UCC033
149	SHARMILA.S	21PMA020
150	RAGHAVI. P	21UCP046
151	PREETHI G	20UZO029
152	POOJA R	21UZO018
153	PAVITHRA DEVI .S	21UCH025
154	PAVITHRA DEVI.S	21UCH025
155	PAVITHRA DEVI S	21UCH025
156	TANUSHREE.S	20UBB054
157	PAVITHRA DEVI S	21UCH025
158	G .HEMA BHARATHI	20UMA008
159	ASHMITHA S	20UCO004
160	RAJASRI S	20UCO045
161	M.V. SOWMIYA	20UPH030
162	ILAKIYA. B	20UBB015
163	B MONNISHA	20UCH020
164	V C KARSNA	20UCH013
165	G G SWETHA	20UCH035

166	K ARUNA BHARATHY	21UCH002
167	R POOJA BHARATHI	20UCH022
168	K R PARKAVI	20UCH021
169	S VIBITHA	20UCH038
170	S.SWETHA	20UCH036
171	AMRUTHAVARSHINI SARAVANAKUMAR	21PMA004
172	AKHILA M	21PMA003
173	S.HARSHAVARDHINI	21PMA011
174	SOWNTHARYAA.V	21UFN062
175	SANYA PEARL	21UFN052
176	T. GUHAVARSHINI	20UMU002
177	R ABIRAMI	21UCO001
178	M.SUBASRI	21UCO067
179	JOSITHA PRETHIKA K R	20UZO018
180	DIVYA V	21UCO016
181	SOMESHWARI A	21PMA021
182	INDTUJA B	21UCO024
183	S.GAYATHRI	20UBB013
184	S.GAYATHRI	20UBB013
185	AISHWARYA R	21UFN005
186	JACKIN SHARON S	21UCH011
187	SUBATHRA M.	21UCH035
188	JACKIN SHARON S	21UCH011
189	SWATHY. K	21UCH038
190	LOGANAYAKI.L	21UCH019
191	ROHINI.S	21UCH030
192	M.HARINI	21UCH007
193	K.SWATHY	21UCH038

194	POOJA SHRI.K.	21UCH026
195	ROHINI.S	21UCH030
196	POOJA SHRI. K.	21UCH026
197	GOKILAVANI P	21UFN017
198	THAHERA ASFIN M	21UCO073
199	RUBIKA.V	21UCO055
200	PRIYADHARSHINI . V	21UCO050
201	GOKULASRI.T	21UCO020
202	MALARVIZHI P	21UCH020
203	M. SRINITHY	21UCO064
204	AKHILA P	21UZO002
205	RAJA RAJESHWARI.A	21UCO051
206	JACKIN SHARON S	21UCH011
207	NITHYA ROOPINI J.	21UCH024
208	MALARVIZHI P	21UCH020
209	M.HARINI	21UCH007
210	P. SOFIYA	20UCH032
211	SHAJITHA BANU.S	21UCH031
212	VISHNU PRIYA.C	21UCH044
213	MANOBHARATHI.R	21UCH023
214	SARATHI SOWMIYA	20UCH026
215	MANJU.S	21UCH022
216	VIVEKA R M	21UFN073
217	T.THARUNI	21UCH040
218	SUVATHI.S	21UCH037
219	MANJU.S	21UCH022
220	ANUSUYA	20UCH001
221	G .HEMA BHARATHI	20UMA008

222	S.TAMILKODI	20UCH037
223	S.VARSHA NANDHINI	20UZO045
224	SANGEETHA M	20UMA024
225	A. NIVETHA	21UCO046
226	R ABIRAMI	21UCO001
227	E. MAHESWARI	20UMA013
228	RAJA RAJESHWARI.A	21UCO051
229	N.ASMITHA	22UFN009
230	N. P. SNEHA	20UFN048
231	JANANEE.M	22UFN018
232	AKSHAYA E M	20UMA003
233	M. SRINITHY	21UCO064
234	KRISHA SUDHARSINI R M	21UCO034
235	N.ASMITHA	22UFN009
236	DAKSHITA. G	20UFN010
237	B.VASUNDR	20UMA039
238	M.KAMALI	21UCO026
239	SWATHI.I	20UBB051
240	SNEHAA	21UMU003
241	SANTHIYA S	20UMA027
242	VARSHINI.D	20UMA038
243	PRADEEPA.M	22UFN03
244	SANGEETHA P A	20UMA025
245	SWETHAA SRI V	22UCO070
246	LALITHA. V	22UFN026
247	S.KOWSIKA	21UCO033
248	KAMALINI.V	21UCH015
249	KAVIYA.S	20UMA010

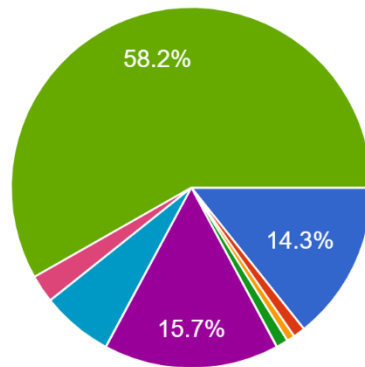
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251	ANUSHIYA K	22UFN006
252	SUJITHA	22UFN045
253	SENTAMILARASE S N	20UMA028
254	NANDHINIR	21UCO043
255	LALITHA. V	22UFN026
256	PRADEEPA.M	22UFN034
257	SHARMILA R	20UMA029
258	KAVIYALAKSHMI.S	20UBB018
259	SUBATHRA M.	21UCH035
260	SHONITHAA.M	20UMA030
261	AMRITHA R	22UFN004
262	SWETA THAMATOOR	21UCH039
263	VAISHNAVI R	22UFN050
264	R.SNEKHA SRI	20UMA031
265	S P NANDHINI	20UMA017
266	UGANDHIYA BESHRI.N.S	21UMU004
267	K. ANUPAMA	20UVC004
268	A. B. MADHUSHA	20UVC010
269	MONISHA J	20UCH019
270	FARZHANA KHANAM.M.A	21UFN016
271	G S MANASA	21UFN030
272	MADHU MALAR.B	21UFN028
273	RACHAEL MARIAM JOSE	22GDN0007
274	ABARNA. I	21UFN001
275	TARUNIKA.J	20UIT057
276	AKSHAYA J	21UPS003
277	M.S.NETHRIGA	20UPA028

278	M NETHRIGA	22PZO04
279	KANAGADHARSHINI S	20UZO019

280	KANAGADHARSHINI S	20UZO019
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Competitions

280 responses



- E-Poster
- Photography
- Documentary Film
- Master Chef
- Essay Writing
- Painting
- Speech
- Food Connection Game

WINNERS OF WORLD FOOD DAY COMPETITIONS

E- Poster competition

First prize Saranya of III B.Sc Food Science and Nutrition

Second prize Farzhana Khanam of II B.Sc Food Science and Nutrition

Third prize Miss Rohini. S IInd B Sc Chemistry

Essay Writing competition,

First prize Sangeetha III B.Sc Maths

Second Prize Suvetha M, III B.Sc Music

Third prize Ashika Lakshmi, III B.Sc Food Science and Nutrition

Oratorical Competition

First prize Kavimithra III BA English

Second Prize Sandhya III B.Sc Biochemistry and Biotechnology

Food link activity

First prize goes to miss Sridevamithraa & Miss varsha nandhini 3rd B.sc zoology

Second Prize goes to Aishwarya & shahanasri 2nd B.Sc Food Science and Nutrition

In Painting Competition

First prize Muthulakshmi III B.sc Vis Com

Second Prize Guhavarshini III B.Sc Music

Third prize Ashvini 3rd B.Sc Maths & Leesha, 2nd B.Sc Physics

Master chef 2022

Fist prize Sridevamithraa III BSc zoology

Second prize Rakshitha II BSc psychology

Avinashilingam Institute for Home Science & Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u's 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section

128 Coimbatore-641 043, Tamil Nadu, India



Department of Food Service Management and Dietetics and Indian Dietetic Association – Coimbatore Chapter



REPORT ON DIETETICS DAY CELEBRATIONS

“RETURN OF MILLETS – IMPACT ON NUTRITION SUSTAINABILITY”

Date- 11/01/2023

Time- 2:30 PM(IST)

INVITATION

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN



(Deemed to be university under category A+ by MHRD, Estd. u/s3 of UGC Act 1956)

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Coimbatore - 641 603, Tamil Nadu, India.

FOOD SERVICE MANAGEMENT AND DIETETICS

&

INDIAN DIETETIC ASSOCIATION - COIMBATORE CHAPTER



Cordially invite's you for the

DIETETICS DAY CELEBRATION - 2023

When



Dr. Kalpana Bhaskaran

Deputy Director

Industry Partnerships & Head

Glycemic Index Research Unit

will deliver Dietetics Day address on

"Return of Millets - Impact on Nutrition Sustainability"

Dr.N.Vasugi

Dean, School of Home Science

AIHSHEW

will preside

Dr.V. Premala Priyadharsini

Professor and Head

Department of FSMD

will greet

Venue: Hi - Tech Seminar Hall

Date: 11/01/2023

Time : 2.30 pm to 4.00 pm

Meet link: <https://meet.google.com/nom-qecs-jcx>



PROGRAMME SHEET



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India.



Department of Food Service Management & Dietetics

&

Indian Dietetic Association – Coimbatore chapter

DIETETICS DAY CELEBRATION - 2023

11.01.2023

Programme

<i>Prayer Song</i>	Ms.J. Prageetha I - B.Sc., Fsmd
<i>Welcome Address</i>	Ms.S.Mayura priya III - B.Sc., Fsmd
<i>Report Reading</i>	Ms. Mahima Magdalene III - B.Sc., Fsmd
<i>Presidential Address</i>	Dr.N.Vasugi Dean, School of Home Science AIHSHEW
<i>Greetings</i>	Dr.V.Premala Priyadharsini Professor and Head Department of FSMD
<i>Introducing the Chief Guest</i>	Ms.M.Diwan Haseena II - M.Sc., Fsmd
<i>Special lecture</i>	Dr. Kalpana Bhaskaran Deputy Director Insuustry Partnerships & Head Glycemic Index Research Unit
<i>Price Distribution</i>	
<i>Vote of thanks</i>	Ms. Zeenath S II - B.Sc., Fsmd
<i>Master of ceremony</i>	Ms. Meesala Sushma I - M.Sc., Fsmd

VENUE : Hi - Tech Seminar Hall

TIME : 2.30 pm to 4.00 pm

CANCER SCREENING CAMP INVITATION



AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN

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**FOOD SERVICE MANAGEMENT AND DIETETICS
&
INDIAN DIETETIC ASSOCIATION - COIMBATORE CHAPTER**

**We cordially invite you to attend the
Inauguration of Cancer Screening Camp**

By

Dr. S. Kowsalya

Registrar,

Professor, Dept. of Food Science and Nutrition, AIHSHEW
Joint Secretary, Nutrition Society of India

In the presence of

Dr. N. Vasugi

Dean, School of Home Science
AIHSHEW

&

Dr. S. Uma Mageshwari

Professor & Dean, Student Affairs
Dept. of FSMD

Wednesday, January 11th 2023 | 10:45 am

CANCER SCREENING CAMP

By

**Sri Ramakrishna Institute of
Oncology & Research, Coimbatore**

Time:- 10:45 am - 4:00 pm

Venue:- Health Center

DIET COUNSELLING

For

**Micronutrients, macronutrients
and non communicable diseases**

Time:- 10:45 am- 4:00 pm

Venue:- Diet Clinic, Home Science Block.

"Eat less from the box & more from the earth"



CANCER SCREENING CAMP INVITATION

Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India.



**Department of Food Service Management & Dietetics
&**

Indian Dietetic Association – Coimbatore chapter

Inauguration Of Cancer Screening Camp

11.01.2023

Programme

Prayer Song

Ms.S.Vishnudurga

III - B.Sc., Fsmd

Welcome Address

Ms.A.V. Tharani

II - B.Sc., Fsmd

Inauguration

Dr.S.Kowsalya

Registrar, Professor
Department of Food Science and Nutrition,
AIHSHEW
Joint Secretary, Nutrition Society of India

In The Presence Of

Dr.N.Vasugi

Dean, School Of Home Science
AIHSHEW

Dr.S.Uma Mageshwari

Professor & Dean, Students Affairs
Department of FSMD

Master Of Ceremony

Ms. Aysha Nilofer .R

III - B.Sc., Fsmd

VENUE : Health Center

TIME : 10.45 am to 4.00 pm

REPORT ON DIETETICS DAY CELEBRATIONS

The year 2023 has been declared by the United Nations as the International Year of the Millet, following a proposal by India, which wants to position itself as a global hub for millets. The National Dietetics Day, as it is called, was conceived by the INDIAN DIETETIC ASSOCIATION as an annual event on January 10. This year the theme of the NDD was 'Mighty millets & 3As (Availability, Accessibility & Affordability) for sustainable development'.

The Department of Food Service Management and Dietetics, Avinashilingam Institute of Home Science and Higher Education for Women organized a series of events to mark the Dietetics Day, with the objective to create awareness and impact on food safety and nutritional knowledge among the public on the theme RETURN OF MILLETS – IMPACT ON NUTRITION SUSTAINABILITY

COMPETITIONS HELD:

The first competition was The Best Dietitian, wherein the students were assessed on their understanding of human physiology, pathology, nutrition science, and their ability to comprehend the same to therapeutic nutrition. The competition had three rounds of filtration and the participants were the Fsmd department. First round was the quiz round, participants who qualified according to the criteria were sent to the second round that is preparing for the Case study. The third round was to present the case study. 50 students participated in the Best Dietitian competition.

Competitions like Poster making and essay writing were organized to make the general public make informed decisions to inculcate the habit of millet consumption and were not only confined till our department but also involved other departments. The topic for these were Wonders of millet and Sensitizing youth for the magic millet respectively.

SCREENING CAMPS AND COUNSELLING

The Department of Food Service Management and Dietetics organized screening camps and diet counselling sessions for wholesome route of treatment through preventive screening diet and exercise.

A one day Cancer screening camp was conducted at the University health center by partnering with Sri Ramakrishna institute of oncology and research. A total of 100 staffs and non teaching staffs of various school of the University would be benefited from the same.

As a part of the dietetics day celebrations a health check up was conducted with partnership with Tulsi pharmacy. Diet counselling was also provided by the students for various conditions including anemia, PCOD, PMS, and obesity. A total of 150 students professors and administrative staffs under went the check ups and counselling.

DIETETICS DAY CELEBRATION:

A Lecture on the topic "Return of millets – Impact on Nutrition Sustainability" was organized by the Department of Food Service Management and Dietetics on 10th January 2023 at 2:30 P.M at Hi Tech Seminar Hall.

The event embarked with a prayer by Prageetha J of 1 st B.Sc F.S.MD. Mayura Priya from 3rd B.Sc FSMD rendered the welcome address. The occasion was bedecked by the presence of the Dean of

Home Science Dr. Vasugi Raja, Dean of Student Affairs Dr. S Uma Magheswari and the Guest, Dr. Kalpana Bhaskaran, Deputy Director, Industry Partnership and Head Glycemic Index Research Unit

The report of the events conducted for Dietetics day was read by Mahima Magdelene III BSc FSMD. Further Dr N.Vasugi Professor and Dean, School Of Home Science delivered the presidential address. Ma'am asked the students to focus on spreading the message of healthy diet to the community and to be the flag bearers of a healthy community. Dr. Premela Priyadharshini, Professor and Head, Department of FSMD addressed the gathering and brought in the pressing need to make healthy and sustainable diets accessible and affordable to everyone.

Dr. Kalpana Bhaskaran, Deputy Director, Industry Partnership and Head Glycemic Index Research Unit, was the chief guest of the day spoke about the importance of organic and its urgency in today's pollution and increasing health crisis. Further, she spoke about the process of reviving the healthy food habits, through discovery of nutritional and medicinal effects of millets, the Indian Traditional Healthcare that can eradicate the existing some of the sicknesses and diseases. She made a statement, "WHEN DIET IS WRONG, MEDICINE IS OF NO USE; WHEN DIET IS CORRECT, MEDICINE IS OF NO NEED". The right kind of food, a simple lifestyle and the right agricultural practice are what the society needs to mend its ways and get itself into a healthy state. She expressed that over the past few years there has been a healthy food revolution, especially, with the increasing health consciousness among people, there has been a rise in the demand of nutrient rich cereals and millets. She strongly feels that only millets have become favourite food fad among millenials for its umpteen health benefits. Enriched with the goodness of nature, millets are a rich source of fibre, minerals like magnesium, phosphorous, iron, calcium, zinc and potassium. Millets are extremely nutritious and good for health and they also need less water and can be stored for years, as they have a long shelf life. Millets make for a perfect healthy meal. The antinutritional aspects of millets were also briefly spoken about. She illustrated the fact that the processing of millets is indirectly proportional to its nutritive value.

Finally she said that the students mandate is not only to carry out some research in different fields and develop projects for the benefit of the State but it works as a catalyst for bridging the gap between institutions as well as colleges & Universities to promote and transfer technology for the betterment of the society.

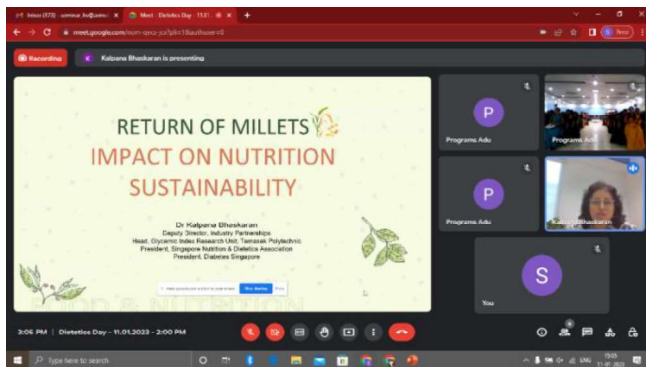
After that Dr. S Uma Magheswari gave away the prizes to prize winners of the various activities conducted by the department.

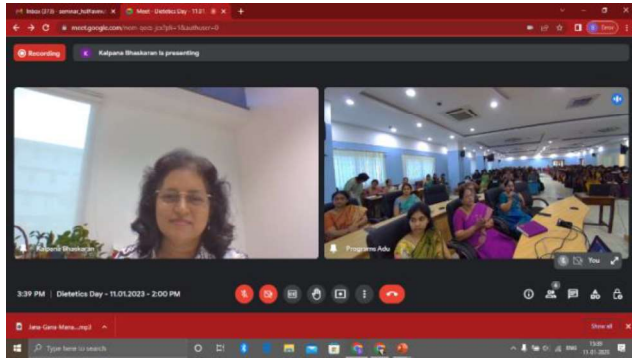
The Webinar was ended by Vote of Thanks given by Ms Zeenath S. In the lecture around 200 Teachers, Students, Academicians and Researchers participated.



REPORT ON DIETETICS DAY CELEBRATIONS



GPS Map Camera
Coimbatore, Tamil Nadu, India
42/2, 42/2, Bharathi Park Rd, R.S. Puram, Coimbatore, Tamil Nadu 641002, India
Lat 11.019449°
Long 76.949865°
11/01/23 03:53 PM GMT +05:30






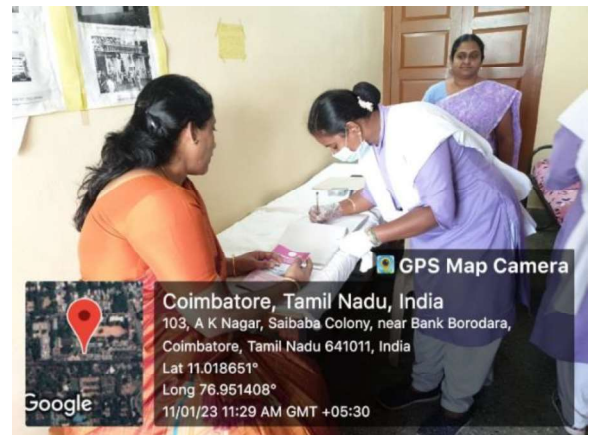
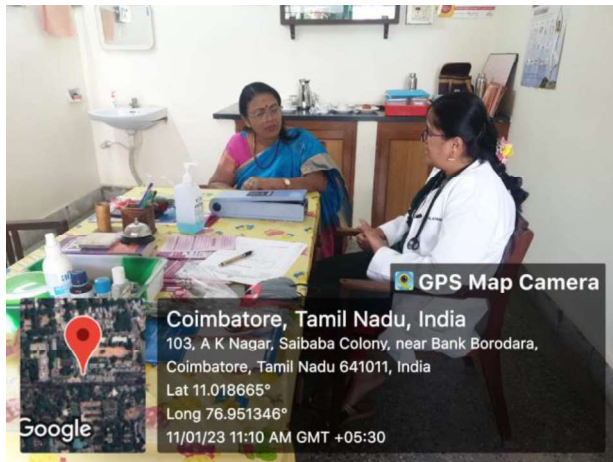
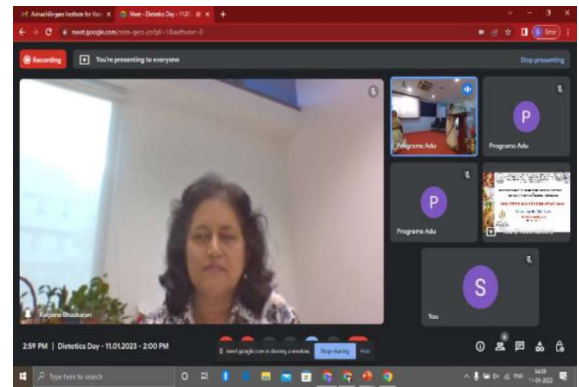

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 Coimbatore - 641 043, Tamil Nadu, India
 

**DEPARTMENT OF FOOD SERVICE MANAGEMENT & DIETETICS
&
INDIAN DIETETICS ASSOCIATION - COIMBATORE**

DIETETICS DAY CELEBRATION 2023


**INTERNATIONAL YEAR OF
MILLETS
2023**

Welcome Address
Ms. Mayura priya
III B.Sc FSMD





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Coimbatore-641 043, Tamil Nadu, India

DEPARTMENT OF
FOOD SERVICE MANAGEMENT AND DIETETICS

REPORT ON
PONGAL CELEBRATION 2023

Venue: Shrine

Date: 13.01.2023

Time:9.30 am – 11.30am

REPORT ON PONGAL CELEBRATION 2023

Pongal is the harvest festival of Tamil Nadu, celebrated on the first day of 'Thai'(Tamil month). A festival to thank God for all his goodness and mercies and to look forward to a prosperous year. Avinashilingam Institute for Home Science and Higher Education for Women celebrated Pongal on the 13th of January for the year 2023.

The students arrived in traditional dhotis and sarees to mark the occasion. The celebration started around 10.00 a.m. The entrance of the shrine was decorated with colorful rangoli. The entire campus wore a festive look with colourful flowers, decorated pongal pots, sugarcanes and other decorations enhancing the festival spirit.

The college gathered to celebrate pongal with their respective departments with the supervision of the staff members of the college. It was an ambience filled revelry, music; dance and the joyful faces reverberated with big smiles.

Each school was allocated a spot for their celebration in front of the shrine. The celebration began with a Prayer and inaugurated by lighting the firewood, by Professor S.P. Thyagarajan ,Chancellor followed by Dr.S. Kowsalya, Registrar, Millet Pongal was prepared by the department of Food Service Management and Dietetics and Food Science and Nutrition students representing the School of Home Science. Millet pongal was prepared to enlighten the importance of millet. As the milk came up to the brim of the pot, boiled water and milk overflowed and the crowd cooed 'pongalopongal' to express oneness.

Meanwhile there were other activities conducted. The management had organized an cultural dance performance for the students to celebrate the traditional art forms. Sweet pongal and sugarcanes were distributed to all the students.

The day came to an end with the announcement of the prize winners for the best pongal done by the departments. In the pongal celebration around 2700 students, teaching and non teaching staff participated in the celebration.

GLIMPSES OF PONGAL CELEBRATION





Avinashilingam Institute for Home Science & Higher Education for Women

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Coimbatore-641 043, Tamil Nadu, India

REPORT SPECIAL LECTURE NUTRIGENOMIC APPLICATION IN DISEASE PREVENTION AND MANAGEMENT



22.02.2023

Invitation of Special Lecture on Nutrigenomic Applications in Disease Prevention and Management



Avinashilingam Institute For Home Science and Higher Education For Women
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Coimbatore-641 043, Tamil Nadu, India

Department of Food Service Management and Dietetics

Cordially invites you for a
special lecture

on

**NUTRIGENOMIC APPLICATIONS IN DISEASE PREVENTION AND
MANAGEMENT**

by



Ms. Aditi Dev

**Nutrigenomic Project Manager
Navi Point Health, Pune, Maharashtra**



<https://meet.google.com/obu-tmrh-zgs>

DATE: 22.02.2023

TIME: 11.00 AM

Programme Sheet



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India.

Department of Food Service Management & Dietetics

Special lecture on

Nutrigenomic Applications in disease prevention and Management

22.02.2023

Programme

Prayer Song

Ms.J. Prageetha

I - B.Sc., Fsmd

Welcome Address

Ms. Rithivarthini M

I PG Diploma

Presidential Address

Dr.N.Vasugi

Dean, School of Home Science

AIHSHEW

Greetings

Dr.V.Premala Priyadharsini

Professor and Head

Department of FSMD

Introducing the Chief Guest

Ms..Sowmya

II - B.Sc., Fsmd

Special lecture

Ms. Aditi Dev

Nutrigenomic Project Manager

Navi Point Health, Pune, Maharashtra

Vote of thanks

Ms. Abhinandhana

I - M.Sc., Fsmd

Master of ceremony

Ms. Nandhini Ramanathan

I - M.Sc., Fsmd

VENUE : Academic Council Hall

TIME : 11.00 PM



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Coimbatore-641 043, Tamil Nadu, India

REPORT SPECIAL LECTURE NUTRIGENOMIC APPLICATION IN DISEASE PREVENTION AND MANAGEMENT

The Department of Food Service Management and Dietetics organized a special lecture on Nutrigenomic Application in Disease Prevention and Management on 28th February 2023 at the Academic Council Hall. The Guest of Honor, Ms. Aditi Dev, Nutrigenomic Project Manager, Navi Point Health. The lecture aimed to create awareness by spreading information on Nutrigenomics.



The event began with a prayer by Prageetha of I BSc FSMD. The welcome address was delivered by Ridhivarthini M of PG Diploma.

Ms. Aditi Dev explained briefly on Nutrigenomics and precision nutrition medicine. She

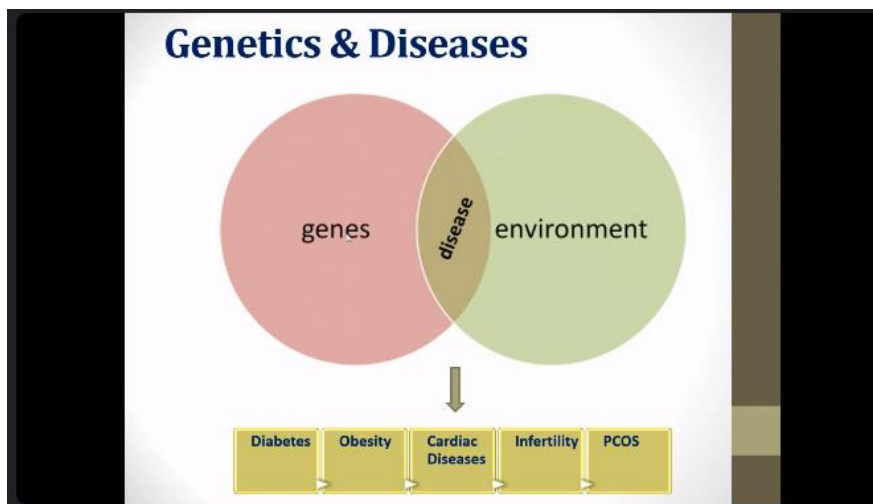


explained various components of the study of genes.

She moved onto talking about the gut microbiome and why it's important to maintain gut health. She explained that nutrigenomics identifies the key areas of the problem and why it is problematic and the treatment depends on the individual person and not on general methods.



She threw some light on how genetics and the environment are connected and how they cause diseases based on the mutation of the genes and the condition of the environment which can cause diseases such as diabetes, obesity, cardiac diseases, infertility and PCOS.



Ms. Aditi Dev also explained how the MTHFR gene could help in diagnosing the amount of folate the body is receiving which is extremely important in the process of conceiving.

Nutrigenomics Hallmark Example

- MTHFR Gene
- Common variation C677T
- Less Common variation A1298C

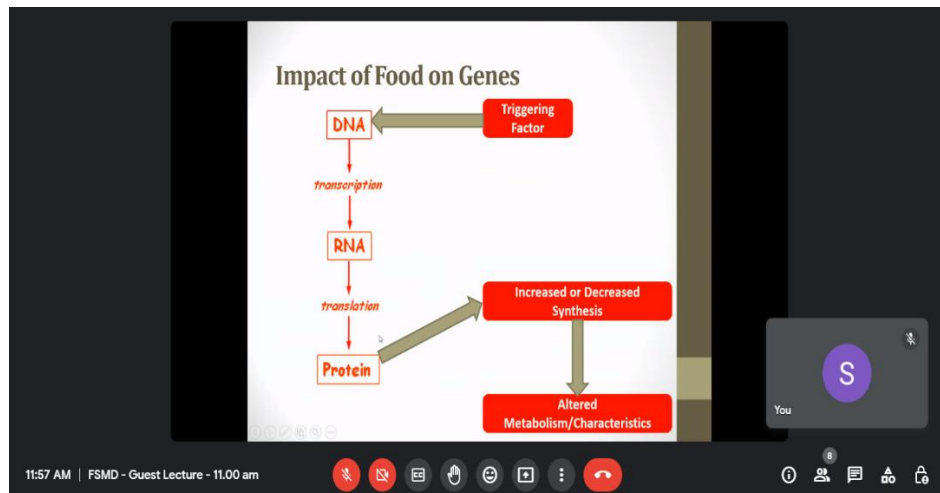
Folic Acid $\xrightarrow{\text{MTHFR Enzyme}}$ Folate

Methionine \uparrow

Homocysteine

MTHFR gene	Impact	Enzyme activity	Folate supplementation
No mutation CC	Low/No	~ 95%	No needed
Single Mutation CT	Medium	50-60%	Needed
Double mutation TT	High	15-20%	Must

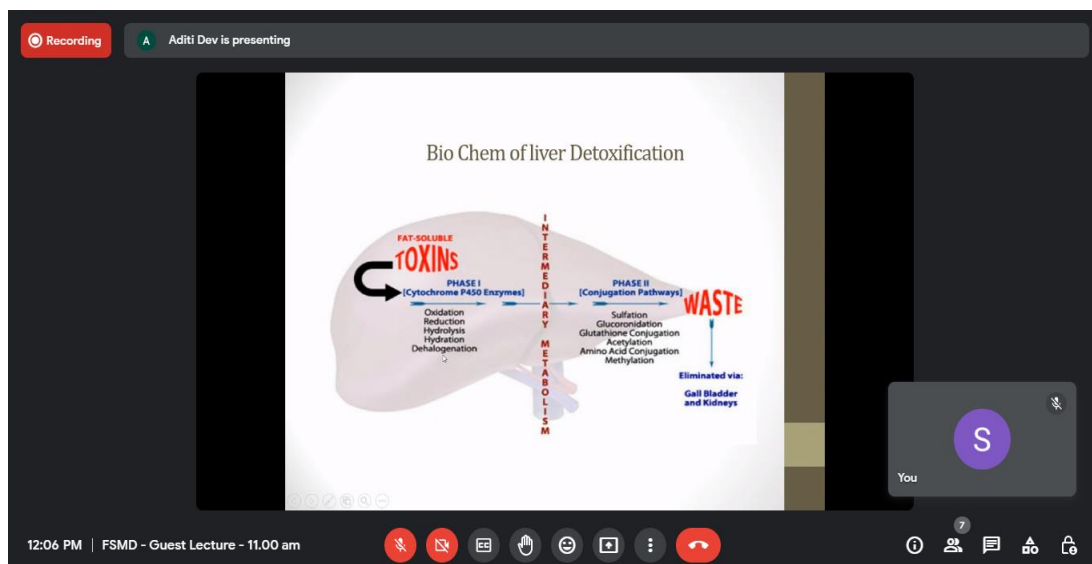
Ms. Aditi Dev gave a brief information on the impact of food on genes and how the altered genes in return change the normal metabolism in humans.



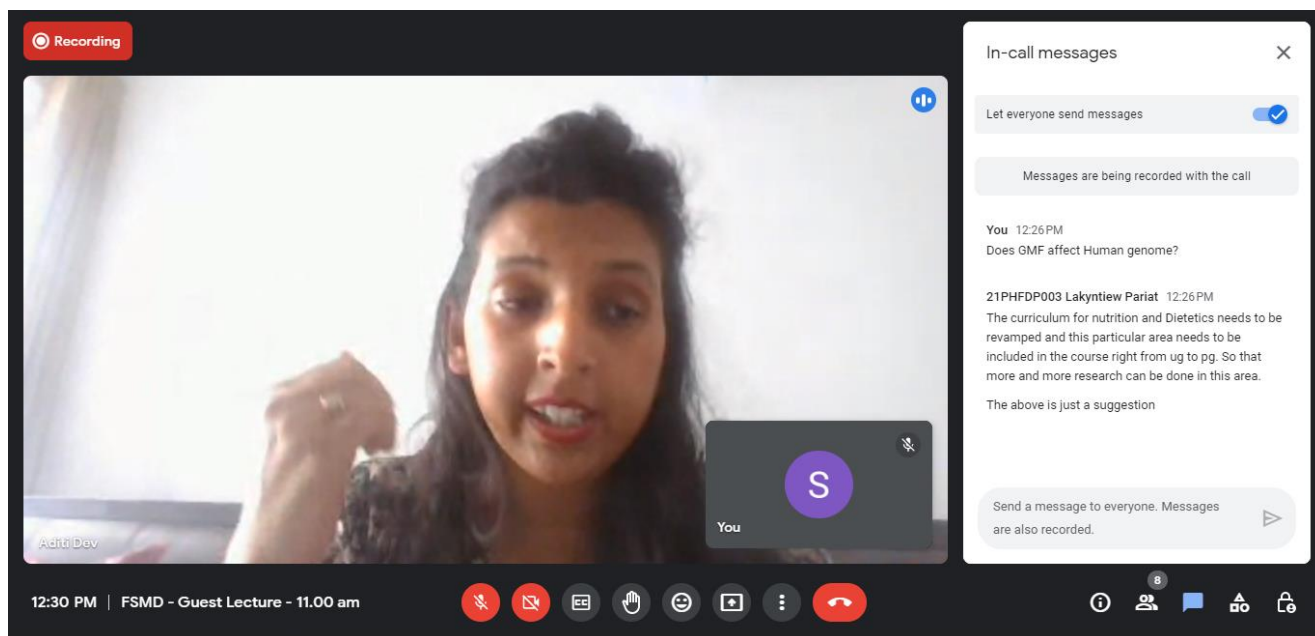
She also explained about the possible genes and how they cause the common diseases and disorders found and methods which can be adopted to cure them.



She also gave an example of how the liver with its biochemistry performs detoxification activity by various reactions and how the altered genes does this activity.



She concluded the session by summarizing her presentation and requested the students to focus more on the basics and understanding of the body and focus on biochemistry of the body rather than concentrating on the major nutrients required by the body. This was followed by a Q and A session where students and staff asked their questions and received answers by Aditi Dev on various topics varying from a career in Nutrigenomics to the expenses of the tests required to conduct research for a particular individual.



The successful program came to an end and was recorded to look back and relearn.

Around 240 participants benefitted from the program.





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Category I by UGC Coimbatore -641 043, Tamil Nadu, India

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

&

In association with



Report on Ayurvedic dietetics

**Title: Understanding the Concept of basic element in food at par with functional body by Dr.
Somit Kumar Director & CSO AVP**

Date: 03/10/2023 – 06/10/2023

Time: 3.30pm to 5:30 pm

Venue: Room no: 258, HOME SCIENCE BLOCK



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Coimbatore-641043, Tamil Nadu, India.

DEPARTMENT OF FOOD SERVICE MANAGEMENT & DIETETICS

&

in association with



cordially invite you for a

Workshop
on

Ayurvedic Dietetics



Dr. S. Amsamani
Dean, School of Home Science
Professor, Department of Textile And Clothing
will preside

Resource Persons



Dr. Somit Kumar
Director & CSO



Dr. Aramya
Senior Research Associate &
Senior Physician



Dr. Rahul V.J.
Consultant Research
Associate

Date: 03-06 October 2023

Venue: Home Science Block, Room No:258

INVITATION

DAY-1 (03/10/2023)

UNDERSTANDING THE CONCEPT OF BASIC ELEMENT IN FOOD AT PAR WITH FUNCTIONAL BODY.

Venue: Home Science Block, Room No:258

Date: 03/10/2023

Beneficiaries: 25

Time : 3.30- 5.00pm

Session (Day 1) :

The workshop starts by invoking the presence of god through a prayer song led by Ms. Praharshitha II M.Sc. FSMMD, Mrs. Leelavathi. V Research Scholar from the Department of Food service Management and Dietetics extended her formal welcome address.

Dr. N. Amsamani mam, Dean, School of Home Science rendered the Inaugural address. Mam has extended her warm welcome towards the gathering. Mam emphasized the significance of going back to an ayurvedic diet to halt the rise of non-communicable diseases including obesity and diabetes mellitus, as well as other related concerns. Mam encouraged the students that in collaboration with Avinashilingam Institute for Home Science and Higher Education for Women and AVP Research Foundation to build holistic health approach for the future generation. Following with that, Mrs. Poonada Krishna Prasana, Research Scholar from the Department of Food service Management and Dietetics introduced the resource person of the day, Dr. Somit Kumar, Director AVP Research Foundation.

In the technical session, Dr. Somit Kumar began his lecture by emphasizing the importance of food and diet and sir pointed out basic principles of ayurveda. Ayurveda classifies the matter (Dravya) as living (Chetana) and non-living (Achetana) where living (Chetana) further classifies based on the response to stimulus (Bhahiyachetana and Anthachetana). Sir pointed out the fragmentation of matter (Dravya) as casual matter (Karana Dravya) which is responsible for creation and can't be fragmented

further which includes direction, time, mind, consciousness, space, air, fire, water and earth. The functional matter (Karya Dravya) is of temporal nature and lasts only for a period of time.

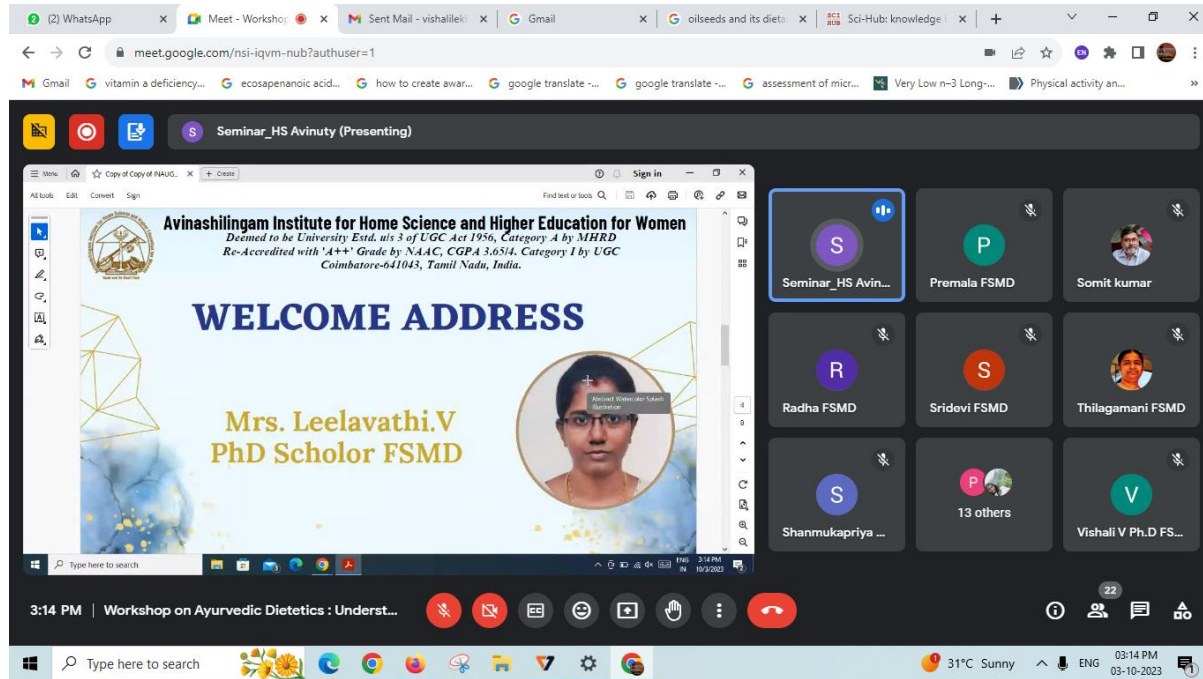
Sir then explained different casual matter (Karana Dravya) – the 5 basic elements (Panchamahabhuta) which are the building blocks of the whole world. Ayurvedic medical science believes that the whole human body and its every composition are also madeup of these 5 basic elements of nature. He then illustrated each elements : ether, air, fire, water and earth, its properties, characterization, level of experience and personality and at the end sir also underlined the correspondence of elements with modern physics and the composition of characteristic of each sense organ in human body on the basis of these elements.

Sir, concludes his session by underlining the importance of food, the food one eat matters everything. One will be healthy if one consume a good diet, and miserable if one don't. Active mind and consciousness give you good health and wellbeing. It is emphasized on doshas depending on Pancha mahabhutas. So, diet intake should be in balanced form neither aggravates nor pacifies doshas in the body. In Ayurveda, dosha are the governing principles of physiology and psychology. They are the primary and essential constitutional factors of the human organism. They maintain the integrity of the human body. The three dosha at physical level vata, pitta, and kapha vitiate different body tissues (dhatu) and can lead to diseases in disequilibrium state. They are the actual intrinsic factors which become excited and imbalanced, either conferring a predisposition to or actually causing morbidities disease (vyadhi). Their state of equilibrium is one of the important pre-requisite for arogya (health).

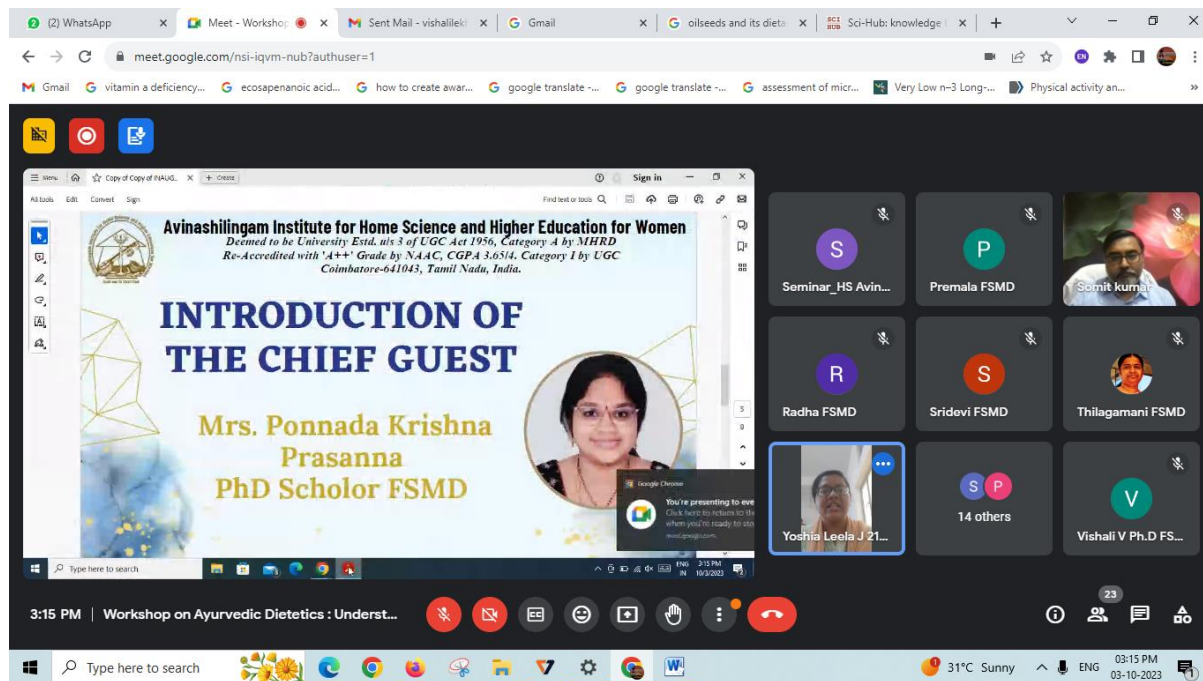
Total of 25 beneficiaries were benefited through this lecture including Research Scholars – Full time (Ms. Karthiga, Mrs. Leelavathi, Ms. Komathy, Ms. Vishali, Ms. Yoshia Leela, Ms. Sowmiya, Ms. Shanmugapriya, Ms. Adithiyalakshmi, Ms. Tinu and Ms. Athira Mohan) and online participation of Part time scholars (Mrs. Shobana, Mrs. Asma Shaheen, Ms. Haripriya, Ms. Rajalakshmi, Ms. Vineetha Antony, Ms. Sivagami Ramanathan, Ms. Sweata Rani rai, Ms. Minitha Susan Joseph, Ms. Lakyntiew

Pariat and Ms. Ponnada Krishna Prasanna) and staffs. The session ends with official vote of thanks rendered by Mrs. Shobana, Research Scholar from the Department of Food service Management and Dietetics. Master of ceremony was given by Ms. Yoshia Leela, Research scholar, Department of Food service Management and Dietetics.

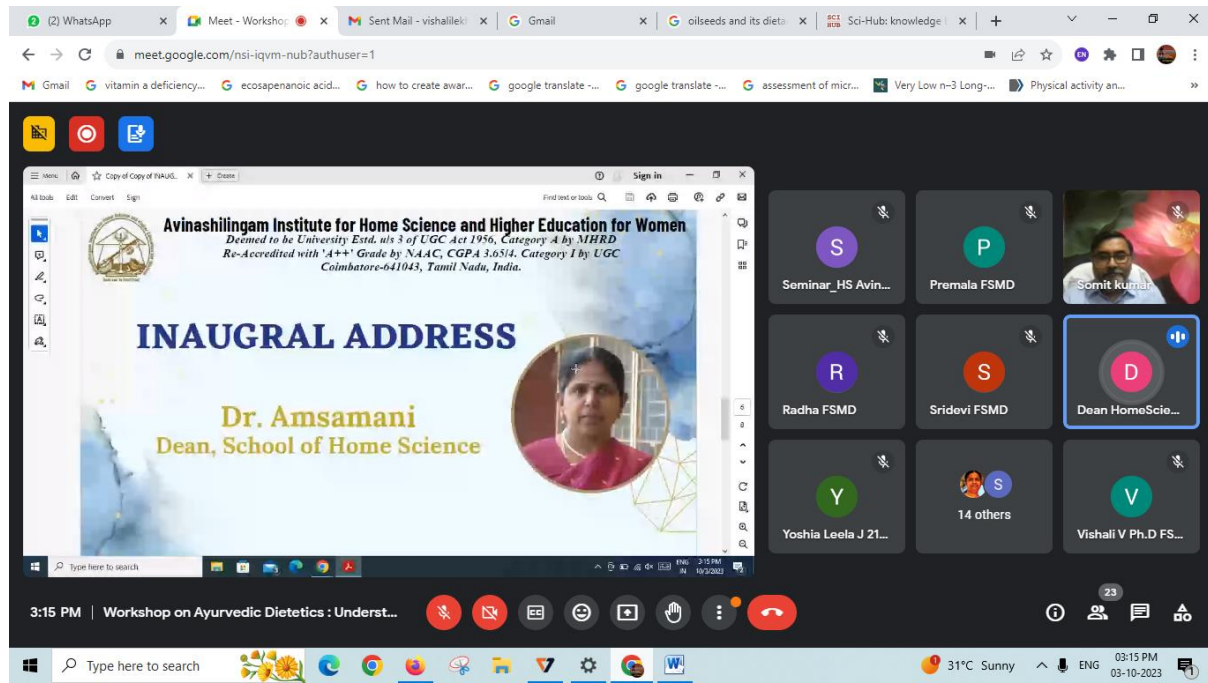
GLIMPSES OF THE WORKSHOP UNDERSTANDING THE CONCEPT OF BASIC ELEMENT IN FOOD AT PAR WITH FUNCTIONAL BODY.



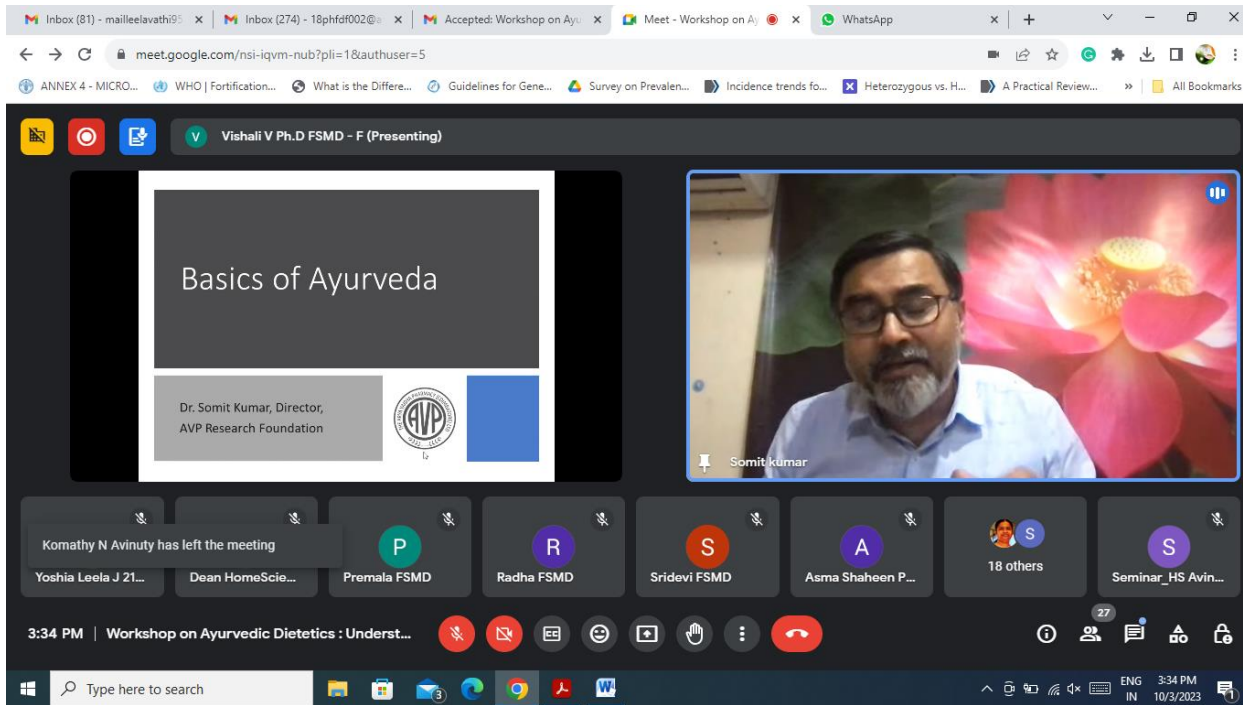
WELCOME ADDRESS – Mrs. Leelavathi. V, Research Scholar



INTRODUCTION OF THE CHIEF GUEST – Mrs. Poonada Krishna Prasana, Research Scholar



INAGURAL ADDRESS- Dr. Amsamani Dean, School of Home Science GUEST LECTURE



meet.google.com/nsi-iqvm-nub?pli=1&authuser=5

Vishali V Ph.D FSMD - F (Presenting)

Karana Dravya
(Causal Matter)

- The Dravya (Matter) that is responsible for the creation and cannot be fragmented further or destroyed is called Karana (Causal matter) dravya.
- They are Nine
 - Directions or Vector
 - Time
 - Consciousness
 - Mind
 - Space
 - Air
 - Fire
 - Water
 - Earth

Somit kumar

Yoshia Leela J 21...

Dean HomeScie...

Premala FSMD

Radha FSMD

Sridevi FSMD

Ponnada Krishna...

19 others

Seminar_HS Avin...

3:59 PM | Workshop on Ayurvedic Diabetics : Underst...

meet.google.com/nsi-iqvm-nub?pli=1&authuser=5

Vishali V Ph.D FSMD - F (Presenting)

STATES OF CONSCIOUSNESS OR EXPERIENCE

Somit kumar

Lalitha Ramakrishnan has left the meeting

Yoshia Leela J 21...

Dean HomeScie...

Premala FSMD

Radha FSMD

Thilagamani FSMD

Ponnada Krishna...

18 others

Seminar_HS Avin...

4:28 PM | Workshop on Ayurvedic Diabetics : Underst...

meet.google.com/... AAKASHA MAHABHUTA

Traditional name	Elements	Traditional Characterization	Level of experience	Level of Personality	Correspondence with modern physics
'Ether'	Formakin	Penetration of the universe - thus contrasting through differences of objects and localities in space and time	Continuously common principles underlying difference and variation, comprehension knowledge to continue from past experience	Understanding Coordination and connecting different objects, events and localities	Space - time continuum - connecting different objects, events and localities

4:33 PM | Workshop on Ayurvedic Diabetics : Underst...

meet.google.com/... PRAMANU RUPA OF A UNIT OF SARIRA(Functional Body)

4:57 PM | Workshop on Ayurvedic Diabetics : Underst...

meet.google.com/nsi-iqvm-nub?pli=1&authuser=5

ANNEX 4 - MICRO... WHO | Fortification... What is the Differ... Guidelines for Gene... Survey on Prevalen... Incidence trends fo... Heterozygous vs. H... A Practical Review... All Bookmarks

Vishali V Ph.D FSMD - F (Presenting)

4:58 PM | Workshop on Ayurvedic Diabetics : Underst...

Yoshia Leela J 21... Dean HomeScie... Premala FSMD
Radha FSMD Thilagamani FSMD Ponnada Krishna...
Somit kumar 17 others Seminar_HS Avin...

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ENG IN 4:58 PM 10/3/2023

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Gmail vitamin a deficiency... ecosapenanoic acid... how to create awar... google translate -... google translate -... assessment of micr... Very Low n-3 Long... Physical activity an...

Somit kumar M Shobana Ph.D FSMD - P.M.Phil

Abinaya C has left the meeting
Yoshia Leela J 21... Dean HomeScie... Ponnada Krishna... Seminar_HS Avin... Premala FSMD Radha FSMD 16 others Vishali V Ph.D FS...

5:08 PM | Workshop on Ayurvedic Diabetics : Underst...

Type here to search 32°C Mostly sunny 05:08 PM 03-10-2023

VOTE OF THANKS – Mrs. Shobana, Research Scholar



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DEPARTMENT OF FOOD SERVICE MANAGEMENT & DIETETICS

&
in association with



Workshop on Ayurvedic Dietetics

Programme Sheet

Day-1 03/10/2023

Time:3.00Pm-5.00Pm

Prayer

Ms.Praharshitha II B.Sc FSMD

Welcome

Mrs.Leelavathi.V

**Introduction of the chief
guest**

Mrs.Poonada Krishna Prasana

Inaugural Address

**Dr.S. Amsamani Dean,School of
Home science**

Guest Lecture

**Understanding the Concept of basic
element in food at par with functional
body by
Dr.Somit Kumar Director &CSO
AVP**

Vote of thanks

Mrs.Shobana



PROGRAMME SHEET

Day 2 (04.10.2023)

CONCEPT OF DIET AND DIETETIC PRINCIPLES IN AYURVEDA

Venue: Home Science Block, Room No:258

Date: 04/10/2023

Beneficiaries: 25

Time : 3.30-5.000pm

Session (Day2) :

The second day of the Ayurvedic Dietetics workshop held on 4th October, 2023, on the Concept of diet and dietetic principles in Ayurveda. The workshop was organized, by the Department of Food Service Management and Dietetics along with AVP Research Foundation.

The workshop began at 03:00 pm. Ms. Prageetha of II B.Sc. FSMD sang a devotional song and invoked the blessings of God almighty. Ms. Athira.K Ph.D Research Scholar, Department of Food Service Management and Dietetics extended the formal welcome address. Next as a recall session, Ms. Shanmuga priya, Research Scholar, Department of Food Service Management and Dietetics presented a brief report on the Ayurvedic Dietetics session held on October 03, 2023. she highlighted the entire programme of the previous day. Ms. Miniitha Susan joseph, Research Scholar from the Department of Food Service Management and Dietetics, introduced the chief guest of the day Dr. Aramya, AR Senior Research Associate and Senior Physician, AVP Research Foundation

Dr. Aramya presented on the title, **Concept of diet and dietetic principles in Ayurveda**. Mam in her lecture highlighted the important concepts like: Concept of ahara and its importance, Processing of food / Cooking, Importance of cooking, Factors that take part in digestion, Wholesomeness of food, Tridosha and Aahara, Ahara dravya and their properties, Circadian rhythm, Intake and Proper time for taking food, What happens if Food is taken in less & excess quantity, How Vata, Kapha and pitta people should intake, Principles of Ahara (Dietetics), Method of taking meals, Daily indicated and

contraindicated Aahara. Mam started her presentation with a text by Chandhyogyaupanishad, “Aharashuddhau Sattvashuddhih Sattvashuddhau Dhruva Smratih, Smratilambhe Sarvagranthinam Vipramokshah” which means Purity of food helps in purifying the inner self. Purification of the inner self and hence of the mind and intellect, accelerates elimination of illusions and ignorance.

Mam highlighted food as medicine which is “Aharam Mahabhishajyam”. Ahara means Food, Maha means Great and Bhaishajyam means Medicine. Ahara is that which is fulfilling, immediately improving the strength, increases the bodily mass, longevity and digestion. It improves the enthusiasm, memory and ojas. In the presentation mam stated Āhāra is classified into six kinds according to the 17th century Bhojanakutūhala. According to Raghunātha foodstuffs (āhāra) are of six types on the basis of the process by which they are in-taken, They are coṣya, peya, rasālā, polikā, laḍḍuka and carvya.

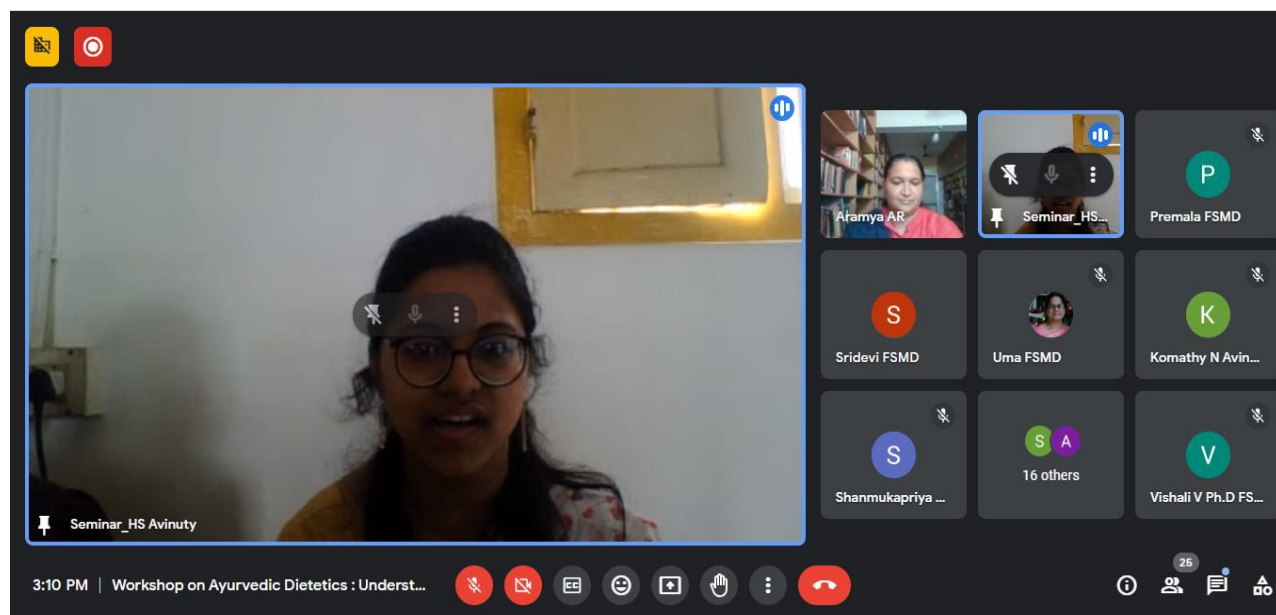
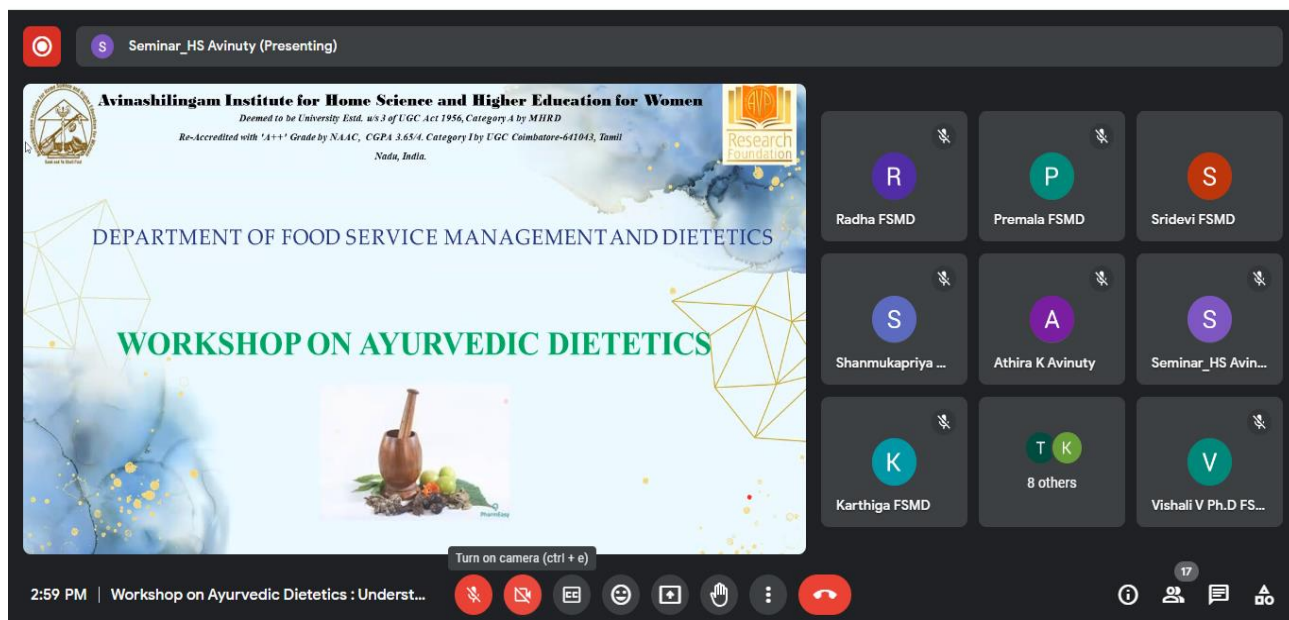
Mam also presented the different Processing of food & Cooking and Importance of cooking according to ayurveda. The Wholesomeness of food such as Ekanta-Hitha, Ekantha Ahitha and Hitha –Ahitha were briefed with many examples. The circadian rhythm, ad libitum eating and time-restricted eating was elucidated with ease. The aspects of vata, kapha and pitta and its association with foods were clearly discussed. Finally mam concluded with the effects of measured diet which depicted the signs of food eaten in required quantity.

Total of 25 beneficiaries were benefited through this lecture including Research Scholars – Full time (Ms. Karthiga, Mrs. Leelavathi, Ms. Komathy, Ms. Vishali, Ms. Yoshia Leela, Ms. Sowmiya, Ms. Shanmugapriya, Ms. Adithiyalakshmi, Ms. Tinu and Ms. Athira Mohan) and online participation of Part time scholars (Mrs. Shobana, Mrs. Asma Shaheen, Ms. Haripriya, Ms. Rajalakshmi, Ms. Vineetha Antony, Ms. Sivagami Ramanathan, Ms. Sweata Rani rai, Ms. Minitha Susan Joseph, Ms. Lakyntiew Pariat and Ms. Ponnada Krishna Prasanna) and staffs members of the department. Master of ceremony was done by Ms. Vishali, Research scholar, Department of Food service Management and Dietetics. The participants, as dietitians they translate scientific information about nutrition and food into practical dietary advice. Nutrition plays a central role in Ayurvedic living. Ayurveda places special emphasis on

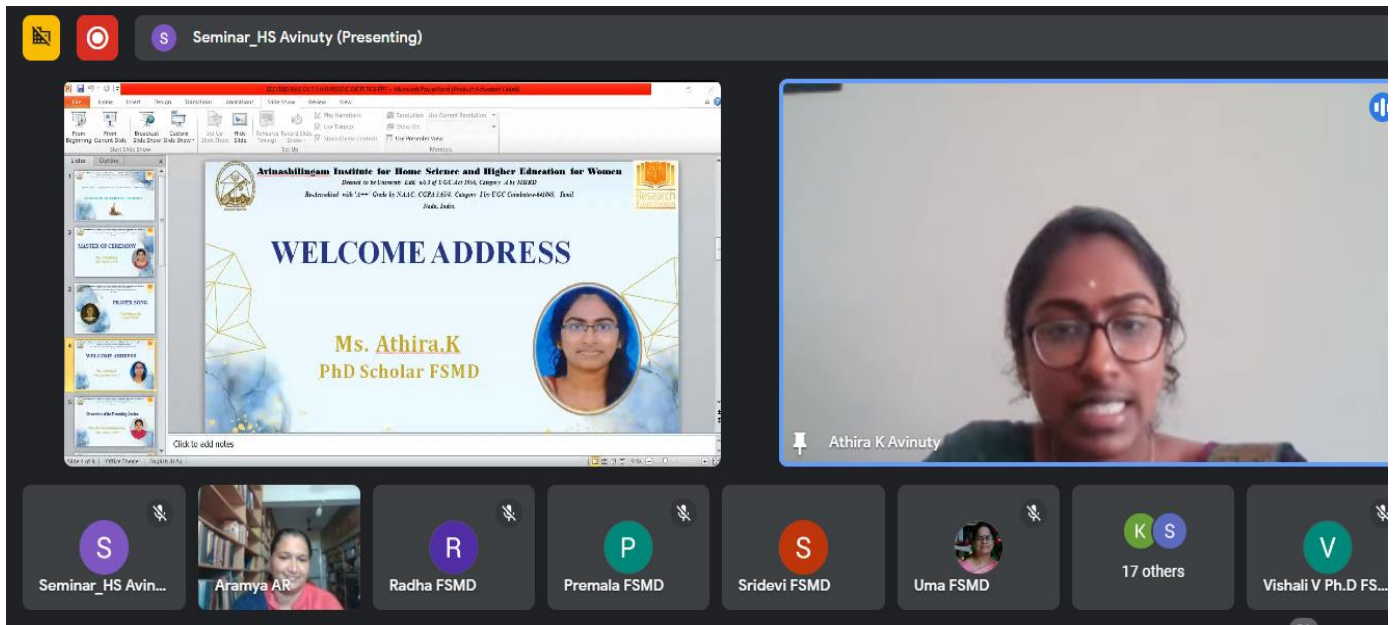
"Ahara" - the diet and "Anna" - the food as a means to good life, health and wellness. Healthy and wholesome food nourishes the mind, body and soul. Hence the session helps them to practice the Concept of diet and dietetic principles in Ayurveda to lead a healthy life .

GLIMPSES OF THE WORKSHOP

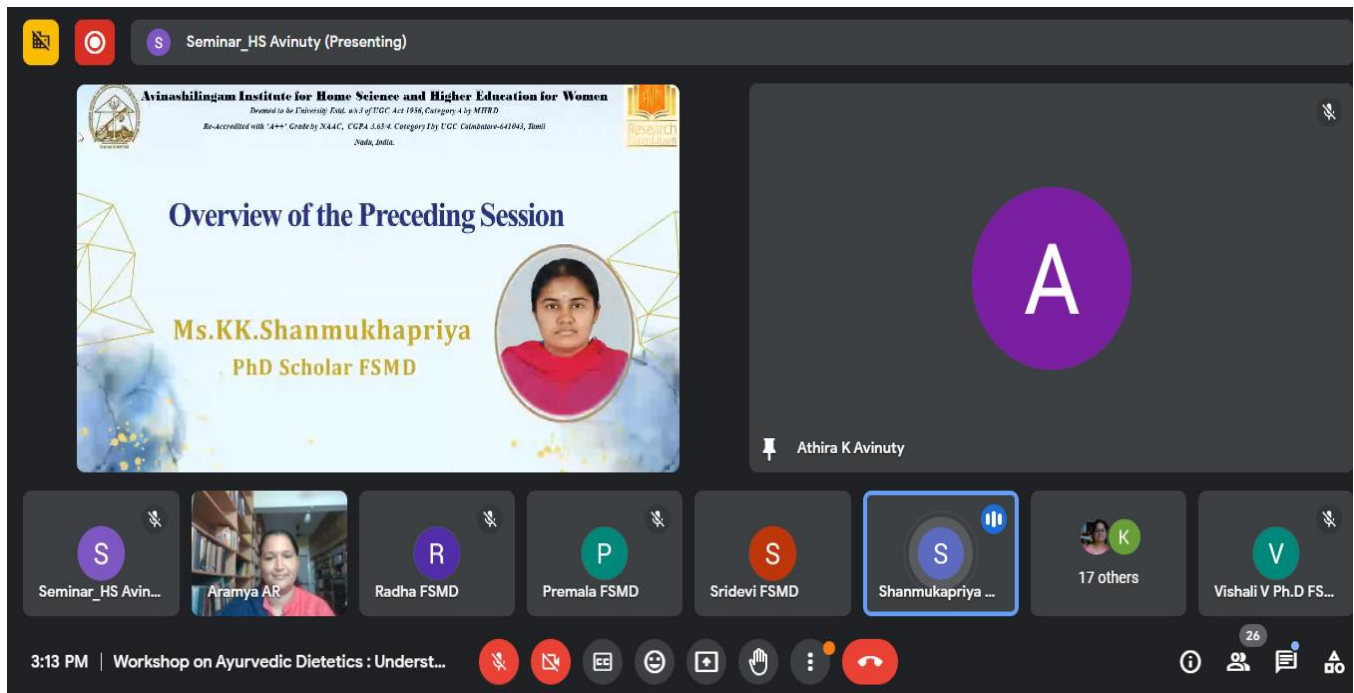
CONCEPT OF DIET AND DIETETIC PRINCIPLES IN AYURVEDA



Prayer song - Ms. Prageetha II B.Sc FSMD



WELCOME ADDRESS – Ms. Athira K Research Scholar

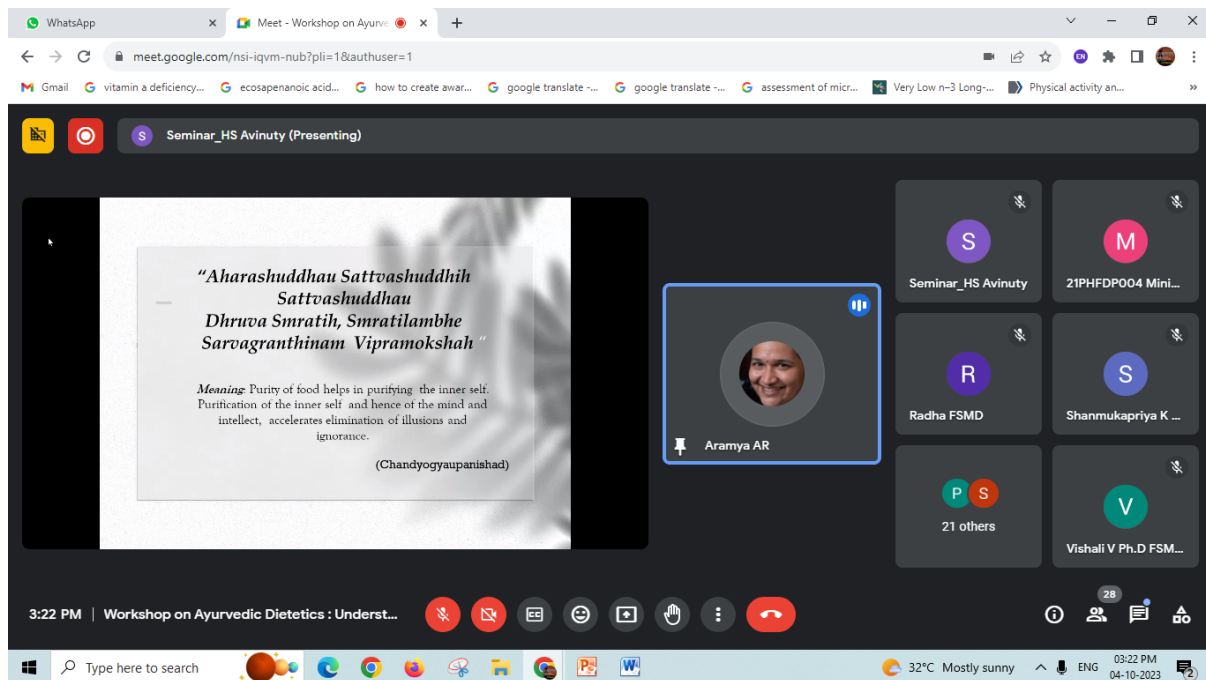


Overview of Preceding Session – Ms. Shanmukhapriya KK Research Scholar



Introducing Chief guest– Ms. Minitha Susan Joseph, Research Scholar

Guest Lecture



WhatsApp Meet - Workshop on Ayurvi... x

meet.google.com/nsi-iqvm-nub?pli=1&authuser=1

Seminar_HS Avinuty (Presenting)

- "DEHOHAAHARA.SAMBHAVA"
- "Pranitam Pumaroolameacharam"
- "Aharam Mahabhishajyam"
 Ahara : Food
 Maha : Great
 Bhaishajyam : Medicine
- Purity of food helps in purifying the inner self.
- The Aahara which is beneficial and nutritional to the body and also give the happiness to the mind is known as Pathya and opposite to that is known as Apathya.

3:23 PM | Workshop on Ayurvedic Dietetics : Underst...

32°C Mostly sunny 03:23 PM 04-10-2023

WhatsApp Meet - Workshop on Ayurvi... x

meet.google.com/nsi-iqvm-nub?pli=1&authuser=1

Seminar_HS Avinuty (Presenting)

CIRCADIAN RHYTHM

Time	Physiological Marker
9 PM	Melatonin Secretion Starts
7:30 PM	Highest Body Temperature
6:30 PM	Highest Blood Pressure
5:30 PM	Best Cardio Efficiency & Muscular Strength
3:30 PM	Fastest Reaction
2:30 PM	Best Coordination
NOON	
9 AM	Highest Testosterone Secretion
7:30 AM	Melatonin Secretion Stops
6:45 AM	Sharpest Rise in Blood Pressure
4 AM	Lowest Body Temperature
2 AM	Deepest Sleep

4:06 PM | Workshop on Ayurvedic Dietetics : Underst...

GBP/INR +0.43% 04:06 PM 04-10-2023



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DEPARTMENT OF FOOD SERVICE MANAGEMENT & DIETETICS

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in association with



Workshop on Ayurvedic Dietetics
Programme Sheet

Day-2 04/10/2023

Time:3.00Pm-5.00Pm

Prayer	Ms.Prageetha II B.Sc FSMD
Welcome	Ms.Athira.K
Briefing About previous Session	Ms.K.Shanmukhapriya
Introducing the chief guest	Ms.Miniitha susan joseph
Guest Lecture	Leads to the functional metabolism aspects and its impact on body by Dr.Rahul Consultant Research Associate
Vote of thanks	Mrs.Rajalakshmi



PROGRAMME SHEET

Day 3 (05.10.2023)

**CONCEPT OF AGNI- METABOLISM AND ITS IMPACT ON BODY- AN AYURVEDIC
PERSPECTIVE**

Venue: Home Science Block, Room No:258

Date: 05/10/2023

Beneficiaries: 25

Time : 3.30-5.000pm

Session (Day 3) :

Master of the Ceremony was done by Ms. Asma Shaheen, Ph.D. scholar . The workshop started at 3.00 clock by invoking the blessings of God Almighty and Ms. D.Tinu, Ph.D. scholar cordially welcomed the gathering. Ms. Yoshia Leela Ph.D. scholar, introduced the chief guest, Dr. Rahul V.J. Research Associate, AVP Research Foundation

Sir, gave brief introduction on the concept of Agni, the Agni represents the complex process of digestion and metabolism, which involves the act of ingestion of food till it gets completely assimilated. The types of Agni (Jatharagni, Dhatuagni and Bhutagni) and the important of Jatharagni – the digestive power or capacity of stomach, its types based on the Prakriti of the individual. Sir, highlighted several benefits of identifying the Digestive power – Agni of the individual improves the Ayu (Vitality), Varna (Complexion), Svasthyam (General Health), Growth and Repair of body, Ojas, Tejas and Several pathologies of reduction – Agnimandyam the temporary reduction of digestive power, which results in ‘Ama’ – different manifestation of indigestion, ‘Utara’ – Ascitis, ‘Arsas’ - Piles or Haemorrhoids and Atyagni - increased Agni which results in Ulcers.

Also, the relationship between the seasons and variations in digestive power and the variation during post therapy period ie., Rasayana and Samsarjana krama. Seasonal adaptation (Ritusatmya) is described under seasonal regimen (ritucharya), which is the variation in diet (ahara) and lifestyle (vihara) to balance rhythmic seasonal variations of dosha, bala, agni, and rasa etc. through the concept of samanya

and vishesha. Knowledge and regular observance of suitable ritucharya (ahara and vihara for different seasons) is mainly for the maintenance of health and prevention of diseases. For diseased persons ritucharya need to be modified accordingly.

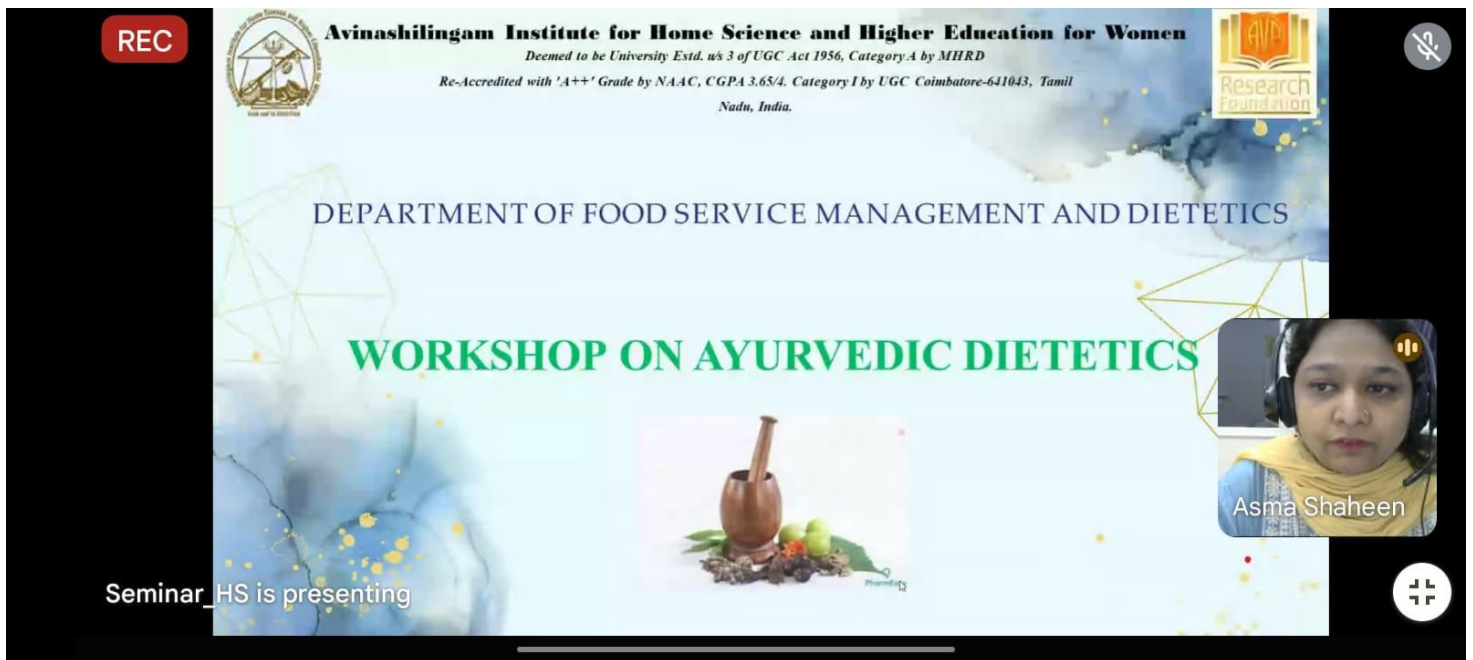
The samsarjana krama involves gradual increase or strengthening of 'Agni' – Digestive power. Importantly, sir illustrated the Agni – digestive power with several examples such as Basal Metabolic Rate, Gut Microbiota – a booming area of science for our better understanding. The session ends with an active question and answer session, sir clarifies the each and every doubt with patience to indulge the concept of agni and its influence in diet consumption in daily life.

Total of 25 beneficiaries were benefited through this lecture including Research Scholars – Full time (Ms. Karthiga, Mrs. Leelavathi, Ms. Komathy, Ms. Vishali, Ms. Yoshia Leela, Ms. Sowmiya, Ms. Shanmugapriya, Ms. Adithiyalakshmi, Ms. Tinu and Ms. Athira Mohan) and online participation of Part time scholars (Mrs. Shobana, Mrs. Asma Shaheen, Ms. Haripriya, Ms. Rajalakshmi, Ms. Vineetha Antony, Ms. Sivagami Ramanathan, Ms. Sweata Rani rai, Ms. Minitha Susan Joseph, Ms. Lakyntiew Pariat and Ms. Ponnada Krishna Prasanna) and staffs members of the department. The official vote of thanks was proposed by Ms. Athira K, Ph.D. scholar from the Department of Food Service Management and Dietetics.

The Period of Life, Complexion, Strength, Health, Lustre and Energy are the result of digestive fire. – A quote by Swamy Vivekananda. Agni – the digestive fire in oneself helps to assimilate the nutrients from the essence of food, lets the inner fire in us assimilate the science of ayurveda with our science of Dietetics to lead long health life.

GLIMPSES OF THE WORKSHOP

CONCEPT OF AGNI- METABOLISM AND ITS IMPACT ON BODY- AN AYURVEDIC PERSPECTIVE



REC

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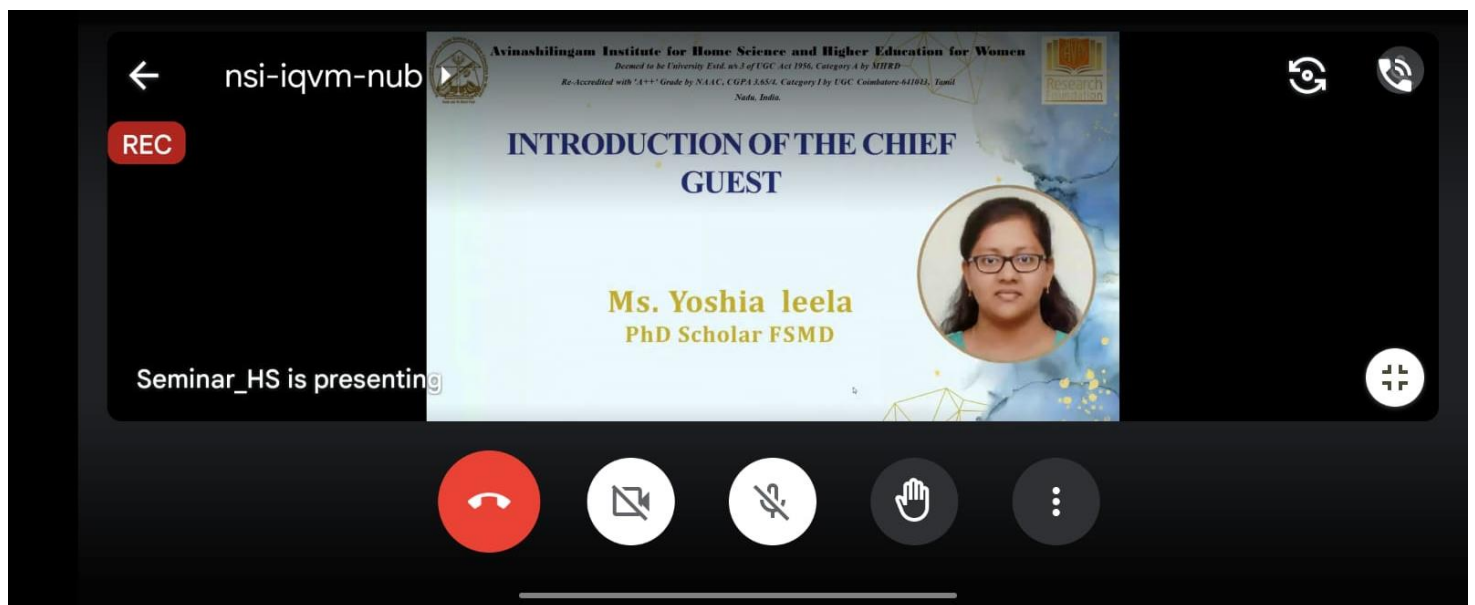
Research Foundation

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

WORKSHOP ON AYURVEDIC DIETETICS

Asma Shaheen

Seminar_HS is presenting



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REC

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INTRODUCTION OF THE CHIEF GUEST

Ms. Yoshia leela
PhD Scholar FSMD

Seminar_HS is presenting

Phone, Video, Mute, Hand, More

Introducing Chief guest– Ms. Yoshia Leela, Research Scholar

Guest Lecture

REC

05/10/2023



AGNI

Metabolism and its Impact on the Body
- An Ayurvedic Perspective

Dr. Rahul V. J. MD (Ay)
Consultant Research Associate



Dr. Rahul is presenting

AVP Research Foundation, Coimbatore

Avinashilingam Institute for Home Science and
Higher Education for Women

REC

Benefits of Having a Good State of Agni

- Āyu
- Varṇa
- Balaṃ
- Svāsthyaṃ
- Utsāhaṃ
- Upacayaṃ
- Prabhā
- Ojas
- Tejas

- The food one consumes becomes capable of nourishing the body tissues and of promoting the *ojas*, strength, complexion etc., **only in the presence of normally functioning *agni*.**



Dr. Rahul is presenting

AVP Research Foundation, Coimbatore

REC

Relevance in Viruddhāhāra

- It is advised that people who have **high agnibala** (not atyagni) are **unaffected** even by viruddhāhāra.
- Agni is **able to digest** the viruddhāhāra and **prevent any damages** to the body.
- People with habits of **regular exercise**, taking food at the same times everyday (**kālabhojana**) are said to enjoy this advantage.


Dr. Rahul

Dr. Rahul is presenting

AVP Research Foundation, Coimbatore

REC

Gut Microbiota



- A hot **new area** of research.
- Gut microbiota is now understood to be **unique** to individuals.
- Common characteristics are also being identified, that enables classification of individuals into **categories** that are very close to the **prakṛti classification** in Ayurveda.
- Gut microbiota greatly affects the **digestive capacity** of the individual, among other factors.


Dr. Rahul

Dr. Rahul is presenting

AVP Research Foundation, Coimbatore

REC

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Research Foundation

Questions ?
 Answers ?

Seminar_HS is presenting

Dr. Rahul

Ponnada Kris...

You

Asma S | 21 others

REC

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Research Foundation

VOTE OF THANKS

Ms. Sweata Rai
 PhD Scholar FSMD

Seminar_HS is presenting

21PHFDP007

VOTE OF THANKS – Mrs. Shobana, Research Scholar



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Coimbatore-641043, Tamil Nadu, India.

DEPARTMENT OF FOOD SERVICE MANAGEMENT & DIETETICS

&

in association with



Workshop on Ayurvedic Dietetics

Programme Sheet

Day-3 05/10/2023

Time:3.00Pm-5.00Pm

Prayer

Ms.Praharshitha II B.Sc FSMD

Welcome

Ms.Tinu .D

Briefing about previous session

Ms.Komathy.N

Introducing the chief guest

Ms.Yoshia leela .J

Guest Lecture

Concept of diet and Dietetic principles in Ayurveda by
Dr.Aramya .AR Senior Research Associate and Senior Physician

Vote of thanks

Ms. Athira.K



Programme sheet

Day 4 (06.10.2023)

DEMONSTRATION OF AYURVEDIC RECIPES

Venue: Foods Lab of Department of Food Service Management and Dietetics

Date: 06/10/2023

Beneficiaries: About 50 participants

Time : 2.00-5.000pm

Session (Day2) :

On 6th of October, 2023, the final day of Workshop on Ayurvedic Dietetics commenced by 2 PM at Foods Lab of Department of Food Service Management and Dietetics by invoking God's presence through a prayer song led by Ms. Prageetha, II B.Sc FSMD.

The AVP Research team had planned for a live demonstration class wherein easily prepared recipes were taught. These recipes are usually prepared in very less time, and can be given to patients with certain conditions to improve their nutritional status. A formal introduction about the day's plan was given by Dr. Aramya, Senior Research Associate and Senior physician, and Dr. Rahul, Consultant Research Associate.

All the required ingredients for the preparation of therapeutic diets like rice, green gram, tender coconut water, jaggery, banana, brinjal and few spices were all placed ready. The research scholars of FSMD took active participation in the preparation of various recipes as instructed by the AVP Research team. As and when the recipes were prepared, the team had elaborated on the benefits and conditions in which the recipe could to be given to patients.

The very first demonstration was preparation of Manda, Peya, Vilepm and Odhanu, which are all rice-based kanji's with 16 parts, six parts and four parts of water. The team had elaborated that to start oral feeds to patients, his recipe is first provided and they ae slowly transitioned to soft diet. The water content helps in providing nourishment, electrolyte balance and energy to the body. Similarly, twelve parts of rice and two parts of green gram dhal was cooked together with spices like pepper, salt, turmeric

powder and asafoetida, which is called as Krshara was prepared. It helps to relieve gastritis and helps in having normal bowel movements. Likewise, a recipe using Ash gourd and jaggery was prepared, which is a well-known diuretic, cold in nature, and helps in relieving Pita dosha. Few other simple recipes using brinjal, neem flower and banana was prepared which all has therapeutic properties like wound healing, reduces bleeding disorders, digestive disorders etc... Usage of ingredients like turmeric, pepper, fenugreek, dry ginger, cardamom, neem flowers, neem leaves, butter milk, jaggery, curry leaves, sesame seeds, dry grapes, amla, melted ghee, coconut oil etc... can be increased in day to day meals, as it has many medicinal properties.

The major key point as explained by the AVP research team was that, whatever be the food or ingredient, it has to be consumed the right way at the right time for it to give major benefits in the body. Especially in case of consuming fats or lipids like coconut oil and ghee, it gives major benefits as it is the only medium which crosses the blood brain barrier. The team had also explained the importance of consuming natural, traditional and local foods available in the particular region. Also, the right choice of ingredients can help in keeping a balance of Vata, Pita and Kapha as it is important for overall health and well being.

Towards the end of the programme, question and answer session was done, in which the students of II M.Sc FSMD, PG Diploma, Research Scholars as well the teachers from the department had raised many interesting questions to the AVP Research team. A total of 54 beneficiaries were benefitted through the demonstration.

A novel perspective on dietetics can be gained by the four-day workshop on **Ayurvedic dietetics**. An traditional and scientific approach on diet prescription through the insights on matter (dravya), the human body's composition, and the five fundamental elements (panchamahabhuta), the vata, pitta, and kapha and their roles in health and illness, the digestive power of Agni, and diet variations based on

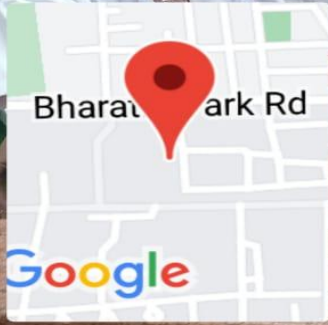
Agni, season, treatment, and circadian rhythm was made. Demonstration session at the end of the workshop assist to indulge ayurvedic principles in daily life.

GLIMPSES OF THE WORKSHOP-DAY 4





GPS Map Camera



Coimbatore, Tamil Nadu, India

42/1, 42/1, Bharathi Park Rd, R.S. Puram, Coimbatore,
Tamil Nadu 641002, India

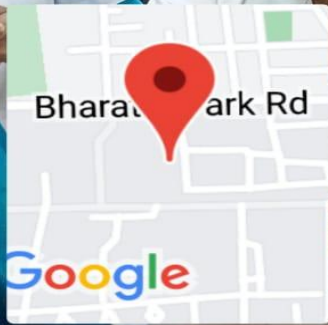
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Long 76.950117°

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GPS Map Camera



Coimbatore, Tamil Nadu, India

42/1, 42/1, Bharathi Park Rd, R.S. Puram, Coimbatore,
Tamil Nadu 641002, India

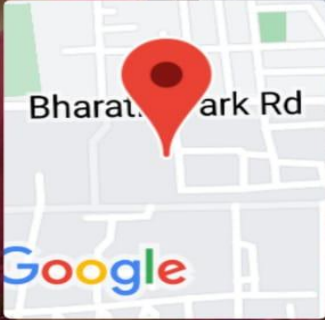
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Coimbatore, Tamil Nadu, India

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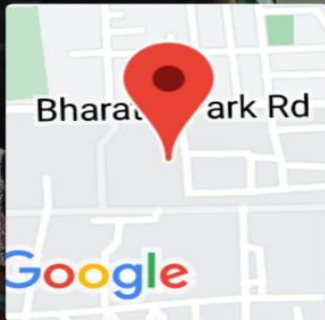
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GPS Map Camera



Coimbatore, Tamil Nadu, India

42/1, 42/1, Bharathi Park Rd, R.S. Puram, Coimbatore,
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Lat 11.019064°

Long 76.950073°

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**Report on
Special lecture on
Total Quality Management in Food Service
Industry**



28.02.2023



Avinashilingam Institute for Home Science & Higher Education for Women
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Coimbatore-641 043, Tamil Nadu, India

REPORT ON SPECIAL LECTURE ON TOTAL QUALITY MANAGEMENT IN FOOD SERVICE INDUSTRY

The Special lecture on “Total Quality Management In Food Service Industry” was organized by the Department of Food Service Management and Dietetics on 28/02/21 at 1.30 pm which was attended in full strength of 200 participants.

Ms. N Pavithra of I Msc, on behalf of the Department of Food Service Management and Dietetics, welcomed the faculty, Chief Guest and the various participants and thanked the Almighty for showering his blessings.

Ms. Abhinandhana K.S of I MSc then introduced the key speaker Mr. Balasubramanian Kandappan who is an Associate Professor, School of Hosp. Tourism & Events, Taylor's University, Malaysia.

The Speaker Mr. Balasubramanian Kandappan thereafter gave a brief & informative presentation on Total Quality Management in Food Service Industry.

Sir noted that during the last decade several organizations are focusing on value improvement. However, while focusing on the much needed efficiency improvement, often, the aspect of 'human factor' got neglected leading to absence of joy in work place. It is important to remember that organization as an entity is built, reinforced and sustained by human beings. This much element can be successfully factored-in by Total Quality Management or TQM. The tenets of TQM is woven by the fabric drawn from organization vision, mission, values, goal setting, employee/ all stake holders' involvement, customer orientation, product & process management, Data & Organization structure, etc. It paves the way to development of a joyful workplace and recognizes organization as a living entity pulsating around customer and a congenial work culture. A highly profit making company also, may therefore, sometimes fail to qualify as a TQM organization

He also elucidated on:

- Visibility of emerging trends and developments in quality management standards
- Meaning of sustained success
- How is the changing business environment affecting quality management
- What can organizations do to be more agile

- How can emerging technologies drive innovation?
- Journey towards TQM, Change Management, People development

He concluded the session with a take home message of continual learning and upgradation of knowledge. The enriching and inter-active Webinar concluded with question & answer session where the students put up their queries which were effectively answered by the expert.

Dr.V.Premala Priyadharsini also gave her inputs. A vote of thanks was given by Ms. Srinidhi of I M Sc FSMD.

Invitation of Special lecture on Total Quality Management in Food Service Industry



Avinashilingam Institute For Home Science and Higher Education For Women

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Coimbatore-641 043, Tamil Nadu, India

Department of Food Service Management and Dietetics

Cordially invite you for a
special lecture

on

Total Quality Management in Food Service Industry

When



Dr. Kandappan Balasubramanian

Associate Professor,
Taylor's University, Malaysia
will deliver a special lecture

Dr. N. Vasugi,
Dean, School of Home Science,
will preside
&

Dr. V. Premala Priyadharshini,
Professor and Head
Department of Food Service Management and Dietetics
will Greet

PLACE: ACADEMIC COUCIL HALL

DATE: 28.02.2022

TIME: 1.30 - 2.30 PM

Programme Sheet



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India.

Department of Food Service Management & Dietetics

Special lecture on

Total Quality Management in Food Service Industry

28.02.2023

Programme

Prayer Song

Ms. Mythili K

I - M.Sc., Fsmd

Welcome Address

Ms. Pavithra M

I - M.Sc., Fsmd

Presidential Address

Dr.N.Vasugi

Dean, School of Home Science
AIHSHEW

Greetings

Dr.V.Premala Priyadharsini

Professor and Head
Department of FSMD

Introducing the Chief Guest

Ms. Abhinanthana K S

I - M.Sc., Fsmd

Special lecture

Mr. Balasubramanian Kandappan

Associate Professor,
School of Hosp.Tourism & Events
Taylor's University, Malaysia

Vote of thanks

Ms. Srinithi C

I - M.Sc., Fsmd

Master of ceremony

Ms. Swathika P

Ms. Ramlan Samrin T

I - M.Sc., Fsmd

VENUE : Academic Council Hall

TIME : 01.00 PM

Glimpses from the session





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Coimbatore-641 043, Tamil Nadu, India

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

REPORT

WORKSHOP

ON

INTRODUCING THE BASIC CONCEPTS OF AYURVEDA FOR DIET PRACTICE



23.03.2023



Avinashilingam Institute For Home Science and Higher Education For Women
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Coimbatore-641 043, Tamil Nadu, India

Department of Food Service Management and Dietetics

&

Indian Dietetic Association, Coimbatore Chapter



in association with



**Cordially invites you for a
Workshop
On**

Introducing the Basic Concepts of Ayurveda for Diet Practice

when

Dr. N. Vasugi,
Dean,
School of Home Science
presides

&

Dr. V. Premala Priyadarshini,
Professor and Head,
Department of FSMD
greet

SESSION 1



Dr. Somit Kumar
CSO and Director

deliberates on

- Principles of Ayurveda
- Concepts of Ayurveda - Importance in dietetics

SESSION 2



Dr. Aramya
Senior Research Associate

deliberates on

- Ayurvedic Eating Practices
- Benefits of Ayurvedic diets

DATE: 23.03.2023

TIME: 10.00 am - 12.00 pm

Venue: Academic Council Hall





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Coimbatore - 641 043, Tamil Nadu, India.

Department Of Food Service Management & Dietetics

Workshop On

Introducing the Basic Concepts of Ayurveda for Diet Practice

23.03.2023

Programme

Prayer Song

Ms.Praharshitha.K

I.M.Sc.FSMD

Welcome Address

Ms.Akshaya.SA

I.M.Sc.FSMD

Presidential Address

Dr.N.Vasugi

Dean

School Of Home Science

Greetings

Dr.V Premala Priyadharsani

Professor and Head

Department of FSMD

Introducing the Cheif Guest

Ms.Sailaja.V

I.M.Sc.FSMD

Session 1

Principles of Ayurveda

Concept of Ayurveda-Importance in Dietetics

Dr.Somit Kumar

CSO and Director

AVP Research Foundation

Introducing the Cheif Guest

Ms. Meesala Sushma

I.M.Sc.FSMD

Session2

Ayurvedic Eating Practices

Benefits of Ayurvedic diets

Dr.Aramya

Senior Research Associate

AVP Research Foundation

Vote of thanks

Ms.Nandhini.R

I.M.Sc.FSMD

Master of Ceremony

Ms.U.Sri Meghana

I.M.Sc.FSMD

VENUE: Academic Council Hall

TIME:10.00 am -12.00pm

Ayurveda, is the most ancient medicinal science in the Indian history with recorded evidence of more than 5000 years. The department of Food Service Management and Dietetics in collaboration with AVP research foundation and Indian Dietetic Association have conducted a workshop on Introducing the basic concepts of ayurveda for diet practice for the students emphasising the principles of ayurveda, concept of diet and ayurveda along with ayurvedic eating practice and its benefits.

Total of 200 students attended the workshop from department of Food Service Management and Dietetics.

The programme commenced by 10.00 AM in the academic council hall, with a soulful prayer song.

Dr. N. Vasugi, Dean School of Home Science, delivered the Presidential address. She encouraged the students to follow a healthy eating habit to live a healthy life.

Dr. V. Premala Priyadarshini, Head of the Department, Food Service Management and Dietetics, greeted the gathering and deliberated on the importance of ayurveda in this generation.

She insisted that the ayurvedic dietitian is one of the career option with numerous opportunities. She concluded by highlighting the importance of knowing ayurveda which is a great tool that can be used in dietetics.



Presidential address by Dr. N. Vasugi mam, Dean School of Home Science



Greetings by Dr. V. Premala Priyadarshini, Head of the Department, Food Service Management and Dietetics

The workshop started with Dr. Somit Kumar CSO and Director of AVP Research Foundation, who introduced the principles of ayurveda to the students. He started the session explaining the definition of Ayurveda. Ayurveda, is the structured definition of life. Ayur means life, and Veda means knowledge. Every individual must have the knowledge about the life they live. He emphasised the importance of experimenting everything in science and to observe it, to know the truth behind the theory.

Dr. Somit Kumar also elaborated the classification of organisms according to Ayurveda. The beautiful science of Ayurveda has 5 elements of life as earth, water, fire, air and sky. It was fascinating to learn how diet is prescribed in Ayurveda. Diet in Ayurveda depends on the 5 elements of life and it tries to meet a balance in all these elements of life to stay healthy.

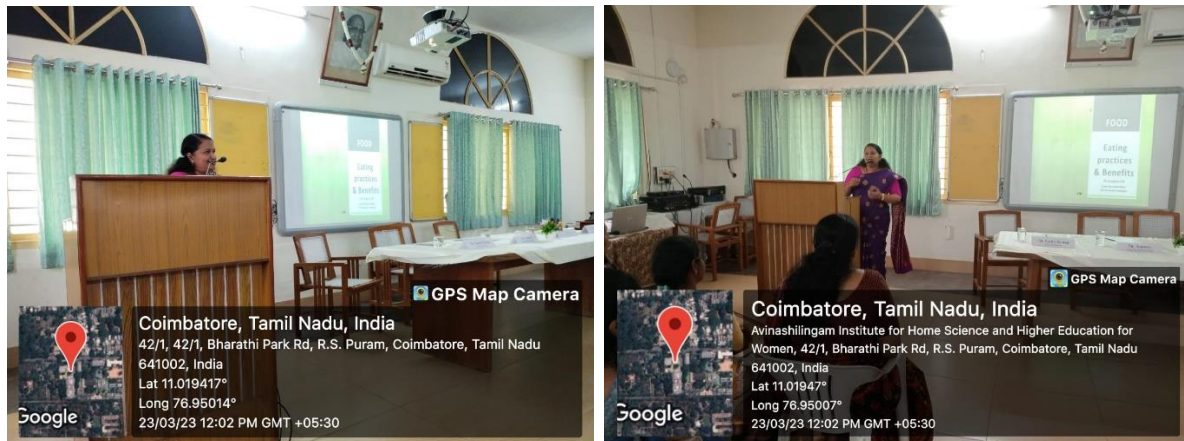
Also, a very good explanation about the food consumption and the human body metabolism in accordance with the seasonal changes was deliberated.



Presentation on Concepts of Ayurveda and its importance in Dietetics by Dr. Somit Kumar

Dr. Aramya, Senior research associate, AVP Research foundation the 2nd speaker of the day took over the stage, where the ayurvedic eating practices and benefits of ayurvedic diet was enlightened. Ahara means something that gives immense strength. The concept of Ahara and its importance was given in śrāvakācāra, which is a 11th century book. It classifies foods in varies means and that was really an interesting concept to know. The basic idea of food and the importance of following the ayurvedic concept was explained very clearly by Dr. Aramya. Taking warm food with an emulsifier enhances the digestion and the absorption of food. It is very much important to follow the food limit during our meal.

Ayurveda has a 1/3rd rule of food. The rule says our stomach should be filled with 1/3rd of solid, 1/3rd of liquid and 1/3rd of air in every meal. She highlighted the major factors of the food. Ayurveda has 8 major factors of food as, the quality of food, combination of food, method of cooking, quantity habits and so on. All these factors and the diet itself is completely based on the 5 basic elements of life spelled in Ayurveda. It was very interesting to know the food facts in Ayurveda. The session was an eye opener to all the participants.



Deliberation on Ayurvedic eating practices by Dr. Aramya

After the guest lecture, the guests were been felicitated with a momento by Dr. V. Premala Priyadharshini, Head of the Department, Food Service Management and Dietetics. It was indeed an intellectual feast to everyone. The session ended with the vote of thanks.



Felicitation of the Guest

List of Participants

I B.Sc. Food Service Management and Dietetics

S.NO.	ROLL NO.	NAMESS
1.	22UFD001	Abhinaya Sri S
2.	22UFD002	Amritha U
3.	22UFD003	Ananthi L S
4.	22UFD004	Anitha M
5.	22UFD005	Ann Mary G
6.	22UFD006	Archini B
7.	22UFD007	Aruthra Devi S
8.	22UFD008	Ashiba A
9.	22UFD010	Bhuvaneshwari M
10.	22UFD011	Dhatshini S
11.	22UFD012	Divya S
12.	22UFD013	Divya shree R
13.	22UFD014	Ezhil J
14.	22UFD015	Hadiya sheema L
15.	22UFD016	Harinithi J
16.	22UFD017	Indira Priyadarshini S
17.	22UFD018	Iswarya B
18.	22UFD019	Jesintha R
19.	22UFD020	Jinsha S
20.	22UFD021	Karunya N
21.	22UFD023	Lavanya S
22.	22UFD024	Logapameshwari S
23.	22UFD025	Magheema M
24.	22UFD026	Nandhini Priya R
25.	22UFD027	Narmatha G
26.	22UFD028	Pavithra N
27.	22UFD029	Prageetha P
28.	22UFD030	Praverthika V C
29.	22UFD031	Ronisha Mary A
30.	22UFD032	Sabareeshwari R
31.	22UFD033	Sahana Malkar B
32.	22UFD034	Sangeetha M
33.	22UFD035	Saranya A
34.	22UFD036	Sariga R
35.	22UFD038	Sharuthi Nisha D
36.	22UFD039	Sri Sakthi Kiruthika S
37.	22UFD040	Swasthika A
38.	22UFD041	Swathika I K
39.	22UFD042	Tamil selvi S
40.	22UFD043	Varshini Rebecca Mahesh
41.	22UFD044	Vinitha A

II B.Sc. Food Service Management and Dietetics

S.NO.	Roll NO.	NAMES
1.	21UFD001	Aarthi .M
2.	21UFD002	Asmitha .M
3.	21UFD003	Bavadharani S.J
4.	21UFD004	Bharathi.V
5.	21UFD006	Dyuthi konakalla
6.	21UFD007	Ezhil .T.S
7.	21UFD008	GayathiriS.P
8.	21UFD010	Haripriya .M
9.	21UFD011	Harshini .G
10.	21UFD015	kalasri .V
11.	21UFD016	Khade premila vishnu
12.	21UFD017	Kowsalya .M
13.	21UFD018	Maisnam jalendia chanu
14.	21UFD019	Mohana.R
15.	21UFD020	Nagaveni .N
16.	21UFD021	Nandhana.M
17.	21UFD022	Nithish merlin L
18.	21UFD023	Pabitha.M
19.	21UFD024	Parkavi .P
20.	21UFD026	Pavithra D
21.	21UFD027	Poornima R
22.	21UFD028	Pradheesha P
23.	21UFD029	Preethi M
24.	21UFD030	Prithima jenifer .J
25.	21UFD031	Ramamani .s
26.	21UFD032	Ramya .R
27.	21UFD033	Rani chandana .p
28.	21UFD034	Rihana fathima A
29.	21UFD035	Rithu Ramya R.K
30.	21UFD036	Safrin T.K
31.	21UFD037	Sandhiya devi S
32.	21UFD038	Santhosini S
33.	21UFD039	Sanufiya .S
34.	21UFD040	Sathya sri .S
35.	21UFD041	Shakthi Abirami .S
36.	21UFD042	Shasika .M
37.	21UFD043	Sherlin Lincy .S
38.	21UFD044	Shri sarathi .T
39.	21UFD046	Shubiksha sri S.G

40.	21UFD047	Sireen .K
41.	21UFD048	Sowmya.D
42.	21UFD049	Sriranjani. S
43.	21UFD050	Subhathraa.K
44.	21UFD051	Subiksha .M
45.	21UFD053	Suhaina shirin .S
46.	21UFD054	Tharini A.V.
47.	21UFD055	Yawanthini .M

III B.Sc. Food Service Management and Dietetics

S.NO.	Roll NO.	NAMES
1.	20UFD001	Abarna V
2.	20UFD002	Afrin Kauser B
3.	20UFD003	Angana Barman
4.	20UFD005	Anusha N
5.	20UFD006	Athira S
6.	20UFD007	Aysha Nilofer R
7.	20UFD008	Babiya K Jacob
8.	20UFD009	Bharathi S
9.	20UFD011	Charumathi M
10.	20UFD012	Deekshika M
11.	20UFD013	Deepasri S
12.	20UFD014	Devadharshini C
13.	20UFD015	Dhana Shri V P
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16.	20UFD018	Fathima Shamrin C M
17.	20UFD019	Gayathri K
18.	20UFD020	Gowthami R
19.	20UFD021	Haripriya V
20.	20UFD022	Harishma V M
21.	20UFD024	Jayasri S K
22.	20UFD025	Jeevitha V
23.	20UFD026	Joshika M
24.	20UFD027	Karthika M
25.	20UFD028	Kaviya K
26.	20UFD029	Mageshwari R
27.	20UFD030	Maha Priya G
28.	20UFD031	Mahima Magdalene
29.	20UFD032	Mayurapriya S
30.	20UFD033	Mirthiya T
31.	20UFD034	Mithra K
32.	20UFD035	Murugalakshmi M
33.	20UFD036	Nandhini K
34.	20UFD037	Navaneetha C
35.	20UFD038	Nikitha D
36.	20UFD039	Pavithra C
37.	20UFD040	Ponmareeswari J
38.	20UFD042	Rasika R
39.	20UFD043	Ritwika Pramod Kumar
40.	20UFD044	Rofina R
41.	20UFD045	Roshini G
42.	20UFD046	Sanaa Sumayya N

43.	20UFD047	Saranya V
44.	20UFD048	Shahanas
45.	20UFD049	Sneha R
46.	20UFD050	Snekaa Priya K
47.	20UFD051	Sreenila Adhera C
48.	20UFD052	Sri Andal Bharathi M
49.	20UFD053	Srinidhi K C
50.	20UFD054	Srivarshini B
51.	20UFD055	Swetha R
52.	20UFD056	Uma Shankari T
53.	20UFD057	Vaishali K
54.	20UFD058	Vishnudurga S
55.	19UFD017	Indhumathi S

I MSc. Food Service Management and Dietetics

S.NO.	ROLL NO.	NAMES
1	22PFD001	Abhinandhana K S
2	22PFD002	Aishwarya S
3	22PFD003	Aiswarya Warriar M
4	22PFD004	Akshaya SA
5	22PFD005	Bagya Darshini S
6	22PFD006	Fathimatul Hibha P V
7	22PFD007	Gowri M
8	22PFD009	Jasira M
9	22PFD010	Jeelakarra Jwalitha
10	22PFD011	Kannepalli Mythili
11	22PFD012	Kasarabada RVND Praharshitha
12	22PFD013	Mahalakshmi D
13	22PFD014	Meesala Sushma
14	22PFD015	Nandhini R
15	22PFD016	Neethara Priya G G
16	22PFD017	Pavithra M
17	22PFD018	Ramlan Samrin T
18	22PFD019	Rithika Ranjith
19	22PFD020	Sampoorna E
20	22PFD021	Seneka B
21	22PFD022	Sreenidhi C
22	22PFD023	Sri Meghana U
23	22PFD025	Swathika P
24	22PFD026	Swetha D
25	22PFD027	Tharani Devi
26	22PFD028	Vaddi Nodi Bagyashri Sailaja

II MSc. Food Service Management and Dietetics

S.NO.	ROLL NO.	NAMES
1.	21PFD001	M.Aarathi Swetha
2.	21PFD002	S. Aathithya
3.	21PFD003	V. Akshaya
4.	21PFD004	R.Anushiyadevi
5.	21PFD005	A.Ashwanthini
6.	21PFD006	J.S.Bharathi
7.	21PFD008	M.Diwan Haseena
8.	21PFD010	A. Indhumathi
9.	21PFD011	D. Jonabai
10.	21PFD012	R .Kavibharathi
11.	21PFD015	Mhalo Ngullie
12.	21PFD016	S.Nigila
13.	21PFD017	P.Nirranjana
14.	21PFD018	N.Nityashree
15.	21PFD019	P.Pavithra
16.	21PFD020	N Ponshanmugapriya
17.	21PFD022	Praveen Raj Chesam
18.	21PFD024	S.Priyadharshini
19.	21PFD025	S. Puja
20.	21PFD026	Salam Renuka Devi
21.	21PFD027	K.Shalini
22.	21PFD028	R.K.Sharumathi
23.	21PFD029	H.Sneaga
24.	21PFD030	S.Vishalakshi
25.	21PFD031	M.Yogeshwari

Ph.D Scholars - Food Service Management and Dietetics

S.NO.	ROLL NO.	NAMES
1	22PHFDF001	K. K. Shanmukapriya
2	22PHFDF002	J. Sowmiya
3	22PHFDF003	S. Aadhiyalakshmi
4	21PHFDF001	J. YoshiaLeela
5	20PHFDF001	N. Komathy
6	22PHFDF003	D. Tinu



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DEPARTMENT OF ECONOMICS

PLAN WEEK CELEBRATION - COMPETITIONS

THEME: CORRUPTION FREE INDIA FOR A DEVELOPED NATION

S.No	Type of Competition	Staff-in-Charge	Date of submission (on or before)	Staff member – in-charge
1.	Essay writing in Tamil	Dr. B. Maheswari	02.11.2022	arunmaheswari1981@gmail.com 9788608023
2.	Essay writing in English	Dr. E. Shanmughapriya	02.11.2022	shanmughapriya_eco@avinuty.ac.in 9487592579
3.	Slogan writing in Tamil	Dr.C.Parvathi	02.11.2022	parvathi_eco@avinuty.ac.in 8610325088
4.	Slogan writing in English	Dr.Krithika. A.N	02.11.2022	krithika_eco@avinuty.ac.in 9789651846
5.	Poster making	Dr. M.Shanthi & Dr. Mirshath Begum.M	02.11.2022	Shanthi_eco@avinuty.ac.in 8675625378

Note: For further details contact Dr.M.Shanthi, Assistant Professor, Department of Economics,
Mobile - 8675625378 (or) the staff in - charge of the above competitions

M. Shanthi

S. S. S.
10/10/22

m. Manmai
10/10/22

Kalaivizha2022

Antique club

Date :10.11.2022

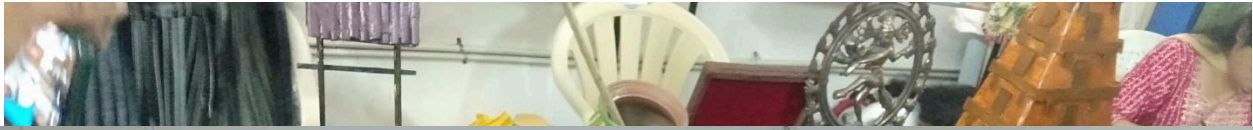
Theme: Vintage wisdom, Heritage kindom

Traditional legacy , Practice happily



The Antique Club which is Rooted in The Traditional values was Inaugurated along with various clubs in the Institution by Respected Registrar Dr.S.Kowsalya and other Dignitaries with the lightning of lamp.The concept for Antique club for the year 2022 was to Represent the Enrichment ,Culture and Traditional Legacy of Ancient Tamil Civilisation.Dr.C.Parvati,Associate professor , Department of Economics,and coordinator of Antique club Initiated the club activities..The club Exhibited Miniature of keezadi which is one of the world's Ancient civilisation. The club also showcased Miniature of Tanjore Big temple as an Architectural excellence of Ancient Tamils.TheInternational TradeRoute of Ancient Tamils Encarved with spices Excited the Audience .The club alsoDisplayedMillets which were the Main source of Ancient Tamilfood.VariousUtensils used by the Ancient Tamil HouseholdwereDisplayed in the Event.Asa cherry on the cake to Emphasis the Bravery of Tamils silver sword with Artistic work had been Exhibited in the Event.Evaluation of Transport system from Ancient times to Modern world was Displayed Captivatingly in the Event.The FamousThiruvarurchariot was showcased in the event as a Model.TheAudience were curious to know about all the ItemsDisplayed in the Event and the Club Members Explained them with Enthusiasm.Indeed the Event was a Great Success .









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**INSTITUTION'S
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(Ministry of Education Initiative)

Department of Business Administration

Report – January 13th 2023-"Synergy with Nativity-Pongal Celebrations"

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN
DEEMED TO BE UNIVERSITY ESTD. U/S 3 OF UGC ACT 1956, CATEGORY A BY MHRD
RE-ACCREDITED WITH 'A++' GRADE BY NAAC CGPA 3.65/4, CATEGORY I BY UGC
COIMBATORE-641 043, TAMIL NADU, INDIA

INSTITUTION'S INNOVATION COUNCIL
(Ministry of Education Initiative)

**DEPARTMENT OF BUSINESS ADMINISTRATION
AVALON MANAGEMENT ASSOCIATION**

Cordially invites all for

**"SYNERGY WITH NATIVITY- PONGAL CELEBRATIONS"
PONGALO PONGAL!!!**

Greetings
Dr. P. Chitramani
Professor & Dean, School of Commerce & Management
Dr. J. Arthi
Professor & HoD, Department of Business Administration

JANUARY
FRIDAY 13 AT 11.30 AM
2023

VENUE: VIVEKANANDA AUDITORIUM
STAFF INCHARGE- Dr. D. Arthi
STUDENT INCHARGE- Mrs. R. Ayssha



Pongal festival which is also referred to as Thai Pongal, is a Harvest festival celebrated in Tamil Nadu. It is observed at the start of the month Thai (January) according to Tamil calendar, and this festival is celebrated usually on January 14 or January 15 depending on the sun's orbit around earth in that particular year. It is dedicated to the Sun God, Suryan, and corresponds to

Makar Sankranti, the harvest festival under many regional names celebrated throughout India. The three days of the Pongal festival are called Bhogi Pongal, Surya Pongal, and Mattu Pongal.



The Department of Business Administration celebrated the traditional festival Pongal on the theme "Synergy with Nativity-Pongal Celebrations". The event was started by our Chancellor Prof. S.P. Thyagarajan. Sweet Pongal was made in a traditional way and offering was done to thank Surya bhagavan.

The Prayer song was sung by Ms, Roopashree Anish of I MBA IT. Ms. Monisha B of I MBA IT delivered the welcome speech. Ms. Kalipriya. K of I MBA delivered a speech on Pongal by mentioning its reason and significance. Dr. P. Chitramani, Professor and Dean, School of Commerce and Management and Dr. J. Arthi, Professor and HOD of the Department of Business Greeted the Audience. Ms. K. Devadarshini of I MBA and Ms. R. Lavanya of I MBA IT performed the ancient as well as traditional sport Silambam. Followed by the traditional and folk dance performance by I MBA and MBA IT students, games were also organised which made the celebrations more interesting and vivacious.

The students of entire campus joined school wise to celebrate and a mass event of celebrations was experienced. This had really developed the comradeship, team building and students understood how such tradition can bring a huge personality changes.



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Department of Business Administration

Report – 25.11.2022

International Day for the Violence against Women



DEPARTMENT OF BUSINESS ADMINISTRATION
Organises a
Sensitization Session
To Observe International Day for the Elimination
of Violence against Women



Mrs. S. Anusuya Saravana Kumar, M.A., M.L.
Advocate, District Court, Coimbatore

Date: 25.11.2022
Time: 2.30. PM
Venue: MBA Conference Hall

All are Cordially Invited



To observe the 25th of November as the International Day for Elimination of Violence against Women a sensitization workshop for the Students and Faculty is organised by the Department of Business Administration. The event was organized as per the guidance and directions of our Vice Chancellor Dr. V. Bharathi Harishankar and the Registrar Dr. S. Kowsalya. This will contribute to the realisation of gender equality and result in inclusive growth for the benefit of individuals, the family and nation as a whole. In view of the above, a Special Lecture was delivered by Mrs. S. Anusuya Saravana Kumar, Advocate of District Court, Coimbatore, She mentioned about the laws and regulations which keep women folk empowered and work for a healthy society. She cite few important cases and their judgements which really was thought provoking and informative. She told that the Violence against women and girls is one of the most widespread, persistent and devastating human rights violations in our world today remains largely unreported due to the impunity, silence, stigma and shame surrounding it. Head of the Department of Business Administration Dr. J. Arthi, greeted the Audience.

She highlighted about forms of abuse and how all can induce serious physical and emotional effects. She addressed the audience that if you're concerned about a friend who may be experiencing violence or feels unsafe around someone, review these signs and learn about the ways to help them find safety and support.



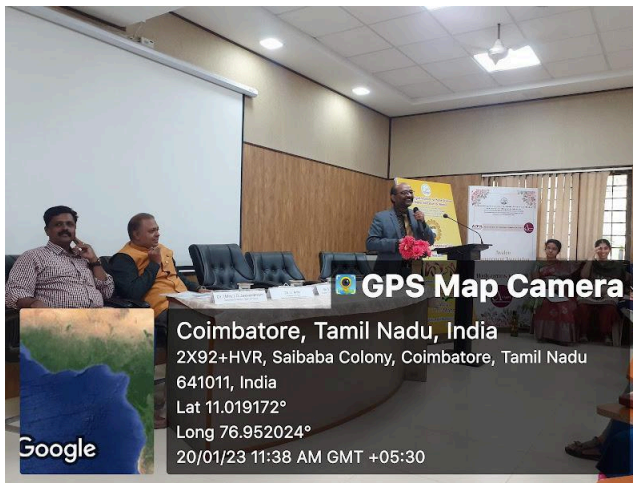
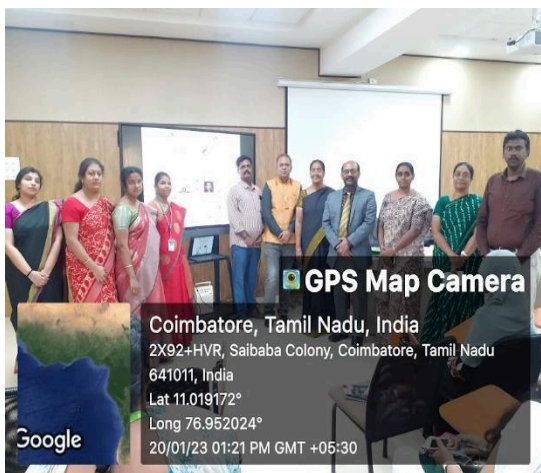
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Department of Business Administration

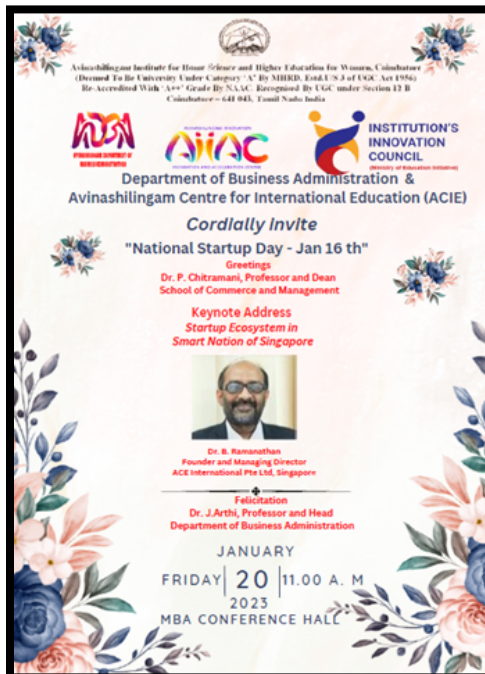
Report – January 20th 2023 – “National Startup Day”



Department of Business Administration along with Avinashilingam Centre for International Education organized “National Startup Day” event on 20th Jan 2023 to explore

about startups and its functioning. The event was organized as per the guidance and directions of our Vice Chancellor Dr. V. Bharathi Harishankar.

Keynote Address was delivered by Dr. B. Ramanathan, Founder and Managing Director, ACE International Pte., Ltd Singapore, where he spoke about Startup Ecosystem in the Smart Nation of Singapore. Special Address was delivered by Mr. S. Shameer, Founder IT Projects Media, Coimbatore, Where he spoke about Startup Readiness of Tamilnadu. Dr. P. Chitramani, Dean, School of Commerce and Management and Dr. J. Arthi, HOD of the Department of Business Administration, Greeted the Audience. 86 Students of I MBA and I MBA IT attended the session. The session was found to be highly informative.



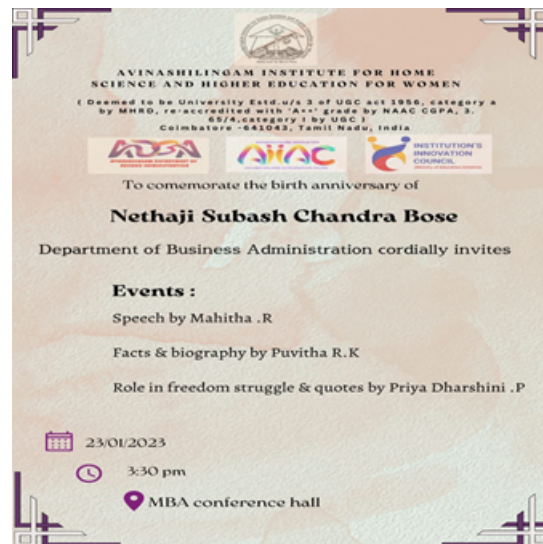


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Department of Business Administration
Report – January 23rd 2023 – “Parakram Diwas”



Department of Business Administration celebrated 126th birth anniversary of Netaji Subhas Chandra Bose on 23rd Jan. organized as per the guidance and directions of our Vice

Chancellor Dr. V. Bharathi Harishankar. Subhas Chandra Bose also called Netaji is known for his role in India's independence movement. A participant of the noncooperation movement and a leader of the Indian National Congress, he was part of the more militant wing and known for his advocacy of socialist policies.



The Celebrations started with the presentation of fact & biography by Ms. Puvitha.R.K. and role in freedom struggle & quotes by Ms. R. Priya Dharshini. A fabulous speech was delivered by Ms. Mahitha.R with great confidence and left no stone unturned to give in her best. For the celebration the students of MBA & MBA IT enthusiastically participated in quiz competition. Netaji means "Respected Leader", His life is a great example of leadership from

which modern Indian leaders can learn many lessons. The students were really inspired by the actions and deeds of Nethaji Subash Chandra Bose out of this event.



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**INSTITUTION'S
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Department of Business Administration

Report – January 2nd 2023 – “Veer Bal Diwas Day”



Veer Bal Diwas is celebrated on 26th December of every year. This day is celebrated to pay tribute to the courage of the four Sahibzadas of Guru Gobind Sahib Ji who attained martyrdom in the 17th century. This day is celebrated every year on 26th December in order to inspire the children by the sacrifice of all the four Sahibzadas. In commemoration of Veer Bal Diwas, the Department of Business Administration of Avinashilingam Institute for Home Science and Higher Education for Women under the guidance of the Vice Chancellor Dr. Bharathi V Harishankar and the Registrar, Dr. S. Kowsalya and the Dean Student Affairs Dr. Uma Maheswari organized a digital exhibition and a Quiz competition on 02-01-2023, with the motto is to inspire the students by exhibiting the sacrifice of the Sahibzadas. Events started at 10am with a prayer and by paying tributes to all the four Sahibzadas.

Dr. A. Pankajam, Associate professor welcomed the gathering by reminding the immense contribution of ten Sikh gurus and the sacrifice of the Sikh tradition for protecting the honour of the nation. A Quiz competition was conducted in order to recognize and pay tribute to the young valiant and brave martyrs who sacrificed their lives for the country. Dr. P. Chitramani, Professor & Dean, School of Commerce and Management, emphasised upon the patriotism, freedom spirit, perseverance against colonialism and the reason for celebrating Azadi ka Amrit Mahotsav. Dr. J. Arthi, Head, Department of Business Administration highlighted the sacrifice of Sikh tradition and reiterated that sacrifice of several brave hearts have been the backbone to achieve freedom of our country. She made the audience to think how we need to work hard to hold the pride of our Nation. Prizes were distributed to the winners by Dean Student's Affairs Dr. S. Uma Maheswari. Dr. K. Ramya thanked the gathering and motivated the students to organize such events emphasised about their own contribution to the development of our own nation



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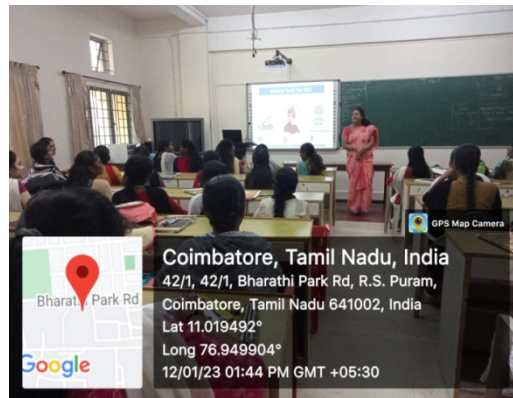
Report – 12-01-2023

National Youth Day

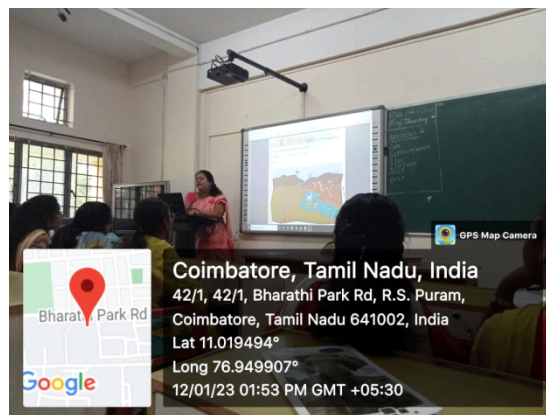
The Avinashilingam Department of Business Administration commemorated “National Youth Day” on 12-01-2023, The session was organised in the 1st MBA-IT classroom and

started at 1:30 PM. The day marks the Birth Anniversary of the social reformer, great thinker and philosopher, Swami Vivekananda. National Youth Day is observed to honour the ideals and

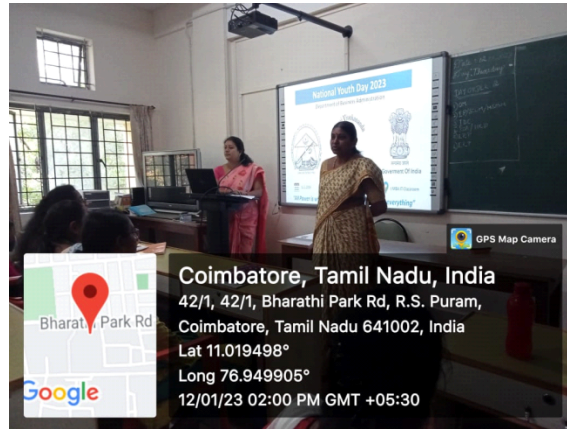
thoughts of Swamiji Vivekananda who had tremendous faith in youth. Dr. M. Iswarya Assistant Professor, Department of Business Administration welcomed the participants and gave a brief introduction about life of Swami Vivekananda. Which happened to be the birth anniversary of Swami Vivekananda. ***“Act on the educated young men, bring them together, and organise them. Great things can be done by great sacrifices only. No selfishness, no name, no fame, yours or mine, nor my Master's even! Work, work the idea, the plan, my boys, my brave, noble, good souls - to the wheel, to the wheel put your shoulders”***



Ma'am then discussed about Swami Vivekananda's principles. To make the session more interesting ma'am came up with a story, which we all have heard in our childhood "The hare and the tortoise" but with a different ending and perspective. She also motivated us and gave a clear view on success and failure while working individually and as a team.



Dr. M.A. Vijaya Assistant Professor, Department of Business Administration gave a brief about the relevance of the “Youth contribution to the Development of Nation”.The session found to be interesting and insisted the importance of youth in building the nation and how they could be more responsible citizens of the country.



The Students Club – Matrix Club organized competition to motivate students through slogan displays and created videos on Swami Vivekananda.

Kalaivizha Competitions















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INSTITUTION'S
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Department of Business Administration

Report – Demo Day

The Avinashilingam Innovation Incubation and Acceleration centre and Avinashilingam Institute for Home Science and Higher Education for Women (2nd Campus) organized a product demo on 15th March 2023. The event showcased various working models of engineering products developed by the engineering students of the institute. The demo aimed to promote innovation and entrepreneurship among the students and provide them with a platform to showcase their talent. The event was organized under the guidance of Dr.J.Arthi, Professor & Head, Department of Business Administration, and Dr. S. Kalaiselvi, Asst, Dean, Research Projects.

Dr. Anil Kondreddy, Chief Operating Officer, ASPIRE-BIONEST, University of Hyderabad:Dr. Kondreddy has over 20 years of experience in the field of research and development. He has worked with several reputed organizations and has published numerous research papers in international journals.Mr. Ashok Pamidi, Former CEO, NASSCOM Foundation, Start-up Evangelist. Mr. Pamidi has over 30 years of experience in the IT industry. He has worked with several reputed organizations and has been actively involved in promoting start-ups and entrepreneurship.

Mrs. T. Vanathi Devi, President-Southern Industrial Academy for Women Entrepreneurs Development, Chennai. Mrs. Devi has over 20 years of experience in the field of entrepreneurship. She has worked with several organizations and has been actively involved in promoting women's entrepreneurship. Mr. Chandu Nair, Director-Menterra Venture Advisors, Executive Committee, The Chennai Angels. Mr. Nair has over 20 years of experience in the venture capital industry. He has worked with several reputed organizations and has been actively involved in mentoring start-ups. Mr. Sriram Sankaran, Chairman and MD-Synchron Group Charter Member TIE 1 Board of Directors Native. Mr. Sankaran has over 25 years of experience in the field of entrepreneurship. He has worked with several organizations and has been actively involved in promoting entrepreneurship among the youth.

The level of innovation and creativity demonstrated in the design and functionality of the products was a crucial aspect of evaluation. The jury assessed the uniqueness of the ideas and the extent to which the products addressed real-world problems.



The technical aspects of the products, including engineering design, efficiency, and reliability, were evaluated. The jury looked for evidence of sound engineering principles and the use of advanced technologies to develop the working models.

Practicality and Market Potential:

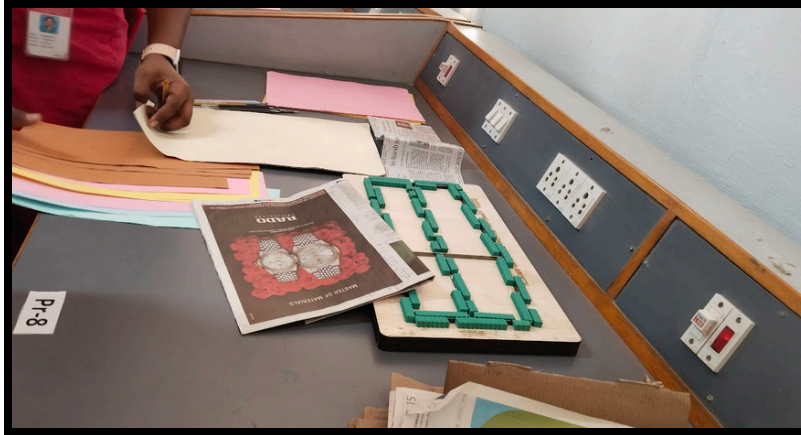
The practicality of the products and their potential for commercialization were key considerations. The jury examined whether the products had the potential to meet market demands and generate viable business opportunities. Factors such as cost-effectiveness, scalability, and ease of implementation were taken into account.



The extent to which the products addressed societal challenges and had a positive impact on communities was an important evaluation criterion. The jury assessed whether the products contributed to sustainable development, environmental conservation, or improved quality of life.



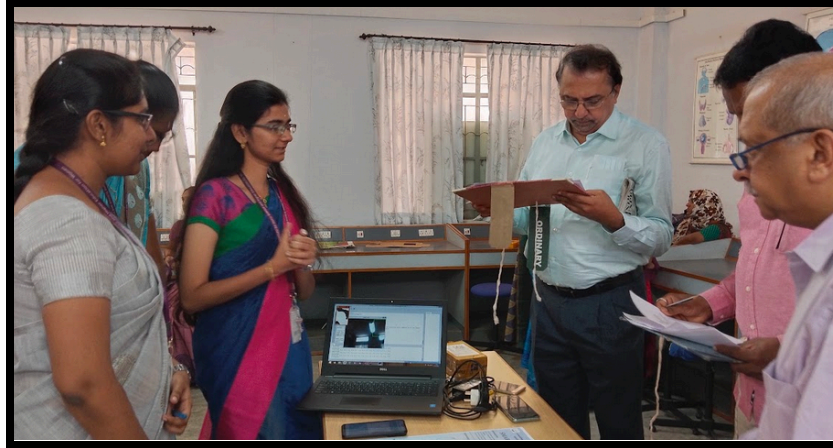
The students' ability to effectively present and communicate their ideas was also evaluated. The jury assessed the clarity of the presentations, the students' understanding of their projects, and their ability to articulate the features and benefits of their products.



The product demo event witnessed enthusiastic participation from both students and faculty members. The students showcased their products with passion and confidence, highlighting the results of their hard work and dedication. The event provided a platform for students to interact with industry professionals and gain valuable feedback on their innovations.



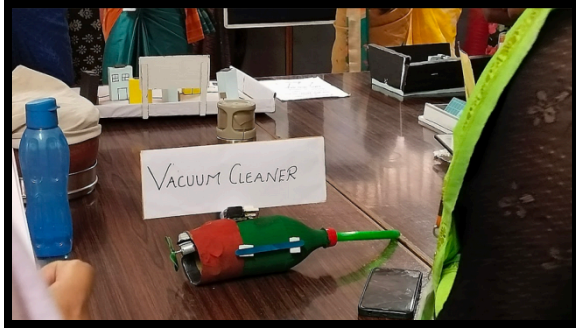
Dr. J. Arthi and Dr. S. Kalaiselvi, the coordinators of the event, commended the students for their exceptional efforts in developing innovative engineering products. They emphasized the importance of fostering an entrepreneurial mindset among students and encouraged them to continue pursuing their passion for innovation.



The jury members actively engaged with the students, asking questions about the technical aspects, market potential, and social impact of their products. They provided valuable insights and suggestions to help the students further refine their prototypes and explore avenues for commercialization.



The event also included networking sessions, where students had the opportunity to interact with industry professionals, entrepreneurs, and fellow students. These interactions facilitated knowledge sharing, collaboration, and potential partnerships.



The product demo organized by the Avinashilingam Innovation Incubation and Acceleration Centre was a resounding success, showcasing the innovative spirit and technical prowess of the engineering students. The event provided a platform for students to exhibit their creativity, problem-solving skills, and entrepreneurial potential.

The presence of esteemed jury members added credibility to the event and provided students with valuable feedback and guidance. The evaluation criteria focused on innovation, technical excellence, practicality, market potential, and social impact, ensuring a comprehensive assessment of the showcased products.



Overall, the product demo served as a catalyst for inspiring and nurturing the next generation of innovators and entrepreneurs. It fostered a culture of innovation, encouraged

interdisciplinary collaboration, and highlighted the potential of engineering solutions to address real-world challenges. The event undoubtedly played a crucial role in empowering the students and preparing them for future entrepreneurial endeavors





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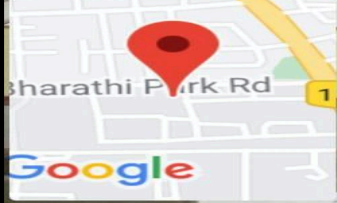
**INSTITUTION'S
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Inter Collegiate Event – 24.2.2023

Battle of Ideas(Ideas Presentation)

Theme: Green Products

The Department of Business Administration conducted an Ideas Campaign among UG students in Coimbatore to bring out the interest and ideas on the theme of eco friendliness which is also one of the themes of G20 presidency. This program was registered by 10 teams including teams from host institution. The Jury members are renowned Startups in Agritech and Social Impact Projects. They were much enthused to meet the young minds with ideas and the team which has won the event has brought prototype of eco-friendly cups. The Jury members suggested a product display of entire Avinashilingam Institute and form different clubs to attract more students. The Jury shared their journey which was full of several challenges which made the participants to plan for their future so that such risks may be encountered in a better manner. The participants were invited to their respective offices for further mentorship.



Coimbatore, Tamil Nadu, India
53, Ramalingam Colony, Saibaba Colony,
Coimbatore, Tamil Nadu 641043, India
Lat 11.019625°
Long 76.951163°
24/02/23 04:22 PM GMT +05:30





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND
HIGHER EDUCATION FOR WOMEN, COIMBATORE**

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Coimbatore-641 043, Tamil Nadu, India



' INTER COLLEGIATE EVENT '

**FEB 24
2023**

Battle of Ideas

**TIME
11.30 A.M**

Idea Presentation

THEME: Green Products

JURY MEMBERS

Mr. Selva Kumar Varadharajan

Founder / Chief Executive

VilFresh - Laymen Agro Ventures Pvt.Ltd.,

Mr. S. Gowtham

Co- Founder & Managing Director Green

Delight Innovations Pvt.Ltd.,

Venue: I - MBA IT

All UG Students

3 Members / Team



Re-accredited by NAAC with
'A++' Grade CGPA 3.65/4



Graded as Category-1 University
Recognised Under Section 12B
by the UGC



Ranked 84 among Universities

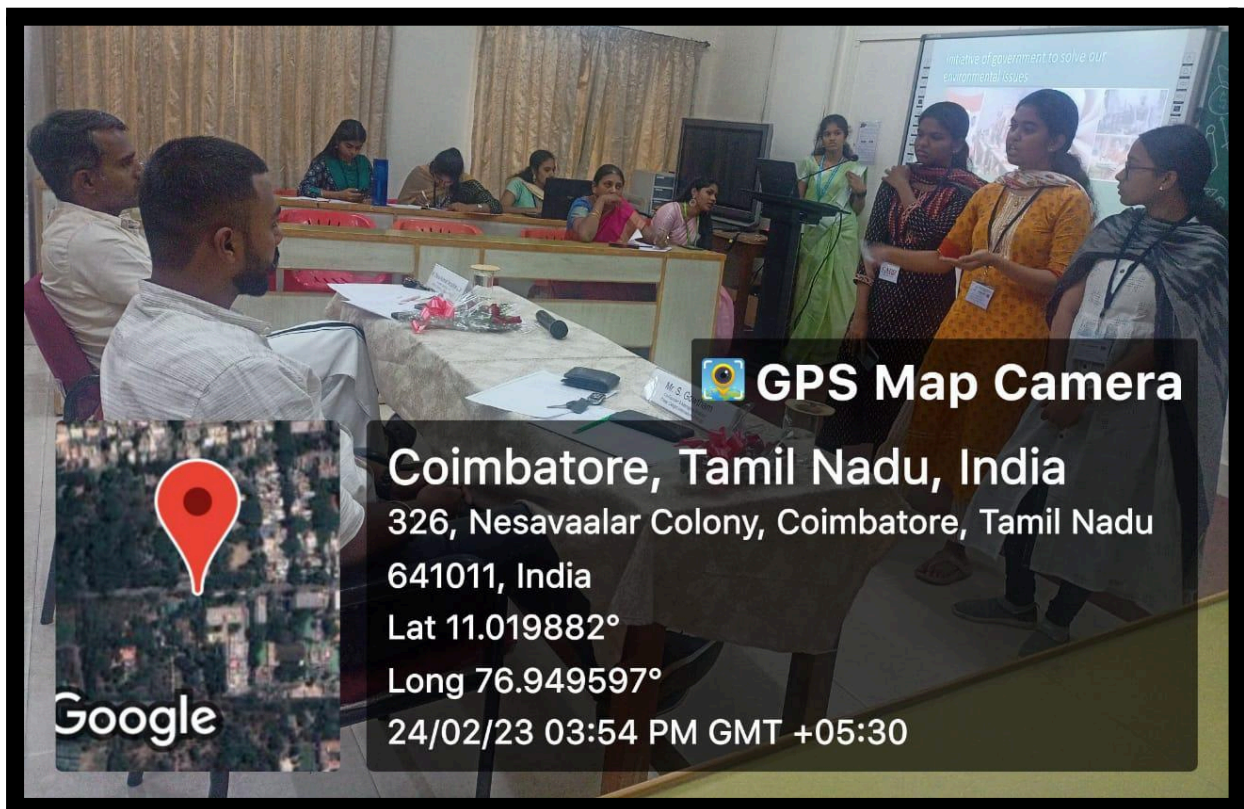


Ranked 5th under the University
(Govt. & Govt. Aided)
(Technical) Category



Granted Category A Status by MHRD -
Top most ranking for
Deemed - to - be - Universities

Dr. A. Pankajam, Associate Professor, NISP Nodal Officer of the Institute greeted the guests and the participants from various Colleges. The ideas presented includes Toothpaste from propolis, Multivitamin tonic using vegetable extracts and wealth out of waste products. The ideas that won are Eco-friendly Cups and Jute Garments with sensors. The Faculty In-charge Dr. M.A. Vijaya organised the event who is a member of Core Committee in Avinashilingam Innovation, Incubation and Acceleration Centre.





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Category I by UGC Coimbatore-641 043, Tamil Nadu, India



DEPARTMENT OF BUSINESS ADMINISTRATION ON

Report on

“Painting competition”

G20 THEMES

Date: 02-04-2023

Place: Coimbatore



Avinashilingam Institute for Home Science and Higher Education for Women
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DEPARTMENT OF BUSINESS ADMINISTRATION

organises a

**"PAINTING COMPETITION"
ON G20 THEMES**

"VASUDHAIVA KUTUMBAKAM"

VENUE : MBA CONFERENCE HALL

DATE : 31-03-2023

TIMING : 10.30 - 11.30 AM

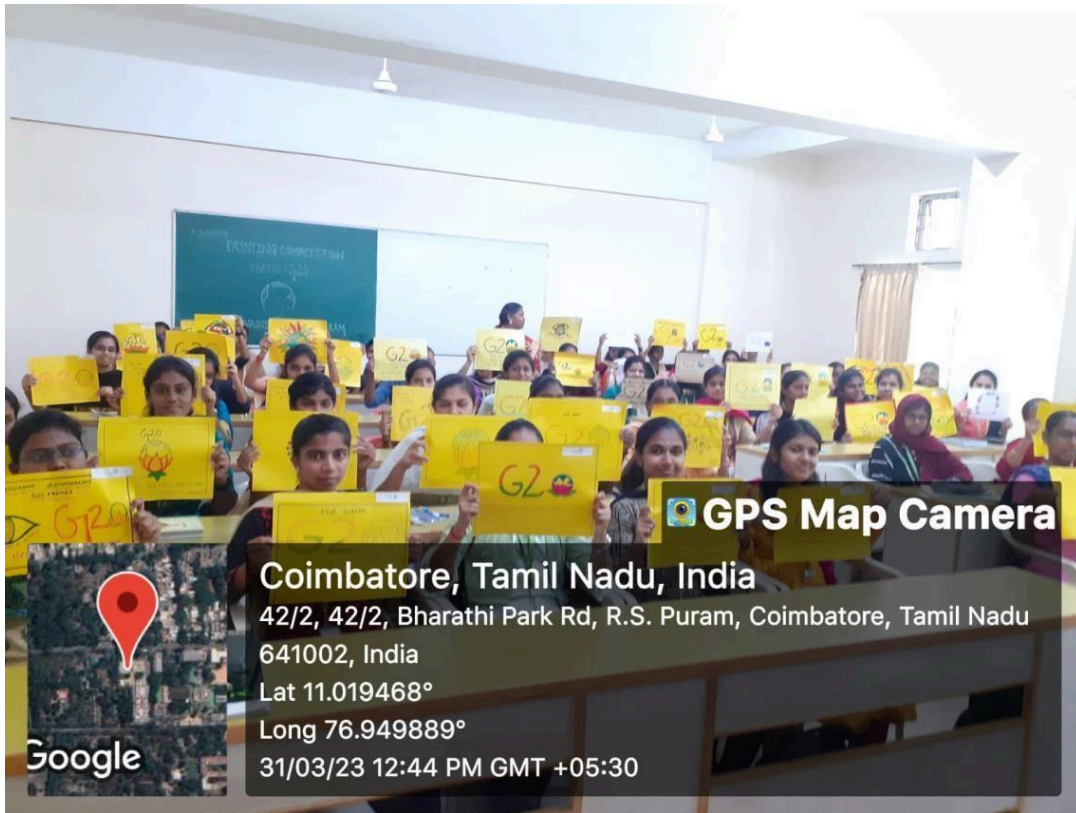
PARTICIPANTS : I MBA & MBA IT STUDENTS

PAINTING COMPETITION ON G20 THEME

The Avinashilingam Department of Business Administration conducted a Painting competition. The theme of the competition was based on G20 theme- “Vasudhaiva Kutumbakam” which was held on 31-03-2023. The competition was organized in the MBA Conference Hall and started at 10:30 A.M and the students of I -MBA & I- MBA IT participated for the painting competition.

Dr. J. Arthi, Head, Department of Business Administration gave us a small introduction on the topic G20 and the purpose of this painting competition





The participants were given one hour to complete their paintings and the paintings submitted by the participants were of high quality which showcased their artistic talents. The faculty members also

appreciated the artwork of the students. The participants were judged based on the creativity, originality, and adherence to the theme of the competition.

At the end of the day, the painting competition was a success, as it provided a platform for students to showcase their artistic talents and creativity while raising awareness about the G20's goals for sustainable development.

Few Glimpses of the paintings





ONE EARTH ONE FAMILY ONE FUTURE

By.
S.Swetha Sri
I.MBA(IT)



The Avinashilingam Department of Business Administration plans to organize similar competitions in the future to promote the arts and inspire students to contribute to the global effort for sustainable development.



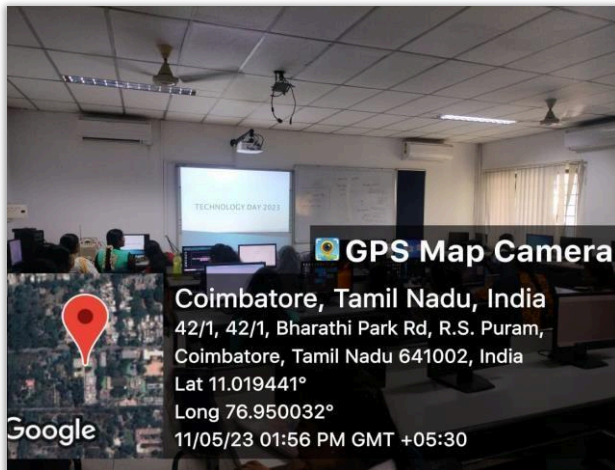
Avinashilingam Institute for Home Science and Higher Education for Women
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Department of Business Administration Report –

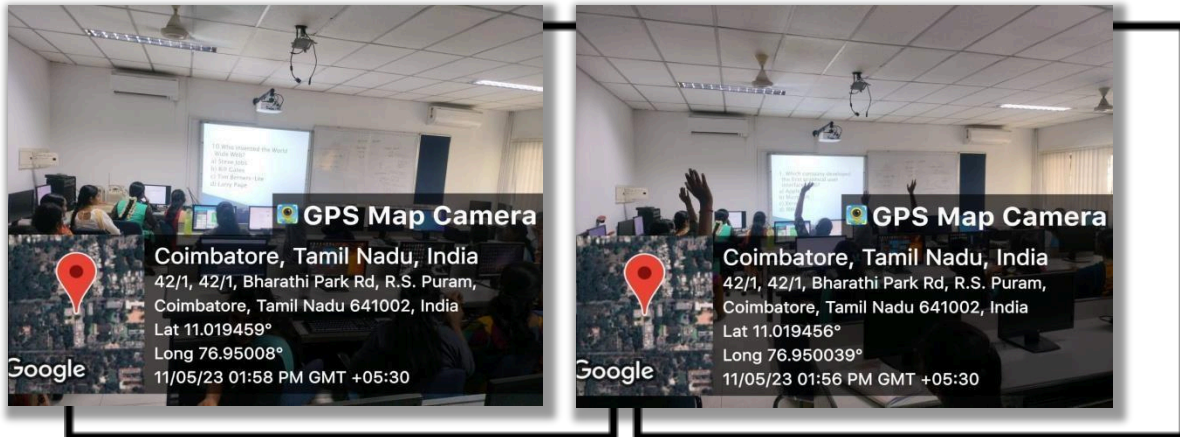
National Technology Day - May 11th 2023

National Technology Day is celebrated on May 11 each year to commemorate the successful nuclear tests conducted by India in 1998. The day not only highlights India's scientific and technological achievements but also serves as a reminder of the nation's commitment to innovation and progress.



On May 11 2023, in celebration of National Technology Day, the Matrix Club of Avalon Management Association, a part of the Department of Business Administration at Avinashilingam Institute for Home Science and Higher Education for Women, organized a captivating quiz programme. A total of 112 students participated in the event, showcasing their knowledge and passion for technology. The programme served as a

platform to promote technological awareness and innovation among the participants. Event Details: The quiz programme, organized by the Matrix Club, commenced with an enthusiastic welcome address, setting the stage for an engaging and competitive event. National Technology Day, an occasion that commemorates India's technological achievements, served as the perfect backdrop for this initiative.



The quiz covered diverse technological domains, including computer science, information technology, electronics, telecommunications, and emerging technologies. The questions challenged the participants' understanding of core concepts, industry trends, and real-world applications of technology. The programme was designed to test their knowledge, critical thinking skills, and problem-solving abilities.

By organizing the quiz programme on this day, the Matrix Club aimed to inspire students to embrace technology, explore its potential, and contribute to the nation's growth in the field.

A.Parkavee, a student pursuing her I - MBA IT, emerged as the winner, securing the prestigious first prize.

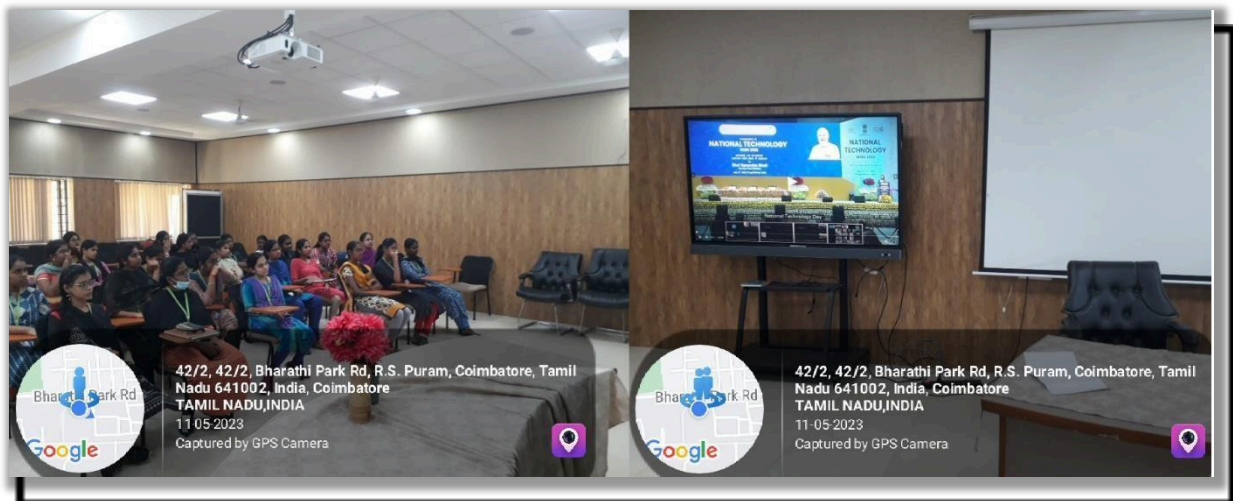
The quiz programme organized by the Matrix Club of Avalon Management Association on National Technology Day was a resounding success. It provided a platform for 112 students from Avinashilingam Institute to demonstrate their knowledge and passion for technology.

Activity II

Honourable Prime Minister's speech on National Technology Day was streamed to motivate young minds.

The students of Management ,Commerce, Engineering and Science, 120 student members witnessed the technology day message of our honourable prime minister. The major points were reported by the students as follows :

In 1999 , National Technology Day was started by our former honourable Prime Minister, Shri Atal Bihari Vajpayee. It was created to honour great Indian scientists, engineers and technologists who worked on the Pokhran tests, the most significant milestone in India's scientific and technological advancement. After that, National Technology Day was observed and celebrated every May 11. It is marked with a new and different theme every year. As it is the 25th year of National Technology Day. This 2023 theme is 'School to Startups- Igniting Young Minds to Innovate'.



The Honorable Prime Minister said that the 11th of May is one of the most prestigious days in the history of India. It marks the day India's scientists achieved the astonishing feat in Pokhran, which made the nation proud.

"I can never forget the day when Atal Ji announced India's successful Nuclear Testing," the Prime Minister remarked. He stated that the Pokhran Nuclear Testing not only helped India prove its scientific capabilities but also boosted the nation's global stature. Quoting

Atal Ji's the Honourable Prime Minister said, "We have never stopped on our journey and never surrendered to any challenge that has come our way." The Honourable Prime Minister conveyed his greetings to every citizen on the occasion of National Technology Day. Honourable Prime Minister also released prestigious commemorative stamp and coin.

Honorable prime minister ji highlighting on the Atal Innovation Mission (AIM) that showcases multiple innovative projects. That live tinker various zones like AR/VR, Defense Tech, Digi Yatra Textile etc.

Our Prime Minister laid the foundation stone on this occasion and dedicated it to the Nation's Scientific and Technological projects. These projects worth Rs 5800 crores. These projects enable us to achieve our honourable prime minister's vision of Aatmanirbhar Bharat.



Some of the notable projects are Fission Molybdenum-99 Production Facility, Mumbai; Rare Earth Permanent Magnet Plant, Visakhapatnam; National Hadron Beam Therapy Facility, Navi Mumbai; Radiological Research Unit, Navi Mumbai; Homi Bhabha Cancer Hospital and Research Centre, Visakhapatnam; and Women and Children Cancer Hospital Building, Navi Mumbai.



During the event, an Expo walkthrough showcased India's recent scientific and technological advancement. The honourable prime minister was talking about LIGO-India and said it is one of the foremost science and technology initiatives of the 21st century. Our honourable prime minister recapped the goals of 2047 to make the nation Viksit and Aatmnirbhar. Prime minister emphasized an inclusive eco-system for growth, Innovation and Sustainable development goals.



Prime minister said that the passion, energy, and capabilities of the children and youth today are India's big strength and India is developing as knowledge society by igniting young minds. And said about innovation nurseries situated in 700 districts which has more than 10,000 ATAL tinkering labs and 60% of the labs are in government and rural schools. In this prestigious lab, seventy-five lakhs and above students are working on twelve lakh innovation projects. This is a good sign for nurturing talent at school level and assisting them in implementing their novel ideas.



By Atal Innovation Centres (AIC), hundreds of startups have been incubated, and these are the new laboratories of "New India". "The Tinkerpreneurs of India will soon become leading entrepreneurs of the world", and "Startup India Campaign, Digital India, and National Education Policy help India in gaining new heights in the field", the honourable Prime Minister said.

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Honourable Prime minister also spoke about rurals users of data, the new normal and it has over taken urban users. Some of portals mentioned are JAM Trinity, CoWin Portal, GeM Portal, e-Pathshal, Diksha e-learning, Digi Yatra, DigiLocker.



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Department of Business Administration
Report – January 2nd 2023 – “Veer Bal Diwas Day”



Veer Bal Diwas is celebrated on 26th December of every year. This day is celebrated to pay tribute to the courage of the four Sahibzadas of Guru Gobind Sahib Ji who attained martyrdom in the 17th century. This day is celebrated every year on 26th December in order to inspire the children by the sacrifice of all the four Sahibzadas. In commemoration of Veer Bal Diwas, the Department of Business Administration of Avinashilingam Institute for Home Science and Higher Education for Women under the guidance of the Vice Chancellor Dr. Bharathi V Harishankar and the Registrar, Dr. S.Kowsalya and the Dean Student Affairs Dr. Uma Maheswari organized a digital exhibition and a Quiz competition on 02-01-2023, with the motto is to inspire the

students by exhibiting the sacrifice of the Sahibzadas Events started at 10am with a prayer and by paying tributes to all the four Sahibzadas.

Dr.A.Pankajam, Associate professor welcomed the gathering by reminding the immense contribution of ten Sikh gurus and the sacrifice of the Sikh tradition for protecting the honour of the nation. A Quiz competition was conducted in order to recognize and pay tribute to the young valiant and brave martyrs who sacrificed their lives for the country. Dr.P.Chitramani, Professor & Dean, School of Commerce and Management, emphasised upon the patriotism, freedom spirit, perseverance against colonialism and the reason for celebrating Azadi ka Amrit Mahotsav. Dr.J.Arthi, Head, Department of Business Administration highlighted the sacrifice of Sikh tradition and reiterated that sacrifice of several brave hearts have been the backbone to achieve freedom of our country. She made the audience to think how we need to work hard to hold the pride of our Nation.Prizes were distributed to the winners by Dean Student's Affairs Dr.S. Uma Magehswari. Dr.K.Ramya thanked the gathering and motivated the students to organize such events emphasised about their own contribution to the development of our own nation





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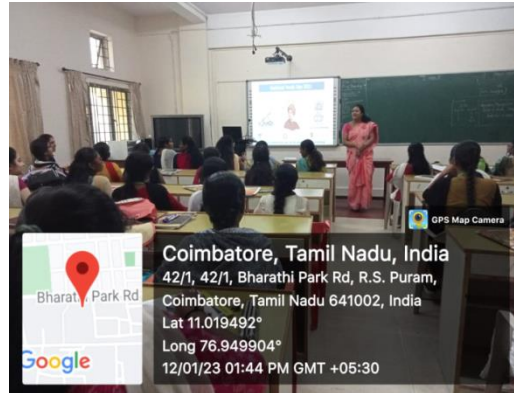
Department of Business Administration

Report – 12-01-2023

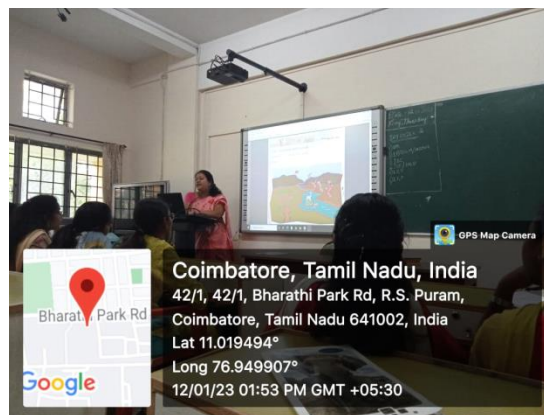
National Youth Day

The Avinashilingam Department of Business Administration commemorated “National Youth Day” on 12-01-2023, The session was organised in the 1st MBA-IT classroom and

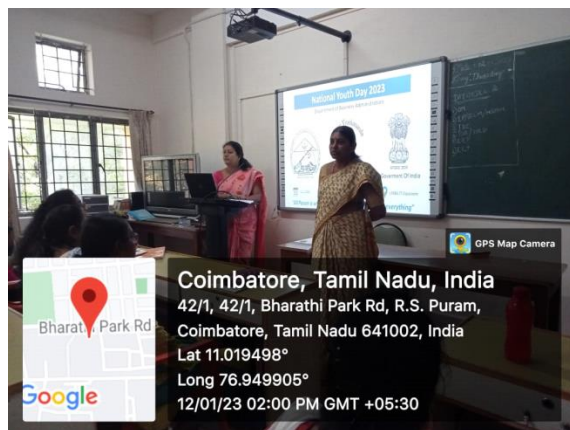
started at 1:30 PM. The day marks the Birth Anniversary of the social reformer, great thinker and philosopher, Swami Vivekananda. National Youth Day is observed to honour the ideals and thoughts of Swamiji Vivekananda who had tremendous faith in youth. Dr. M. Iswarya Assistant Professor, Department of Business Administration welcomed the participants and gave a brief introduction about life of Swami Vivekananda. Which happened to be the birth anniversary of swami vivekanandha. ***“Act on the educated young men, bring them together, and organise them. Great things can be done by great sacrifices only. No selfishness, no name, no fame, yours or mine, nor my Master's even! Work, work the idea, the plan, my boys, my brave, noble, good souls - to the wheel, to the wheel put your shoulders”***



Ma'am then discussed about Swami Vivekananda's principles. To make the session more interesting ma'am came up with a story, which we all have heard in our childhood "The hare and the tortoise" but with a different ending and perspective. She also motivated us and gave a clear view on success and failure while working individually and as a team.



Dr. M.A. Vijaya Assistant Professor, Department of Business Administration gave a brief about the relevance of the "Youth contribution to the Development of Nation".The session found to be interesting and insisted the importance of youth in building the nation and how they could be more responsible citizens of the country.



The Students Club – Matrix Club organized competition to motivate students through slogan displays and created videos on Swami Vivekananda.



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Department of Business Administration

Report – January 13th 2023-"Synergy with Nativity-Pongal Celebrations"



Pongal festival which is also referred to as Thai Pongal, is a Harvest festival celebrated in Tamil Nadu. It is observed at the start of the month Thai (January) according to Tamil calendar, and this festival is celebrated usually on January 14 or January 15 depending on the sun's orbit around earth in that particular year. It is dedicated to the Sun God, Suryan, and corresponds to

Makar Sankranti, the harvest festival under many regional names celebrated throughout India. The three days of the Pongal festival are called Bhogi Pongal, Surya Pongal, and Mattu Pongal.



The Department of Business Administration celebrated the traditional festival Pongal on the theme "Synergy with Nativity-Pongal Celebrations". The event was started by our Chancellor Prof. S.P. Thyagarajan. Sweet Pongal was made in a traditional way and offering was done to thank Surya bhagavan.

The Prayer song was sung by Ms, Roopashree Anish of I MBA IT. Ms. Monisha B of I MBA IT delivered the welcome speech. Ms. Kalipriya. K of I MBA delivered a speech on Pongal by mentioning its reason and significance. Dr. P. Chitramani, Professor and Dean, School of Commerce and Management and Dr. J. Arthi, Professor and HOD of the Department of Business Greeted the Audience. Ms. K. Devadarshini of I MBA and Ms. R. Lavanya of I MBA IT performed the ancient as well as traditional sport Silambam. Followed by the traditional and folk dance performance by I MBA and MBA IT students, games were also organised which made the celebrations more interesting and vivacious.

The students of entire campus joined school wise to celebrate and a mass event of celebrations was experienced. This had really developed the comradeship, team building and students understood how such tradition can bring a huge personality changes.



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Department of Business Administration

Report – January 20th 2023 – “National Startup Day”



Department of Business Administration along with Avinashilingam Centre for International Education organized “National Startup Day” event on 20th Jan 2023 to explore about startups and its functioning. The event was organized as per the guidance and directions of our Vice Chancellor Dr. V. Bharathi Harishankar.

Keynote Address was delivered by Dr. B. Ramanathan, Founder and Managing Director, ACE International Pte., Ltd Singapore, where he spoke about Startup Ecosystem in the Smart

Nation of Singapore. Special Address was delivered by Mr. S. Shameer, Founder IT Projects Media, Coimbatore, Where he spoke about Startup Readiness of Tamilnadu. Dr. P. Chitramani, Dean, School of Commerce and Management and Dr. J. Arthi, HOD of the Department of Business Administration, Greeted the Audience. 86 Students of I MBA and I MBA IT attended the session. The session was found to be highly informative.





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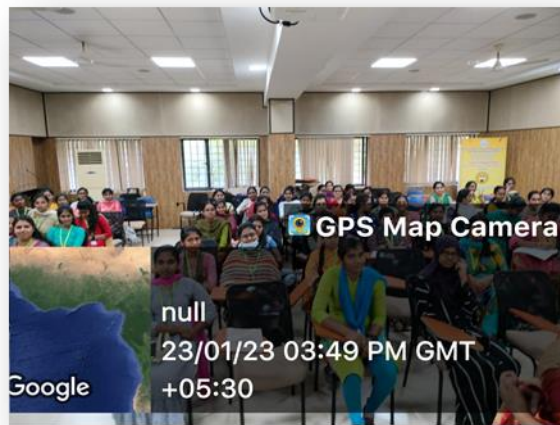


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Department of Business Administration
Report – January 23rd 2023 – “Parakram Diwas”



Department of Business Administration celebrated 126th birth anniversary of Netaji Subhas Chandra Bose on 23rd Jan. organized as per the guidance and directions of our Vice Chancellor Dr. V. Bharathi Harishankar. Subhas Chandra Bose also called Netaji is known for his role in India's independence movement. A participant of the noncooperation movement and a leader of the Indian National Congress, he was part of the more militant wing and known for his advocacy of socialist policies.



The Celebrations started with the presentation of fact & biography by Ms. Puvitha.R.K. and role in freedom struggle & quotes by Ms. R. Priya Dharshini. A fabulous speech was delivered by Ms. Mahitha.R with great confidence and left no stone unturned to give in her best. For the celebration the students of MBA & MBA IT enthusiastically participated in quiz competition. Netaji means "Respected Leader", His life is a great example of leadership from which modern Indian leaders can learn many lessons. The students were really inspired by the actions and deeds of Nethaji Subash Chandra Bose out of this event.



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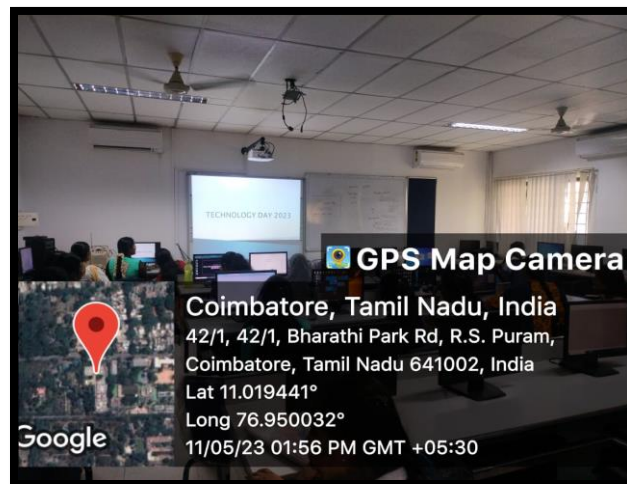


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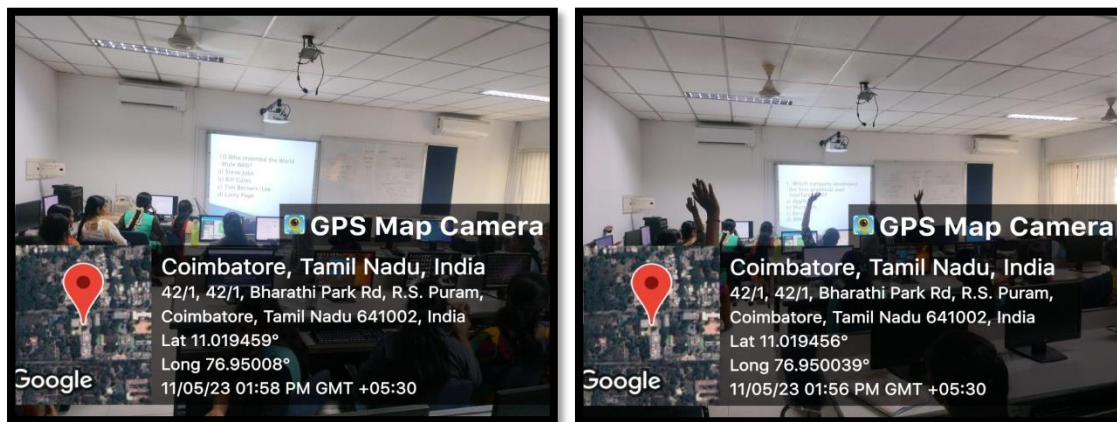
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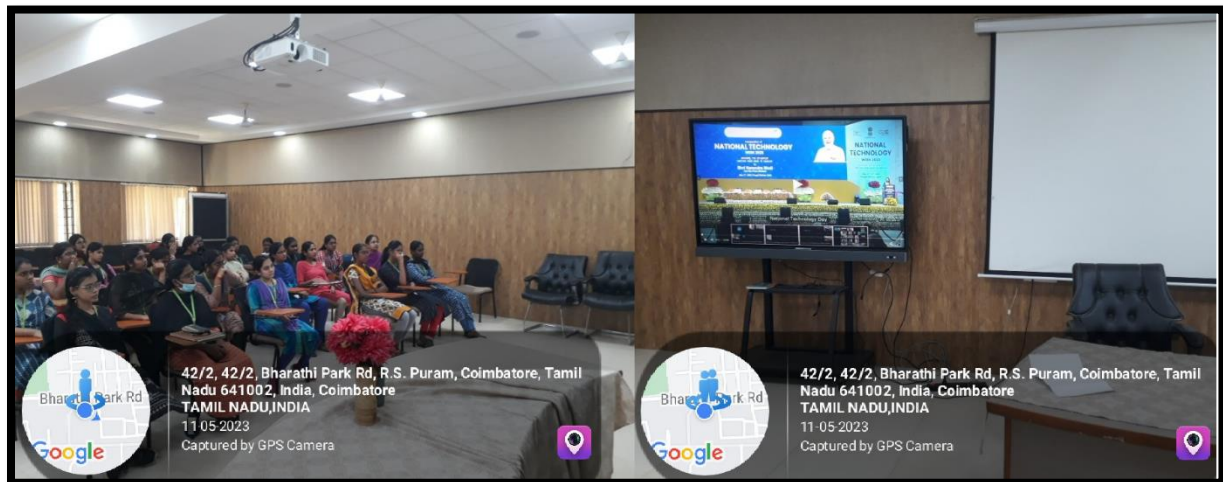
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Honourable Prime Minister also mentioned about 14 innovations procured by Ministry of Defence. through Innovation for Defence Excellence (iDEX) worth more than Rs350 crores. DRDO young scientist lab provides new directions and new reforms in space sector. And highlighted about SSLV and PSLV orbital platforms. And India is promoting hackathon cultures for students for taking up new challenges. The national technology day has ignited many young minds with lots of thought provoking ideas to bring new innovations, patents, start-ups, reforms at global level in many spheres of science, engineering and technology.



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Department of Business Administration

Report – Intellectual Property Rights Day – 2023

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AVINASHILINGAM DEPARTMENT OF
BUSINESS ADMINISTRATION

WORLD
INTELLECTUAL
PROPERTY
DAY

INSTITUTION'S
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DEPARTMENT OF BUSINESS ADMINISTRATION

cordially invite you for the

WORLD INTELLECTUAL PROPERTY DAY 2023

SPECIAL ADDRESS

Dr. J. Arthi
(Professor & Head - Department of Business Administration)

ON THE THEME

Women & IP: Accelerating Innovation & Creativity.

26 | 04 | 2023

3:30 - 4:30

MBA CONFERENCE HALL

Invitation

On 26th April 2023, The Department of Business Administration of Avinashilingam Institute for Home Science and Higher Education for Women organized a special lecture on the theme "Women and IP Acceleration Innovation and Creativity". Professor and Head of the Department, Dr. J. Arthi, gave a special address on the topic to the students, sharing her thoughts on the significance of Intellectual Property (IP) for women and its role in accelerating innovation and creativity.



Dr. J. Arthi then went on to discuss the concept of Intellectual Property (IP) and its significance for women. She explained that IP refers to any creation of the human mind that can be protected under the law. This includes inventions, literary and artistic works, symbols, names, images, and designs. IP protection is important because it ensures that the creator's work is protected from infringement and exploitation by others.

Madam emphasized that IP protection is especially crucial for women, who are often underrepresented in the fields of science, technology, engineering, and mathematics (STEM). She stated that women face numerous challenges in the workplace, including gender bias, wage disparity, and limited opportunities for career advancement. However, by obtaining IP

protection for their innovations, women can create a level playing field and establish themselves as leaders in their respective fields.



Dr. J. Arthi then discussed the various types of IP protection available to women, including patents, trademarks, and copyrights. She explained that patents are used to protect inventions, trademarks protect brand names and logos, and copyrights protect literary and artistic works. She further added that women should be encouraged to obtain IP protection for their innovations to ensure that they receive the recognition and compensation they deserve.

She then emphasized the importance of fostering a culture of innovation and creativity among women. She stated that women should be encouraged to think outside the box and develop new ideas that can solve real-world problems. She further added that by providing women with the necessary resources, support, and mentorship, we can create a more inclusive and diverse innovation ecosystem.



In conclusion, Dr. J. Arthi's special address on "Women and IP Acceleration Innovation and Creativity" was both informative and inspiring. She highlighted the importance of innovation and creativity in today's world, the significance of IP protection for women, and the need to foster a culture of innovation and creativity among women. The lecture provided valuable insights to the students, who left with a better understanding of the role that women can play in driving innovation and creativity in the business world. A total of 86 students attended the Lecture.



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Report – Product Fit – Market Fit

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AVINASHILINGAM INNOVATION, INCUBATION & ACCELERATION CENTRE



AVINUTY DARSHAN
INTRA-INSTITUTIONAL EVENT

Bring out your
NEW IDEA
PRODUCT
PROCESS
TECHNOLOGY

REGISTER NOW
FREE

JURY MEMBERS

Dr. Anil Kondreddy Chief Operating Officer ASPIRE-BioNEST University of Hyderabad	Mrs. T. Vanathi Davi President-Southern Industrial Academy for Women Entrepreneurs Development, Chennai	Mr. Chandu Nair Director-Menterra Venture Advisors Executive Committee The Chennai Angels
Mr. Ashok Pamidi Former CEO NASSCOM Foundation Start-up Evangelist		Mr.Sriram Sankaran Chairman and MD-Synchro Group Charter Member-TIE Board of Directors-Native Lead Angel Network

BEST PRODUCT Rs.6000	BEST POSTER (Idea Presentation) Rs.3000	BEST STALL DISPLAY Rs.1500
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(Not more than 3 members in a team)

EXHIBITION LEADS	CO-ORDINATOR
CAMPUS I <ul style="list-style-type: none">Dr.S.Amsamani Professor- Department of Textiles and Clothing Contact No. 9944435506Dr.Kalaiselvi Senthil Associate Professor- Department of Biochemistry & Biotechnology Assistant Dean-Sponsored Projects & MoUs Contact No. 9842242948	<ul style="list-style-type: none">Dr.J.Arthi Professor & Head Dept of Business Administration Mail ID: aiac@avinuty.ac.in
CAMPUS II <ul style="list-style-type: none">Dr.Judith Justin Professor- Department of BioMedical Instrumentation and Engineering Contact No. 9843830812	<ul style="list-style-type: none">15-03-2023Multi-purpose Hall10 am

Invitation

The Avinashilingam Innovation Incubation and Acceleration centre of Avinashilingam Institute for Home Science and Higher Education for Women organized an intra-institutional event in the form of an exhibition on 15th March 2023. The event aimed to bring out new ideas, products, processes, and technologies among students. The theme of the exhibition was "Product Fit – Market Fit," and the products displayed by the students were based on healthy foods, herbal cosmetics, art and craft works, and handmade jewelry items. The exhibition was held at the Multi-purpose Hall, and not more than three members were allowed to participate in a team. The jury members comprised experts from various fields, and the exhibition leads were professors and the assistant dean from the institute. The report aims to describe the event's objective, the products displayed, the judging criteria, the prize distribution, and the impact of the event.

The CO-ORDINATOR of the event is Dr.J.Arthi, Professor & Head, Department of Business Administration. The Event is held on 15-03-2023 at Multi-purpose Hall, from 10.00 AM to 4.00 PM at Avinashilingam Institute for Home Science and Higher Education for Women. The exhibition leads were Dr.S.Amsamani, Professor-Department of Textiles and Clothing, Dr.Judith Justin, Professor-Department of Bio Medical Instrumentation and Engineering and Dr.Kalaiselvi Senthil, Assistant Dean-Sponsored Projects & MOU'S



The primary objective of the exhibition was to provide a platform for students to showcase their innovative ideas, products, processes, and technologies. The event aimed to foster an entrepreneurial spirit among the students and encourage them to come up with innovative solutions that can address real-world problems. The event also provided an opportunity for students to interact with experts from various fields and receive feedback on their ideas and products. The event's theme, "Product Fit – Market Fit," aimed to encourage students to develop products that meet market demands and have a significant impact on society.



The students displayed a wide range of products at the exhibition, which included healthy foods, herbal cosmetics, art and craft works, and handmade jewelry items. The healthy foods section had products like gluten-free snacks, organic chips, protein bars, and low-calorie desserts. The herbal cosmetics section had products like organic soaps, shampoos, face creams, and body lotions. The art and craft section had products like paintings, sculptures, wall hangings, and pottery items. The handmade jewelry section had products like earrings, necklaces, bracelets, and rings. The products displayed were not only innovative but also environmentally friendly and sustainable.



The Jury members were Dr. Anil Kondreddy, Chief Operating Officer, ASPIRE-BIONEST, University of Hyderabad, Mr. Ashok Pamidi, Former CEO, NASSCOM Foundation, Start-up Evangelist and Mrs. T. Vanathi Devi, President-Southern Industrial Academy for Women Entrepreneurs Development, Chennai , Mr. Chandu Hair, Director-Menterra Venture Advisors, Executive Committee, The Chennai Angels and Mr.Sriram Sankaran, Chairman and MD-Synchron Group Charter Member TIE 1 Board of Directors Native

The Jury members evaluated the products based on various criteria, which included innovation, creativity, market potential, and impact on society. The jury members assessed the products based on their feasibility, scalability, and sustainability. They also evaluated the students' presentation skills, the clarity of their ideas, and the understanding of market demand.



The event recognized the efforts and hard work of the students and awarded prizes to the best product, best stall display, and best poster (idea presentation). The winner of the best product received a cash prize of Rs. 6000, the winner of the best stall display received a cash prize of Rs. 1500, and the winner of the best poster (idea presentation) received a cash prize of Rs. 3000. The prize distribution encouraged the students to continue their innovative work and develop products that can make a difference in society.

The exhibition had a significant impact on the students as it provided a platform for them to showcase their ideas and receive feedback from experts. The event also encouraged students to think innovatively and develop products that meet market demand. The exhibition helped in fostering an entrepreneurial spirit among the students and motivated them to take their ideas to the next level. The event provided an opportunity for the students to network with experts from various fields and understand the market demands. The exhibition also helped in promoting sustainable and environmentally friendly products.

In conclusion, the intra institutional exhibition organized by the Avinashilingam Innovation Incubation and Acceleration Centre of Avinashilingam Institute for Home Science and Higher Education for Women was a great success. The event provided a platform for students to showcase their innovative ideas, products, processes, and technologies in various fields such as healthy foods, herbal cosmetics, art and craft works, and handmade jewelry items.

The theme of the event, "Product Fit - Market Fit," encouraged students to not only come up with unique and creative ideas but also to think about the marketability of their products. The involvement of experienced and knowledgeable jury members from various industries provided students with valuable feedback and insights into the world of entrepreneurship and innovation.

The exhibition leads played a crucial role in organizing and coordinating the event, and their efforts were commendable. The selection of winners for the best product, best stall display, and best poster (idea presentation) provided a sense of competition and motivation for the students to excel and showcase their best work.

Overall, the event was a testament to the creativity, innovation, and entrepreneurial spirit of the students at Avinashilingam Institute for Home Science and Higher Education for Women. The exhibition served as an excellent opportunity for students to gain practical experience in developing and marketing their ideas and products, and we hope to see many successful ventures emerge from this initiative in the future.



Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD
Re-accredited with 'A++' Grade by NAAC.CGPA 3.65/4, Category I by UGC
Coimbatore-641 043, Tamil Nadu, India



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of Education Initiative)

Department of Business Administration
Report – May 5th 2023 – Sapling Plantation

Report on Sapling Plantation by Department of Business Administration of Avinashilingam Institute for Home Science and Higher Education for Women on May 5th, 2023



On May 5th, 2023, the Department of Business Administration of Avinashilingam Institute for Home Science and Higher Education for Women organized a sapling plantation drive on

the institute's campus. The event was attended by students and staff members of the institute, who actively participated in the initiative to promote a greener and cleaner environment.

The event began with a brief address by the Head of the Department of Business Administration, Dr. J. Arthi, who emphasized the importance of preserving the environment and the role of each individual in achieving this objective. She also highlighted the benefits of planting trees, including the reduction of air pollution, prevention of soil erosion, and provision of shade and shelter to birds and animals.

Following the address, the students and staff members were divided into groups and assigned areas for planting saplings. The saplings were provided by the institute, which sourced them from the local forest department. The species of saplings included neem, banyan, peepal, and mango, which were selected based on their ability to thrive in the local climate and provide maximum benefits to the environment.



The participants were instructed on the proper techniques for planting and caring for the saplings, including digging a suitable hole, adding fertilizer and soil, watering the sapling regularly, and protecting it from damage by animals and insects. The participants were also encouraged to take ownership of the saplings they planted and to monitor their growth and progress over time.

The event was a success, with over 6 saplings planted on the campus. The participants expressed their satisfaction and gratitude for the opportunity to contribute to the environment and to learn about the importance of preserving the ecosystem.



. The event also served as a platform for the students and staff members to interact and work together towards a common goal, promoting a sense of community and collaboration.



In conclusion, the sapling plantation drive by the Department of Business Administration of Avinashilingam Institute for Home Science and Higher Education for Women on May 5th, 2023, was a commendable initiative to promote environmental sustainability and community engagement. The event served as a reminder of the importance of individual and collective action in achieving a greener and cleaner environment for future generations. The institute should continue to organize such initiatives and encourage participation from all stakeholders to promote a culture of environmental consciousness and responsibility.

STUDENT INDUCTION PROGRAMME WAS ABOUT YOGA FOR THE BODY, MIND AND SOUL. THE SESSION WAS TAKEN OVER BY MS.VIDHYA, DIRECTOR OF AURA, YOGA FOR WELLNESS , COIMBATORE . COMMENCING WITH A WELCOME ADDRESS OF ROOPASHREE ANISH A N, VIDHYA MAM STARTED HER ORATION ABOUT THE IMPORATANCE OF YOGA . YOGA IS A POWERFUL TOOL WITH WHICH ONE CAN ATTAIN HARMONY OF MIND, BODY AND AATHMA. THE SESSION WAS BEGAN WITH THE BASIC EXERCISES LIKE EYEA MOVEMENTS, SPINE TWIST AND STRETCH. THE BENEFITS OF EACH YOGA WAS WELL DEMONSTRATED BY VIDHYA MAM .THE BALANCING ASANAS LIKE VRIKSHASANA, PADANGUSTHASANA AND TRIKONASANA WHICH HELPS IN IMPROVING OUR CONCENTRATION WERE ALSO DONE . THE AFTERNOON SESSION WAS CONTINUED WITH ASANAS AND THE SESSION ENDED WITH RELAXING ASANAS.YOGA HELPS TO BUILD STRENGTH, BALANCE AND FLEXIBILITY. THIS SESSION MADE US TO UNDERSTAND THAT ONE SHOULD BE AWARE OF HIS/HER OWN BODY TO IMPROVE THE QUALITY OF LIFE.





AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN COIMBATORE

WORLD TOURISM DAY - 2022 CELEBRATION



Avinashilingam Institute for Home Science and Higher Education for Women – Coimbatore celebrated World Tourism Day with zeal and by carrying out many activities in collaboration with SKAL Club- and TTDC Coimbatore from 21.09.2022 to 27.09.2022

The entire programme was coordinated by Dr. Bindu V.T, Head of the Department, Tourism Management and Assistant coordinators Dr. K.Sathiyabamavathy, Dr. Sandhya Durga Prasad, Dr. P. Nishanthi, Dr. T. Sumathi, Mrs. Blessy Doe. M, Dr. V. Vaidehi Priyal, Dr. S. Bhuvaneshwari and Mrs. R. Jincy. The Institute performed ten activities in different forum such as in and around Coimbatore city, at the University premises and also through virtual modes. The activities carried out were: *Sensitization on Menstrual Hygiene among Tribal Women, Swachh Bharath Activity at Tourism and Pilgrim Centers, Passport Facilitation Mela, Intra University Competitions such as Quiz Competition, Best Manager, Destination Marketing, Poster Designing* and Inter Institutional Competitions such as *Selfie with Tourist Destination* and *Travel Blog Writing*.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

S. No.	Activity No.	Activity Name
1.	002	Sensitization on Menstrual Hygiene among Tribal Women
2.	003	Swachch Bharath Activity at Tourism Center - Maruthamalai
3.	003	Swachch Bharath Activity at Pilgrim Center - Valankulam
4.	016	Passport Facilitation Mela
5.	027	Quiz Competition
6.	028	Poster Designing
7.	029	Destination Marketing
8.	030	Best Manager
9.	031	Travel Blog Writing
10.	032	Selfie with Tourist Destination



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**

WORLD TOURISM DAY - 2022 CELEBRATION



Activity No. 002 - Sensitization on Menstrual Hygiene among Tribal Women

On the 21st of September 2022, the students of Tourism Management around 25 members from under graduate and post graduate programme gathered in front of Marudhamalai Temple by 2pm to educate the tribal women living there about the menstrual hygiene and awareness about menstruation. The tribal women who reside there were provided with Stayfree sanitary napkins, and the Head of the department Dr. Bindu V.T gave them instruction on how to use the napkins on menstruating days.

The chief guest Ms. Aswathy, General Manager, Hotel Zone Connect gave them tips on menstrual hygiene and also told them the importance of using the sanitary napkins on menstruating days and she also spoke about hygiene and also how to keep our selves clean on menstruating days.

The special guest of the activity Mr. Umapathy who is working in Tamil Nadu tourism Development Corporation gave a detailed talk on tourism and development of tourism in our district Coimbatore. He added his points by telling us the history of Marudhamalai temple and he conveyed that the temple is devoted to the Hindu god lord Murugan and also the temple is one of the famous heritage site in Tamil Nadu and there are also a lot of foreigners visiting this temple for its beauty and specialty and he also added that there are a lot of tribal people living near to temple whose living depends upon the number of visitors visits the temple.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 002 - Sensitization on Menstrual Hygiene among Tribal Women





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**

WORLD TOURISM DAY - 2022 CELEBRATION



Activity No. 003 - Swachch Bharath Activity at Pilgrim Center - Maruthamalai

On the basis of SWACHH BHARAT ABHIYAN the students of Tourism management around 25 members from under graduate and post graduate gathered in front of Marudhamalai temple on 21st September, 2022 around 3 pm to clean entrance of the temple and also were given awareness on cleanliness to the shop vendors who have shops near by the temple. The chief guest Ms. Aswathy general manager Zone Connect hotels Coimbatore. gave them a clear explanation on what is cleanliness and how much cleanliness is important in our day to day life and he also added by telling them how much cleanliness is important when we visit pilgrimage sites as it is very important place people visit in their everyday life. The special guest Mr. Umopathy who is working in Tamil Nadu tourism development corporation also gave us a clear view about cleanliness and how to keep our surroundings clean and tidy.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 003 - Swachh Bharath Activity at Tourism Center - Maruthamalai





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**

WORLD TOURISM DAY - 2022 CELEBRATION



Activity No. 003 - Swachh Bharath Activity at Tourism Center - Valankulam

The activity was named as ‘SWACHH BHARATH’. The activity took place on – Valankulam Lake, Coimbatore on the date of 24th September 2022. At 8.45 a.m. all the basic necessities for cleaning such as mask, gloves, cap which was marked as Tamilnadu Tourism were provided for the faculties and students. The students of Tourism Management have carried out a cleaning activity at various spots near to the Valankulam, Coimbatore to raise awareness among public. Students have encouraged public to keep the surroundings and themselves clean by cleaning the places near to the Valankulam Lake.

Mr. Balasubramanian, TTDC Manager Inaugurated the event and Ms.Durga, TTDC Assistant Tourism Officer , also highlighted the importance of cleaning the tourism centre.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 003 - Swachh Bharath Activity at Pilgrim Center - Valankulam





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**

WORLD TOURISM DAY - 2022 CELEBRATION



Activity No. 016 - Passport Facilitation Mela

On the 25th September 2022 students of department of tourism management along with Skal club organised Passport mela on the event of tourism day 2022 on theme “Rethinking tourism” at zone connect Coimbatore. The event started by 10:00AM the chief guest of the day was Mr. Charles Fabian Director of Operations, The Residency Towers, Coimbatore, accompanied by Ms.Aswathy General Manger, Hotel Zone Connect, Mr. Ashok Kumar General Manager Zibe, GRT. Dr. Bindu.V.T Head of the Department of Tourism Management gave her felicitations with a token of love. The crowd started gathering at the event around 10:15AM and 15 students of BBA and MBA Travel And Tourism Management along with and faculty members Dr P Nishanthi, Dr Buvaneshwari, Mrs R Jincy volunteered and helped the gathering for filing online application of passport and with other queries. There were almost 26 people who came to get their application for the passport. The event wrapped up at 4:00pm. Overall it was a very successful event and helpful for the people to apply for the passport and get their queries clarified.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 016 - Passport Facilitation Mela





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 027 - Quiz Competition

In connection to World Tourism Day celebration in Avinashilingam Institute of Home Science and Higher Education for Women, the department of Tourism Management conducted an Intra university competition on the theme of “Rethinking Tourism”. The events include MINERVA, GAEA, NILE AND ZEUS. The Quiz competition was conducted on 22nd September 2022 and there were 70 students who participated in the competition. The first round was preliminary round and it was individual round where we gave the students question paper which had 50 questions and the time limit was 40 minutes based on the mark scored we filtered the students from the preliminary round.

In the second round there were 12 teams and it was a Question and answer round each team was asked a question and the based on the correct answer the score was given and they Sent to the next round. The third round was identify the picture round there were 8 teams who were selected and each team was given a picture and were asked to identify the picture based on the correct answers the scores were given and was selected to the final round. The final round there were 4 teams and it was rapid fire round based on the instant answers the marks were allotted and we chose three best teams and was awarded first, second and third prize.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 027 - Quiz Competition





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 028 - Poster Designing

With connection to world tourism day celebration in Avinashilingam institute of Home Science and Higher Education for Women ,the department of Tourism Management conducted an Intra University competition on the theme of Rethinking tourism .The events includes MINERVA,GAEA,NILE and ZEUS. The Google forms were created to collect information from the participants across various departments. The student started registering for poster making competition since 8th September 2022 and 65 students were enrolled for the event.

They were submitting the posters from 12.09.2022 to 22.09.2022 to the Department of Tourism Management. Finally, three students were selected as winners for poster making competition.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 028 - Poster Designing





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**

WORLD TOURISM DAY - 2022 CELEBRATION



Activity No. 029 - Destination Marketing

With connection to World Tourism Day celebration in Avinashilingam Institute of Home Science and Higher Education for Women, the department of Tourism Management conducted an Intra university competition on the theme of Rethinking Tourism. The events include MINERVA, GAEA, NILE AND ZEUS. The 1st MBA Tourism and Travel Management students conducted the Destination Marketing competition in two rounds. The first round of Destination Marketing event was conducted on 23rd September 2022 and the second round was conducted on 26th September 2022. There were 11 teams and each team consisted of 4 members. One member from each team was asked to pick a lot which had a Indian destinations.

On 26th September 2022 there was a final round. Final round was based on the presentation of the destinations which was selected by the respective teams. There were 11 teams and each team had their own specific destinations. They presented the destination with different features, attraction, and new Information. Finally, among the 11 teams one team was selected and awarded with the price.



AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 029 - Destination Marketing





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 030 - Best Manager

On the occasion of world tourism day the department of tourism conducted an intra departmental competition. The best manager was conducted on 19th of September and there were 23 students participated in the best manager from various departments. The first round was an aptitude test and there were 50 questions and individual was asked to finish it within 40 minutes based on the good scores the students were selected for the next round. In second round there were around 12 students who was selected and it was a rapid fire round and the questions was based on logical reasoning the students who gave their answers rapidly were selected for the next round.

In the third round there were around 8 students who were selected and it was a group discussion and the topic given was “YOUTH IN POLITICS” the students selected had a discussion and was judged based on their communication skills, content delivered, and confidence level and the students who were selected from the round was selected for the final round. Final round was situational question round and there were 5 students selected for the round and each student was given a situation and the answers were judged on the basis of the smartness, communication, and critical thinking, and the best answered students of each rounds were awarded the first, second and third prize.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 030 - Best Manager





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**

WORLD TOURISM DAY - 2022 CELEBRATION



Activity No. 031 - Travel Blog Writing

Avinashilingam Institute of Home Science and Higher Education for Women – Coimbatore celebrated World Tourism Day in association with SKAL Club- Coimbatore on the 27th September 2022. The Department of tourism in connection with world tourism day organized inter institutional competitions.

There were around 17 participants from the other colleges and they have participated in the travel blog writing of Destinations Competition. Registrations have been from various institutions in India with the locations covering from Kashmir to Kerala. The instructions given to the competition on the theme based on Rethinking Tourism is that the Blog should not exceed 1000 words and plagiarism must be less than 10%. The competition was conducted through online mode. Finally three participants were selected for the best 3 travel blog writing of destination.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 031 - Travel Blog Writing





**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**

WORLD TOURISM DAY - 2022 CELEBRATION



Activity No. 032 - Selfie with Tourist Destination

Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore celebrated World Tourism Day in association with SKAL Club- Coimbatore on the 27th September 2022. The department of Tourism in connection with World Tourism Day organized Inter Institutional competition. There are around 23 participants from the other colleges and they have participated in the selfie with destination. Registrations have been from various Institutions in India with the locations covering from Kashmir to Kerala. The Instructions given to the competition are selfie with any destinations in India.

The winners are selected on the basis of picture quality and its caption and the engagement it has driven. The final Picture was decided by the Judges. The competition was conducted through online mode.



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
COIMBATORE**



WORLD TOURISM DAY - 2022 CELEBRATION

Activity No. 032 - Selfie with Tourist Destination



Kalaivizha Competitions













**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER
EDUCATION FOR WOMEN COIMBATORE -641 043**

**Audience Schedule for Kalaivizha Cultural Programme
9th&10th November-2022**

S.No	Date	Time	Audience	Strength	Total	Staff Incharge
1.	9.11.22	Fore noon show 9.15am	Elementary school, High School & Higher Secondary School	211 1434	1645	Mrs. S. Andal Dr. P. Vanithamani
2.	9.11.22	Afternoon show 11.15am	II UG- Day scholars IIPG - Day scholars PG.Diploma	1017 442 17	1476	Mrs. S.Andal Dr. P. Vanithamani
3.	9.11.22	Evening show 01.15pm	III UG- Day scholars IVUG- Day scholars I PG-Day scholars Dept. of Physical Education (Hostel+ Day scholars)	1090 51 272 142	1555	Mrs. S. . Andal Dr. P. Vanithamani
4.	9.11.22	Evening show 03.15pm	Campus- II SF Programmes School of Education B.Ed , M.Ed, B.P.Ed Ph.D(Edu.) (Hostel+ Day scholars)	1417 251	1668	Mrs. S. Andal Dr. P. Vanithamani
5.	10.11.22	Evening show 2.00 pm	I UG - Day scholars School of Engg. (Hostel and Days scholars)	984 710	1694	Dr. S.Ramani Ms.M. Ramya Devi
6.	10.11.22	Evening show 6.00pm	UG&PG(Hostel students) Ph.D Parents of Participants	991 396 150	1537	Dr. S.Ramani Ms.M.Ramya Devi

[Signature]

Kalaivizha Conveners

[Signature]

Registrar

[Signature]

Vice Chancellor

REPORT ON
Comprehensive Medical Check-up
Date: 26.01.2023

S.NO	PARTICULARS
1	Invitation
2	Agenda
3	Report
4	List of participants

INVITATION



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd, u/s 3 of UGC Act 1956, Category 'A' by
MHRD,)Re-accredited with 'A++' Grade by NAAC, Recognised by UGC Under
Section 12B Coimbatore -641043, TamilNadu, India

SCHOOL OF ALLIED AND HEALTHCARE SCIENCES

In association with

ROTARY CLUB OF COIMBATORE SOUTH

Cordially invite you for the

COMPREHENSIVE HEALTHCARE AND REHABILITATION CAMP-2023

Inauguration of camp by

Dr. S. P. THYAGARAJAN

Chancellor

Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore

Dr. V. BHARATHI HARISHANKAR

Vice-Chancellor

Avinashilingam Institute for Home Science and Higher Education for Women ,Coimbatore

Will preside

Dr .S. KOWSALYA

Registrar

Avinashilingam Institute for Home Science and Higher Education for Women ,Coimbatore

Will felicitate

Rtn. M. P. NALLATHAMBI

Rotary Club of Coimbatore South

Will address the gathering

Conveners

Dr. G. Victoria Naomi

Dean

School of Education

Dr. K. Narendiran

Director

School of Allied and Healthcare
Sciences

Date: 26.01.2023, Thursday Venue: School of Allied and Healthcare Sciences

55 Alagesan road, Coimbatore-11

Time: 10.00am to 3.00 p.m

AGENDA

10.00-10.05am	Prayer Ms. Praseeta and Ms. Shruthi
10.05-10.10am	Welcome Address Dr. G. Victoria Naomi Dean-School of Education Avinashilingam Institute of Home Science and Higher Education for Women, Coimbatore
10.10-10.20am	Inauguration of camp Dr. S.P. Thyagarajan Chancellor Avinashilingam Institute of Home Science and Higher Education for Women, Coimbatore
10.20-10.30am	Presidential Address Dr.V. Bharathi Harishankar Vice Chancellor Avinashilingam Institute of Home Science and Higher Education for Women, Coimbatore
10.30-10.40am	Felicitation Dr. S. Kowsalya Registrar Avinashilingam Institute of Home Science and Higher Education for Women, Coimbatore
10.40-10.50am	Special Address and Donation Rtn. M. P. Nallathambi President-Rotary Club of Coimbatore South
10.50-3.00pm	Camp Activities
	Doctors visiting the camp Dr. Dhanalakshmi D.O,M.S. (General Ophthalmology) Dr. Madhumitha M.B.B.S,M.S.(ENT) Dr. C. Radhika M.B.B.S,M.S.(Paediatrician) Dr. T. R. Sindhuri M.B.B.S,M.S.(Gynecologist) Dr. Sabari M.B.B.S. (General physician) Dr. MathanaGopal M.P.T. Dr. Venkateswaran M.B.B.S,D.P.M.,M.D. (Psychiatry)
3.00-3.15pm	Valedictory Function
	Vote of Thanks Dr. K. Narendiran Director School of Allied Healthcare Sciences Avinashilingam Institute of Home Science and Higher Education for Women, Coimbatore
3.15-3.25pm	National Anthem

REPORT

REPORT

School of Allied and Healthcare Sciences in association with Rotary Club of Coimbatore South conducted Comprehensive Healthcare and Rehabilitation Camp-2023. The programme started with prayer followed by welcome address by Dr.G.Victoria Naomi, Dean- School of Education. Inauguration and Presidential address was given by Dr.V.Bharathi Harishankar, Vice-Chancellor. Dr.Narendiran, Director- School of Allied and Healthcare Sciences felicitated the gathering, which was followed by special address by Rtn.M.P.Nallathambi, President- Rotary club of Coimbatore south.

The camp activities started by 11 am. Registration of the patients were done by students and staffs of Physician Assistant department. Blood pressure, blood sugar testing and Body Mass Index were done for patients. The history of the patients were taken and according to the complaints they were sent to respective departments for further testing.

Patients with general complaints and children were seen by Dr.Sabari (General Physician) and Dr.C.Radhika (Paediatrician). Women with gynaecological complaints were seen by Dr.T.R.Sindhuri (Gynecologist). Patients with psychiatric issues were seen by Dr.Venkateswaran (Psychiatrist). IQ screening and counselling for patients were given by faculties of Clinical Psychology.

Patients with hearing issues and ear pain were seen by Dr.Madhumitha (ENT). Hearing screening, Speech and Language Screening was done for patients with complaints of reduced hearing by faculties of Department of Audiology and Speech Language Pathology. Patients with muscular pain issues were seen by Dr.MathanaGopal (Physiotherapist). Patients with visual disturbances and eye conditioners were seen by optometrists from Vasan Eye care Hospital.

The camp ended with Valedictory Function. Dr.K.Narendiran gave the vote of thanks and the programme was concluded with National Anthem.





LIST OF PARTICIPANTS

All the students of the School of
Allied and Healthcare Science

Department of Physician Assistant

Physician Assistant – I UG (2022 Batch)

S.No.	Roll.No.	Name of the Student
1	22UPA001	ABIRAMI S
2	22UPA002	AKSHAYA SRI M K
3	22UPA003	ANURADHA G
4	22UPA004	CHRISTINA SHINY G
5	22UPA005	DEEPIKA V
6	22UPA006	DHARISANA NANCY L
7	22UPA007	DHARSANA T
8	22UPA008	DHARISINI PRIYA G
9	22UPA009	GLORY JEENA N
10	22UPA010	GOMATHI M
11	22UPA011	GOMATHY S
12	22UPA012	HARIPRIYA. R
13	21UPA013	HARSHINI M
14	22UPA014	JEBENSHIYA G
15	22UPA015	JEYANTHI S
16	22UPA016	KARISHIKA C
17	22UPA017	KARTHEESWARI S
18	22UPA018	KAVIPRIYA M
19	22UPA019	LOGAPRIYA P
20	22UPA020	MARGRET SOPHIA M

21	22UPA021	MARIYAMMAL K
22	22UPA022	MATHIMITHA M
23	22UPA023	MOHANAPRIYA C
24	22UPA024	NAGAJOTHI S
25	22UPA025	NANCY CATHRINE J
26	22UPA026	NANETTE SHERIN S
27	22UPA027	NANTHINI N
28	22UPA028	NIVETHA L
29	22UPA029	NIVETHA V
30	22UPA030	PAPITHA S
31	22UPA031	PAVATHARANI R
32	22UPA032	POOMIGA J
33	22UPA033	PRABHAVATHI B
34	22UPA034	RAGHADHARSHINI R
35	22UPA035	RAKSHITHA R
36	22UPA036	RISHANA S
37	22UPA037	SAHITHYA B
38	22UPA038	SAKEENA M I
39	22UPA039	SHARMILA S
40	22UPA040	SIVASAKTHI B
41	22UPA041	SOPHIAA A
42	22UPA042	SOUNDHARYA B
43	22UPA043	SOUNDHARYA M
44	22UPA044	SRINITHI R
45	22UPA045	SUBIKSHA P
46	22UPA046	SUJITHA G
47	22UPA047	SWETHA R
48	22UPA048	SWETHA V

49	22UPA049	THARANI E
50	22UPA050	UDAYALAKSHMI D
51	22UPA051	UMME NIHA A
52	22UPA052	VAISHNA K
53	22UPA053	VAISHNAVI V
54	22UPA054	VINOTHINI S
55	22UPA055	YOGA G
56	22UPA056	YUVASHINI M
57	22UPA057	ZUMANA ROSHAN S
58	22UPA058	ASHA JASMINE J
59	22UPA059	MANSHA C
60	22UPA060	MEERA B
61	22UPA061	PANDIMEENAL R

Physician Assistant – II UG (2021 Batch)

S.No.	Roll. No.	Name of the Student
1	21UPA001	ABINANDHANA.S.S
2	21UPA002	ABIRUPA.K
3	21UPA003	ABINAYA.K
4	21UPA004	ANANDHI.V.
5	21UPA005	ANGEL.M
6	21UPA006	ANURUTHRA.K
7	21UPA007	ATHIRA.V.S
8	21UPA008	BAVATHARANIS
9	21UPA009	BHUVANESWARIS
10	21UPA010	CRISTEENA.R
11	21UPA011	DEEKSHA.S
12	21UPA012	DARSHINI.S.G
13	21UPA013	EVANGELIN.K
14	21UPA014	GEETHA.S
15	21UPA015	HARINLE
16	21UPA016	HEMA.R
17	21UPA018	JEEVITHA SRI. G
18	21UPA019	JESSINTHA.W
19	21UPA020	JEYAPRIYA.A.V
20	21UPA021	JOYCE.S
21	21UPA022	KARTHIKAI LAKSHMI.M
22	21UPA023	KEERTHIKA.S
23	21UPA024	MAHESHWARI.K
24	21UPA025	MAHESHWARI.M

25	21UPA026	MANORANJITHA.S
26	21UPA027	MARIA JONATHA.E.J
27	21UPA028	MARY FELICIA JESUDYAL.S
28	21UPA029	MONIKAA.S
29	21UPA030	MUBASHIRA.N
30	21UPA031	MUTHULAKSHMI.C
31	21UPA032	NANCY.J
32	21UPA033	NANDHINIL
33	21UPA035	RAMYA DEVI.M
34	21UPA036	RINTHIYA.J.R
35	21UPA037	ROSHINI.S
36	21UPA038	RUBIKA.S
37	21UPA039	SAI SUBIKSHA.J
38	21UPA040	SANTHIYA.L
39	21UPA041	SEMBAGAVALLIL
40	21UPA042	SENTHAMIZHSELVI.T
41	21UPA043	SHIVADHARSHINI.Y
42	21UPA044	SNEHA.K
43	21UPA045	SOWMIYA.J
44	21UPA046	SOWMIYA.S
45	21UPA047	SOWPARNIKA.M
46	21UPA048	SRI GOWRI.B
47	21UPA049	SUDHAMATHI.S
48	21UPA050	SWATHI.S
49	21UPA052	VARNIKA.S
50	21UPA053	VIDHYA.A
51	21UPA054	VIDHYA.P.V
52	21UPA055	YASHIKA.M

Physician Assistant – III UG (2020 Batch)

S.No.	Roll. No.	Name of the Student
1	20UPA001	AARTHI. L
2	20UPA002	ABHIJA CHADAYAN
3	20UPA004	ABIRAMI. S
4	20UPA005	ANITHA. A
5	20UPA006	APARNA DAMODARAN
6	20UPA008	ASIR BENCY RANI. E
7	20UPA009	CHANDINI SIVARAJ
8	20UPA010	CHANDRA PRABHA. M
9	20UPA011	DHANYALAKSHMI. N
10	20UPA012	DHANYA. R
11	20UPA014	FAAIZA FENOON. M
12	20UPA015	GOKILA. S
13	20UPA016	HRIDYA ANIYAN
14	20UPA018	JAMBUGUMPALA BHARGAVI
15	20UPA022	KAVYA. M.D
16	20UPA023	KIRUTHIKA. P
17	20UPA024	MADHU SRI. R
18	20UPA025	MALATHI. R.G
19	20UPA027	NANDHITHA DEVI. H
20	20UPA028	NETHRIGA. M.S
21	20UPA029	NISHA. S
22	20UPA030	NIVITHA. R
23	20UPA032	PREETHI. N
24	20UPA033	PRIYADHARSHINI. R
25	20UPA034	PRIYANGA. S

26	20UPA035	RAJALAKSHMI. D
27	20UPA037	RESHMA. S
28	20UPA039	RITHIKA GAYATHIRI. M
29	20UPA040	SANDHIYA. K
30	20UPA041	SARADA. M
31	20UPA042	SARANYA. M
32	20UPA043	SENBAGAPRIYA. B
33	20UPA044	SHOBANA. K
34	20UPA045	SOWMIYA. R
35	20UPA046	SREENIDHI. S
36	20UPA047	SRIPRABHA. R
37	20UPA048	SUBATHRA. B
38	20UPA049	SUGANTHI. R
39	20UPA050	SUHITHA. S
40	20UPA051	UGANDHANA. C
41	20UPA052	VAIDHEGI. D
42	20UPA054	YAZHINI. G

Audiology and Speech Language Pathology – I UG (2022 Batch)

S. No	Roll. No.	Name
1.	22UAS001	Anjana devi
2.	22UAS002	Bala Nandhini
3.	22UAS003	Esakkithai
4.	22UAS005	Karnika
5.	22UAS006	Methuna Shree
6.	22UAS007	Nandhini
7.	22UAS008	Priya Varshini

8.	22UAS009	Rakshitha
9.	22UAS010	Selvanayagi
10.	22UAS011	Shamsida
11.	22UAS012	Shreya Shree
12.	22UAS013	Snegitha shreema
13.	22UAS014	Varsha
14.	22UAS015	Vinodhini
15.	22UAS016	Abarna Mugi

Physiotherapy – I UG (2022 Batch)

S. No	Roll. No.	Name
1.	22UPT001	Abinaya R
2.	22UPT002	Aftha Sherin A
3.	22UPT003	Ananyaa G A
4.	22UPT004	Deepika R
5.	22UPT005	Hevangeline Agnus Mary B
6.	22UPT006	Iniyalzh P M
7.	22UPT007	Jenifer S
8.	22UPT008	Kanchana E
9.	22UPT009	Kaviya Dharshini U
10.	22UPT010	Keerthana S
11.	22UPT011	Mutharani M
12.	22UPT012	Nanthini K
13.	22UPT014	Rifana Parveen S
14.	22UPT015	Sai Janashree R
15.	22UPT016	Sai Shana J
16.	22UPT017	Salika S
17.	22UPT018	Samyuktha R
18.	22UPT019	Sandhiya S
19.	22UPT020	Sandhiya S
20.	22UPT021	J Sanya Jenisa
21.	22UPT022	Saptami R

22.	22UPT023	Sathana V
23.	22UPT024	Sobika A
24.	22UPT025	Vidharshini S M
25.	22UPT026	Visalatchi V
26.	22UPT027	Vishnupriya N
27.	22UPT028	Abinaya M
28.	22UPT029	Yasmin J

Optometry – I UG (2022 Batch)

S. No	Roll. No.	Name
1.	22UOP001	Abinaya.V
2.	22UOP002	Akshaya.A
3.	22UOP003	Arthi.V
4.	22UOP004	Hema Priya.V
5.	22UOP005	Indra Priyadharshini.K
6.	22UOP006	Mary Janifar.S
7.	22UOP007	Pavithra.R
8.	22UOP008	Saayni.R
9.	22UOP009	Surekha.M
10.	22UOP010	Hema Malini.S

Clinical Embryology – I PG (2022 Batch)

S. No	Roll. No.	Name
1.	22PCE001	Akshaya. V.S
2.	22PCE002	D. Dhrishya
3.	22PCE003	Inthu. K
4.	22PCE004	G.K. Sangeetha
5.	22PCE005	Aishwarya Balakrishnan
6.	22PCE006	Rizwana. M.S

Clinical Psychology – I PG (2022 Batch)

S.No.	Roll.No.	Name of the Student
1	22PCP001	Aarthy T
2	22PCP002	Anugraha K
3	22PCP003	Anumitha K
4	22PCP004	Kanika P
5	22PCP005	Kanimozhi G
6	22PCP006	Kavya Y
7	22PCP007	Keerthika K
8	22PCP008	Kumara Devi M K
9	22PCP009	Lambika Arul Selvi R
10	22PCP010	Madhumitha B
11	22PCP011	Mumeenul Afrin F
12	22PCP012	Ramya R
13	22PCP013	Sakthi Madhumithaa S M
14	22PCP014	Sasthika N
15	22PCP015	Shameen Afrose M
16	22PCP017	Sowndarya M
17	22PCP018	Sushmitha T
18	22PCP019	Susmin Reju
19	22PCP020	Suvetha V
20	22PCP021	Trisha S
21	22PCP022	Vasuhi B
22	22PCP023	Shreeja Muralidharan

Clinical Psychology – II PG (2021 Batch)

S.No.	Roll.No.	Name of the Student
1	21PCP001	Abarna M
2	21PCP002	Anandhapriya G
3	21PCP003	Deepana K
4	21PCP004	G Devika
5	21PCP005	Harini V
6	21PCP006	Hema D R
7	21PCP007	Ilamathi K S
8	21PCP008	Jayashree S
9	21PCP009	Karsna N
10	21PCP010	Madhu Bashini S
11	21PCP011	Nivethithaa P
12	21PCP012	Pooja A
13	21PCP013	S Pradheepa
14	21PCP014	Priyadharsini S
15	21PCP015	Saaisudharsini K
16	21PCP016	Sadhana M
17	21PCP017	Shivani R
18	21PCP018	Shruthi J
19	21PCP019	Sritha K
20	21PCP020	Vigashini V
21	21PCP021	Yavanikasri V

Handball training camp

A 10-day handball training camp was organized from May 3rd to 14th, 2022, at Handball court of GHSS, Narasimmanaicken Palayam . The camp aimed to enhance the skills and performance of the participants under the guidance of the district coach. A total of 20 players participated in the training camp, eager to improve their handball skills and knowledge of the game.



The training camp consisted of daily sessions focusing on various aspects of handball, including techniques, tactics, fitness, and teamwork.



The district coach provided expert guidance and personalized training to each participant, helping them improve their skills and performance.

Fitness and wellness motivational Training

A motivational training session on fitness and wellness was conducted at our institution on 13.08.2022, benefiting 450 students. The session, led by a Dr.P.Nandhini, Assistant Director of Physical Education, aimed to inspire students to prioritize their health.



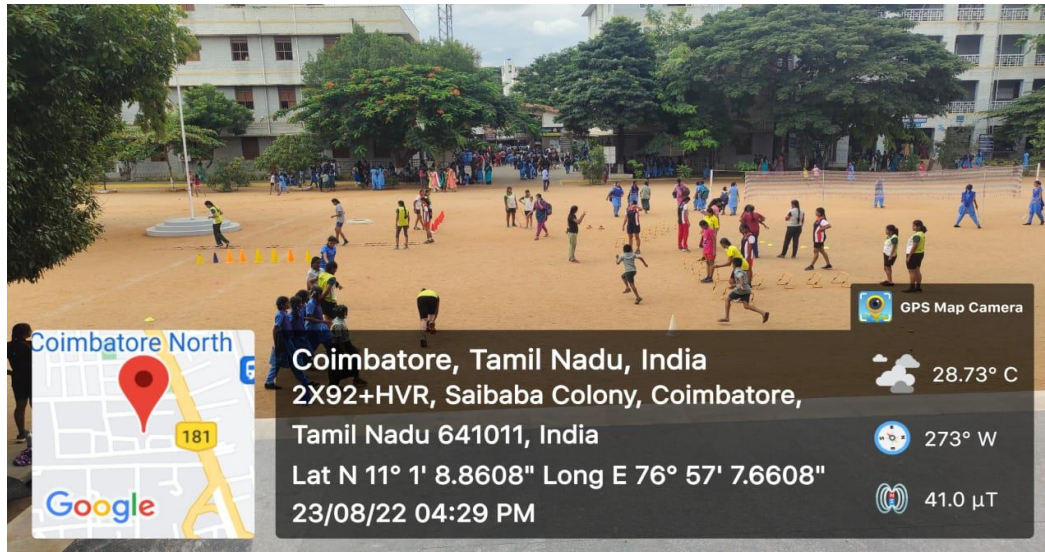
Empowered to prioritize fitness and wellness: The participants of the training session.

Participants were encouraged to adopt healthy lifestyle habits, including regular exercise and proper nutrition. Practical tips, interactive discussions, and motivational anecdotes were shared during the session, engaging the students effectively. The expert's expertise and passion for fitness left a lasting impact on the attendees, inspiring them to make positive changes in their lives. The training session concluded with a pledge from the students to prioritize fitness and wellness. The event was a resounding success, thanks to the insightful guidance provided and the active participation of the students.

Fit with Plyometrics-Training Session

A training session titled "Fit with Plyometrics" was conducted for sports students on 23.08.2022. The session aimed to introduce students to plyometric exercises and their benefits for athletic performance.

The session was led by fitness expert Ms. Vishnupriya.D, who has extensive experience in sports training and fitness coaching. Her expertise added great value to the session.



A total of 30 sports students participated in the training session, actively engaging in the exercises and drills demonstrated by the expert.

Plyometric exercises, known for their ability to improve strength, power, and agility, were demonstrated and practiced during the session. Ms. Vishnupriya.D provided detailed instructions and personalized guidance to ensure that the students performed the exercises safely and effectively. The training session was highly interactive, with students asking questions and seeking clarification on various aspects of plyometric training.

At the end of the session, she emphasized the importance of incorporating plyometric exercises into their regular training routines to enhance their athletic performance.

Overall, the "Fit with Plyometrics" training session was a resounding success with the active participation of the students. It provided valuable insights and practical skills that will benefit the students in their athletic pursuits.

Cultural Yoga inter departmental tournament

The Cultural Yoga Inter-Departmental Tournament was held at Open Stage on 19.05.2022. The tournament aimed to promote yoga as a means of holistic well-being and cultural enrichment.

Four houses participated in the tournament, with enthusiastic representation from various departments. Students from each house showcased their yoga skills, demonstrating flexibility, balance, and strength, along with a deep understanding of yoga philosophy.



The tournament was marked by a spirit of healthy competition and cultural exchange, with participants displaying exemplary discipline and focus.



After a series of captivating performances, the winners were announced, with final UG emerging victorious. The tournament concluded with a pledge to continue promoting yoga as a means of physical, mental, and spiritual well-being among the student community.

A session on Own Body Exercises for Weight Management

On 2nd June 2022, a session on "Own Body Exercises for Weight Management" was conducted at the Multi-Purpose Hall. The session aimed to educate students about effective exercises for weight management using one's own body weight.

Mrs. Salomy, a seasoned sports trainer, led the session. With her expertise, she guided the participants through various exercises designed to improve strength, flexibility, and overall fitness.

A total of 56 students participated in the session, benefiting from Mrs. Salomy's instruction and guidance.



The session focused on exercises that can be easily performed without the need for any equipment, making them accessible to everyone. Participants learned a variety of exercises targeting different muscle groups, along with tips for incorporating these exercises into their daily routines.

The session concluded with a Q&A session, during which Mrs. Salomy addressed queries and provided additional fitness advice to the participants.

Overall, the session was highly beneficial, empowering students with the knowledge and skills to manage their weight effectively through regular exercise.

Special camp on weight management

On 1st July 2022, a special camp on weight management was conducted. The camp targeted non-participants in sports and aimed to promote a healthy lifestyle. Dr. P. Nandhini, a expert in fitness, led the camp, providing valuable insights and guidance.

A total of 46 students participated in the camp, actively engaging in discussions and practical sessions. The camp focused on educating participants about the importance of maintaining a healthy weight through diet control and exercise.

Participants learned about nutrition, portion control, and setting realistic weight management goals. Dr. Nandhini provided personalized guidance to help participants on their weight management journey.



The camp concluded with participants pledging to adopt healthier lifestyle habits. Overall, the camp was a great success, thanks to Dr. Nandhini's expertise and the active participation of the students.

International yoga day celebration

On June 21st, the International Yoga Day was celebrated at the Auditorium, Campus II of our institution.

The celebration included a yoga demonstration aimed at promoting the benefits of yoga for physical and mental well-being. A total of 236 participants, including students, faculty, and staff, actively participated in the event.



The yoga demonstration was led by experienced yoga instructors who guided the participants through various asanas and breathing exercises. Participants enthusiastically engaged in the session, demonstrating their commitment to embracing yoga as a holistic practice for health and wellness.

The event concluded with a collective pledge to incorporate yoga into daily routines and promote its practice among others.

Independence day week celebrations

Independence Day week celebrations were organized from August 10th to August 15th, 2022, to commemorate India's 75th Independence Day. As part of the celebrations, a unique activity was conducted where students from the National Cadet Corps (NCC), National Service Scheme (NSS), and sports departments came together to create a giant map of India.



Students from NCC, NSS, and sports departments collaborated to create a giant map of India using various materials. The map was meticulously designed, and each state and union territory was represented with different colors and materials. The activity aimed to promote national integration, unity, and patriotism among the students.

A total of 300 students participated enthusiastically in the activity. Students showcased their creativity and teamwork skills throughout the process.

The giant map of India created by the students was displayed prominently in the campus premises. The activity served as a visual representation of unity in diversity, showcasing the strength and beauty of India's cultural and geographical diversity.



The Independence Day week celebrations, including the creation of the giant map of India, successfully promoted a sense of national pride and unity among the students. It was a fitting tribute to India's 75th Independence Day and highlighted the importance of unity in building a strong and prosperous nation.

A session on Stretch for Flexibility

A stretching session was conducted on 16/08/2022 at SF Ground. The session aimed to educate participants about the importance of flexibility and provide them with practical stretching exercises to improve their overall flexibility and prevent injuries.



The stretching session was attended by 45 participants from diverse age groups and fitness levels. The session began with a brief introduction to the importance of flexibility and the benefits of stretching exercises. The trainer, Mrs.R.Amsaveni demonstrated a variety of stretching exercises targeting different muscle groups, including static stretches, dynamic stretches, and proprioceptive neuromuscular facilitation (PNF) stretches.

Participants were guided through each stretching exercise, with an emphasis on proper form and technique to prevent injuries. The stretching session focused on improving flexibility in key areas such as the shoulders, back, hips, and legs.

Participants actively engaged in the stretching exercises, demonstrating their commitment to improving their flexibility and overall well-being. The session concluded with a cool down period, during which participants performed gentle stretching exercises to relax their muscles and promote recovery.

Motivational Session for Avinuty Excellence Club for Sports

On 22/08/22, a motivational session was conducted to inaugurate the Avinuty Excellence Club for Sports at Thiruchitrambalam Auditorium.

The session aimed to inspire and motivate athletes to strive for excellence in their respective sports disciplines. 334 athletes and 15 faculties were participated.

The session focused on instilling a sense of dedication, perseverance, and sportsmanship among the club members. Few alumni shared their insights and experiences to inspire the athletes to reach their full potential in sports.



Participants were encouraged to set ambitious goals and work tirelessly to achieve them, with the support of the Avinuty Excellence Club. The motivational session concluded with a pledge from the participants to uphold the values of excellence and sportsmanship in all their endeavors.



The Avinuty Excellence Club for Sports is expected to serve as a catalyst for the development of sporting talent within the institution.

Sports Camp for Rural School Children

A sports camp for rural school children was organized in Devarayapuram Village on 23.9.2022, led by sports expert P. Nandhini and 6 sports students. The camp aimed to promote sports and physical fitness among students in the rural community.



A total of 45 students from the Devarayapuram village school actively participated in the camp.

Under the guidance of P. Nandhini and the sports students, the participants received training in various sports activities, including athletics and khokho.

The camp provided the students with an opportunity to develop their skills, enhance their fitness levels, and learn the importance of teamwork and sportsmanship.

The initiative was well-received by the students and the local community, and it is expected to have a positive impact on the overall development of sports in the village school.

Perfect take off in Sports –A motivational session



On 29th September, 2022, in commemoration of World Heart Day, a motivational session titled "Perfect Take Off in Sports" was conducted. The session aimed to raise awareness about the importance of heart health and physical fitness among all the freshers, 840 undergraduate students.

The session focused on the significance of maintaining a healthy heart for optimal sports performance. Participants were inspired to adopt a heart-healthy lifestyle, including regular exercise, balanced nutrition, and stress management techniques.

Dr.P.Nandhini, Assistant Director, Physical Education shared insights on the role of cardiovascular fitness in sports and emphasized the importance of preventive measures to reduce the risk of heart-related issues.

The session included motivational talks, interactive discussions, and practical tips for achieving and maintaining a healthy heart. Participants were encouraged to prioritize their heart health and make conscious choices to support their overall well-being.

Overall, the motivational session served as a reminder of the vital connection between heart health and sports performance, inspiring participants to strive for excellence both on and off the field.

Celebration of National Unity Day with sports

On 31st October 2022, the Department of Physical Education celebrated India's National Unity Day with great enthusiasm. The event aimed to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India, and promote unity and integration among the students.



The registrar congratulated the sports students for their Unity

A total of 250 sports students from various disciplines enthusiastically participated in the event. The day began with a flag-hoisting ceremony followed by a march past by the students. Various sports activities such as cricket, football, basketball, volleyball, and athletics were organized throughout the day.



The highlight of the event was a friendly sports competition between students, fostering a sense of unity and sportsmanship. The participants exhibited exemplary sportsmanship and showcased their skills in various sporting events.

Certificates and prizes were awarded to the winners and participants as a token of appreciation for their active involvement. The event concluded with a pledge to uphold the unity and integrity of the nation.

Overall, the National Unity Day celebration was a grand success, bringing together students from diverse backgrounds to celebrate the spirit of unity through sports. The Department of Physical Education looks forward to organizing more such events in the future to promote sportsmanship and national unity among the students.

Aerobic Training

A aerobic fitness training session was conducted on 01/11/2022 by Dr.P.Nandhini . The session aimed to educate participants about the importance of aerobic fitness and provide them with practical training exercises to improve their overall health and well-being.

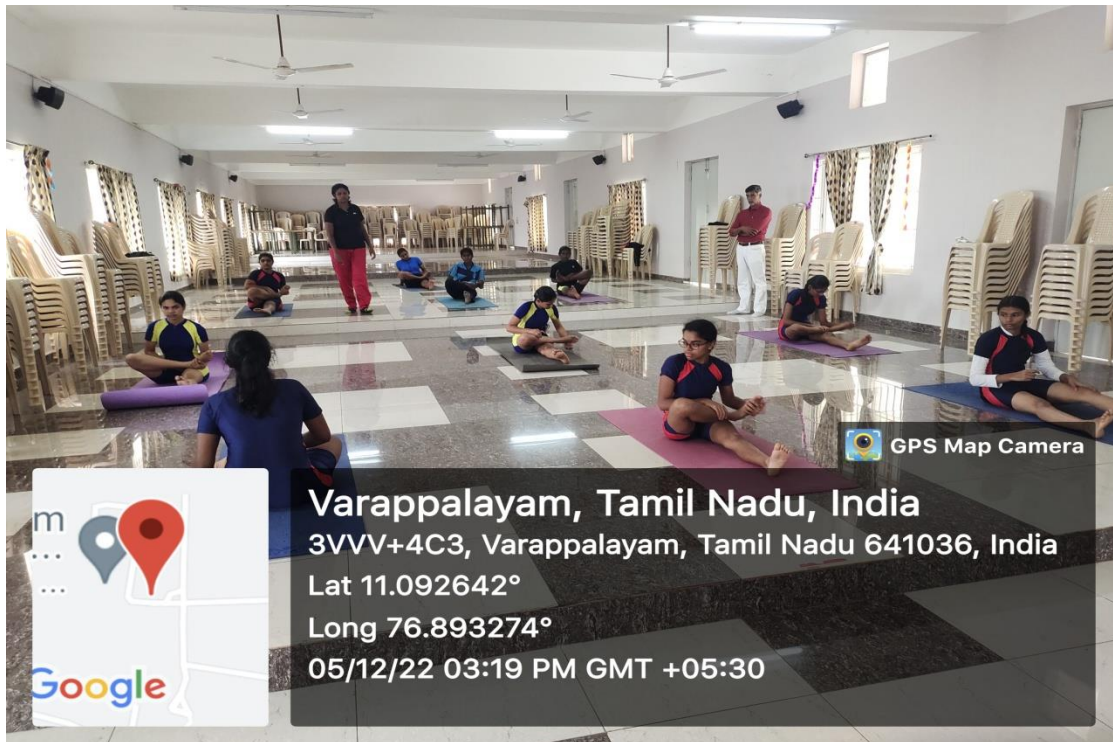


The training session was attended by 320 participants from diverse age groups and fitness levels.

The trainer discussed various components of fitness, including cardiovascular endurance, muscular strength, flexibility, and body composition. Participants were guided through a series of warm-up exercises to prepare their bodies for the training session.

The main training session included a variety of exercises targeting different muscle groups, including strength training, cardio exercises, and flexibility exercises. The session concluded with a cool-down period, including stretching exercises to help participants relax their muscles and prevent injury.

Advanced Yoga Training Session



On December 5th, 2022, an advanced yoga training session was conducted at Multi purpose hall by Dr. Sri Kumar, an expert in yoga and naturopathy.

The session aimed to provide advanced yoga training to participants, focusing on enhancing their skills and deepening their understanding of yoga practices. Participants benefited from Dr. Sri Kumar's expertise as he guided them through advanced yoga asanas and breathing techniques.

The training session attracted a significant number of participants eager to improve their yoga practice. Participants were highly engaged and enthusiastic throughout the session, actively participating in the advanced yoga exercises and techniques demonstrated by Dr. Sri Kumar.

The session concluded with participants expressing their gratitude to Dr. Sri Kumar for his valuable insights and guidance. Overall, the advanced yoga training session was a resounding success, empowering participants to further their yoga practice and improve their skills for Inter University tournaments.

A session on Sports Careers

A session on Sports Careers was conducted on 12th February 2023 at our venue. Guest alumni, Ms. Karthika and Ms. Sangeetha, shared their experiences and expertise, inspiring 450 participants to pursue careers in sports-related fields.



They discussed various career options including coaching, sports management, sports journalism, sports marketing, and sports psychology. Participants had the opportunity to ask questions and seek advice from the guest speakers.



The session was highly informative and inspiring, providing valuable insights into the diverse career opportunities in the field of sports. It was well-received by the participants who expressed gratitude to the guest alumni for sharing their knowledge and experiences. Similar sessions will be organized in the future to continue providing guidance and support to students interested in pursuing careers in sports.