

EVENTS

International Webinar
Strategies for improving Nutrition
and healthy eating in individuals
and communities

One day National Symposium
Nutritious diets for everyone

One day workshop
3D Food printing

Community Nutrition activities

Community Nutrition camp

Digital awareness on National
Nutrition month

FM radio talk on Nutritious diets

Scientific paper & poster presentation

Rangoli competition

Food photography

Miss & Mrs. Nutrition

Cookery competition

Healthy baby contest

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Dept. of Food Science and Nutrition

ORGANISING COMMITTEE

Students of II M.Sc FSN
(2023-2025 Batch)



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++' Graded by NAAC.CGPA 3.65/4, Category I by UGC
COIMBATORE- 641 043

RASHTRIYA POSHAN MAAH

NATIONAL NUTRITION MONTH

CELEBRATIONS

SEPTEMBER 2024

"NUTRITIOUS DIETS FOR EVERYONE"



Organized by

Department of Food Science and Nutrition

Nutrition Association
Nutrition Society of India, Coimbatore Chapter &
Dr. Rajammal P. Devadas CHAIR

ABOUT THE UNIVERSITY

Sri Avinashilingam Home Science College for Women was established under the auspices of the Avinashilingam Education Trust in 1957 by Dr.T.S.Avinashilingam, the great Patriot and Educationist, the first Minister of Education in the Composite State of Madras (1946-1949) and a Padma Bhusan Awardee. The World renowned Doyen of Nutrition and the first Vice Chancellor, Padmashree Dr.Rajammal P. Devadas, nurtured and raised the institution to its present status as a University, with her ardent and unstinted efforts. The University is scaling global heights under the stewardship of Dr.T.S.K.Meenakshisundaram, Chancellor and Managing Trustee, Dr.V.Bharathi Harishankar, Vice Chancellor and Dr.H.Indu, Registrar (i/c) of the Institute. Tremendous growth as an autonomous college was recorded during the 10 years from 1978 in various spheres of academics, community development and skill development of women, and in national and international research and consultancy. These fast-paced contributions aided the UGC and MHRD in recognizing the institution as a Deemed to be University in 1988. Since then the Institute has been in the limelight both at National and International levels. The institute has diversified and well qualified faculty. Around 8000 students benefit from the Undergraduate, Post graduate and Research level programmes offered by the School of Home Science, Physical Sciences and Computational Sciences, Bio Sciences, Arts and Social Sciences, Commerce and Management, Allied Health Sciences Education and Engineering each year.

ABOUT THE DEPARTMENT

Ever since its inception in 1958, the Department of Food Science and Nutrition, has built up its programme towards academic excellence extended to community development, chisel students into future teachers, dietitians, administrators, scientists, quality control managers in food industries and ideal home makers- the nutrition conscious citizens of India. The activities of the Department are geared keeping in mind the nation's priorities, the trust of the UGC, and the dreams of Dr.T.S.Avinashilingam Avargal and the world- renowned doyen of nutrition Dr.Rajammal P. Devadas. The Department endeavors to impart value based education and research to evolve technologies to improve the nutrition and health scenario of the community, to uplift the masses, particularly women and produce materials for dissemination of nutrition information to all sections of the society. The Department offers B.Sc., M.Sc., and Ph.D in Food Science and Nutrition and PG Diploma in Public Health Nutrition. The department has Food sensory evaluation centre, Edible and eco-friendly packaging centre, foods , advanced nutrition , physiology and analytical instrumentation laboratories. Our department has MoU with University of Reading, UK, Universitas Airlangaa, Indonesia and Universiti Tunku Abdul Rahman, Malaysia. Over the years, the department has to its credit many Government funded and Consultancy Projects.

ABOUT RASHTRIYA POSHAN MAAH

Rashtriya Poshan Maah, or National Nutrition Month, is celebrated annually in India from September 1 to 30 under the POSHAN Abhiyaan initiative. This month-long campaign focuses on enhancing nutritional outcomes, especially for vulnerable populations, by raising awareness about the importance of proper nutrition and physical activity.

The Department of Food Science and Nutrition actively participates in this initiative, aiming to promote healthy eating habits within the community. Through various events and competitions, the department encourages the consumption of nutritious foods to improve overall health and reduce nutrition-related deficiencies.

The goal is to bring about positive changes in nutritional knowledge, attitudes, and practices, ultimately improving the health and nutritional status of the community. Nutrition Month serves as an important platform for education and action, fostering healthier food choices and lifestyle changes across India.

FOCUS AREAS FOR THE NATIONAL NUTRITION MONTH

- 1)Anemia
- 2)Growth monitoring
- 3)Complementary feeding
- 4)Poshan Bhi Padhai Bhi
- 5)Technology for better governance and environment protection