



NUTRITION AND DIETETICS

ACTIVITIES 2022-2023



Since 1951

JAMAL MOHAMED COLLEGE (AUTONOMOUS)

Accredited (3rd cycle) with 'A' Grade by NAAC
(Affiliated to Bharathidasan University)
Tiruchirappalli- 620 020



ASSOCIATION OF NUTRITION AND DIETETICS &

B.Voc., FOOD PROCESSING & SAFETY

*Cordially Invite you for the Association inauguration and
Special lecture Programme*

Presides by

Dr.S.Ismail Mohideen
Principal

Inaugural Address

Resource Person

Dr. Hemamalini Govindaraj MD OG., FICS,
Director, Gynecologist and obstetrician
GVN speciality Hospital, Trichy

“Step Up for Breastfeeding: Educate and Support”

Felicitation

Dr. A.K. Khaja Nazeemudeen, D.Litt., (USA)
Secretary & Correspondent

Hajee. M.J. Jamal Mohamed
Treasurer

Dr.A.K. Abdus Samad
Assistant Secretary

Dr.K.N. Abdul Khader Nihal
Member and Hon. Director

Dr.A. Mohamed Ibraheem
Vice Principal

Dr.M. Mohamed Sihabudeen
Additional Vice Principal
Directors

Dr.K.N. Mohamed Fazil
Director Hostel Administration
Ms.J. Hajira Fathima
Director Hostel Administration

ALL ARE CORDIALLY INVITED

Coordinator

Dr. M. Ghouse Basha

Vice-President

Dr.V.Kavitha , Asst. Professor

Organizing committee

Ms.B.Rajalakshmi, Asst. Professor
Ms.J.Priya , Asst. Professor
Ms.J.Harine Sargunam , Asst. Professor
Ms.D.Bhuvanewari, Asst. Professor
Dr.M.Angel , Asst. Professor
Ms.A.Yasmin Fathimaa, Asst. Professor
Ms.S.Sheerin, Asst. Professor

B.Voc., Food Processing & Safety

Dr.A.Sangeetha, Asst. Professor
Ms.N.Asiffa Jabeen, Asst. Professor
Ms.M.Nelofer, Asst. Professor
Ms.S.Ashma Banu , Asst. Professor

Students Office Bearers

Ms. N. Aashifa Akthar, II M.Sc N&D
Ms. K. Shivashankari, II M.Sc N&D
Ms. J. Sumaiya Begum, I M.Sc N&D
Ms. S. Jaya Gayathti, I M.Sc N&D
Ms. T. Syeda Rabiya, III B.Sc N&D
Ms. Z. Shafeeca Siddiqa III B.Sc N&D
Ms.S. Aafreen Shanaz, II B.Sc N&D
Ms. A. Rushtha Sameena, II B.Sc N&D
Ms. J. Halitha Samina, I B.Sc N&D
Ms. S. Shobia Banu, I B.Sc N&D
Ms. S. Rilwana sirin , III B.Voc
Ms. P Arthi , II B.Voc
Ms. R. Nivatha, I B.Voc



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REPORT ON BREASTFEEDING WEEK CELEBRATIONS

Special lecture program on the topic of " **Step up for breast feeding: Educate and support** " was conducted as a sign of celebrating Breast feeding week. This special lecture program was conducted by the department of Nutrition and Dietetics in Jamal Mohamed College on 05.08.2022. Director, Gynecologist and obstetrician, GVN speciality Hospital, Trichy Dr. Hemamalini Govindaraj MD OG., FICS, had come as chief guest and also mam had presented PowerPoint presentation to educate the students about breast feeding. That session was very helpful to the students and also it motivated the students to breastfed their babies once they became mother.



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Tiruchirappalli-620020.

**DEPARTMENT OF NUTRITION AND DIETETICS
&
B.Voc., FOOD PROCESSING & SAFETY**

Cordially invite you to the

"Khana Khazana"

Food Science Practical based on Basic Five Food Groups (ICMR)

By

**The students of I B.Sc., Nutrition and Dietetics
&
I B.Voc., Food Processing and Safety**

In the August presence of the management committee members

Dr. A.K. Khaja Nazeemudeen
Secretary & Correspondent

Hajee. M.J. Jamal Mohamed
Treasurer

Dr.K.Abdus Samad
Assistant Secretary

Dr. K.N Abdul Khader Nihal
Member & Honorary Director

Dr.S.Ismail Mohideen,
Principal
Presides

Felicitation

Dr. A .Mohamed Ibrahim
Vice – Principal

Dr.M.Mohamed Sihabudeen
Additional Vice Principal

Dr. K.N. Mohamed Fazil
Director - Hostel Administration

Ms.J.Hajira Fathima
Director - Women Hostel Administration

Venue: Food Science Lab – Dept of N&D Date: 09/09/2022 Time: 4.00 pm



WE WELCOME YOU ALL



Nutrition & Dietetics I B.Sc & I B.Voc students exhibited the products related to Food Science- 09.09.2022





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TIRUCHIRAPPALLI-620020

**DEPARTMENT OF NUTRITION & DIETETICS AND
B.VOC FOOD PROCESSING AND SAFETY**

INVITE YOU TO
TEACHERS DAY CELEBRATION-2022

SEPTEMBER | 08 | 2022

EVENTS:

- BOOK READING
SESSION
- ESSAY WRITING
- GROUP DISCUSSION



TEACHERS DAY CELEBRATION- EVENTS REPORT 2022

Department of Nutrition and Dietetics

On the account of teacher's day celebration, the Department of Nutrition and Dietetics and B.Voc., Food Processing and Safety have conducted various programs on 07-09-2022 and 08-09-2022.

The events conducted are as follows:

- Book reading session
- Essay writing
- Group discussion

Book reading session

This event was conducted on 07-09-2022 between 2.30pm-3.30pm in our department Library. Students were participated from UG, PG and B.Voc., Programe.The event was conducted by A.YasminFathimaa, Assistant professor of Nutrition and Dietetics. The total number of students participated was Thirty.



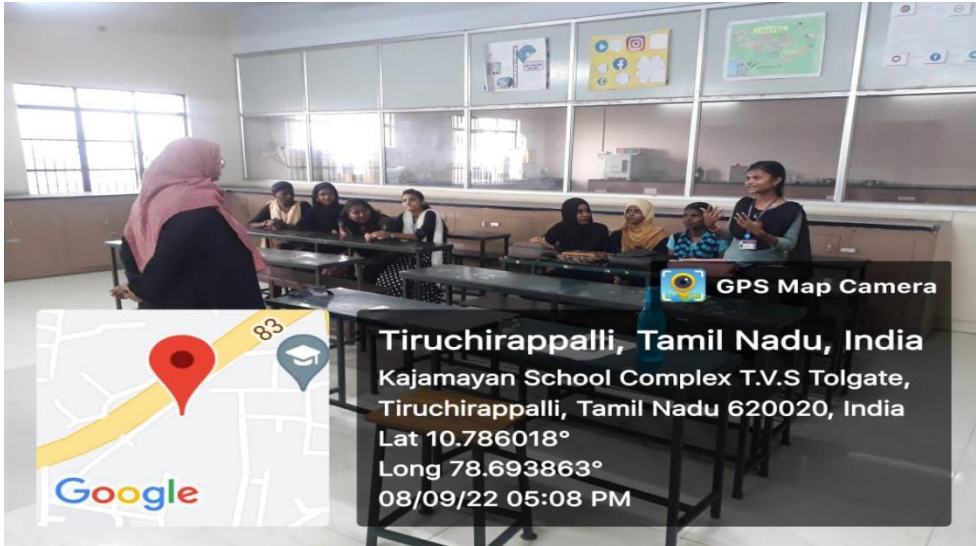
Essay writing

This event was conducted on the topic “Role of teachers on Nation Building”. It was conducted on 08-09-2022 in LH-136 between 3.30-4.30pm in Nutrition and Dietetics department. Total number of students participated were Twenty eight. This event was conducted by J.Harin Sargunam, Assistant professor of Nutrition and Dietetics.



Group Discussion

There were two teams participated, 5 in a team. It was held on the topic “Contribution of Teachers for Education before 20th century and after 20th century”. This interesting event was conducted on 08-09-2022 by N.AsiffaJabeen, Assistant professor of B.Voc., Food processing and safety programe from 4.30-5.30 pm in LH-138 of our Department.



Certificate for the prize winners will be distributed on the valedictory function on National Nutrition Week celebration.

CO-ORDINATOR

Dr.M.Ghouse Basha M.sc.,M.Phil.,Ph.D

CONVENER

Dr.V.Kavitha - Assistant Professor

ORGANIZING SECERTARY

Ms.B.Rajalakshmi – Assistant Professor

ORGANIZING COMMITTEE MEMBERS

Ms.J.Priya –Assistant Professor

Ms.J.Harine Sargunam – Assistant Professor

Dr.A.Sangeetha - Assistant Professor

Ms.D.Bhuvaneshwari – Assistant Professor

Dr.M.Angel – Assistant Professor

Ms.A.Yasmin Fathimaa - Assistant Professor

Ms.S.Sheerin –Assistant Professor

Ms.N.Ashifa Jabeen – Assistant Professor

Ms.M.Nilofer – Assistant Professor

Ms.S.Ashma Banu – Assistant Professor

Ms.R.Malathi – Assistant Professor

MANAGEMENT COMMITTEE

Hajee. M.J. Jamal Mohamed Bilal
President

Janab. Dr.A.K.Khaja Nazeemudeen,
Secretary & Correspondent

Hajee. M.J. Jamal Mohamed
Treasurer

Dr. K. Abdus Samad
Assistant Secretary

Dr. K. N. Abdul Kader Nihal
Member and Honorary Director

Hajee. Dr. S. Ismail Mohideen
Principal

Dr.A.Mohamed Ibraheem
Vice Principal

Dr.M.Mohamed Sihahudeen
Additional Vice Principal

DIRECTORS

Dr. K.N. Mohamed Fazil
Director – Hostel Administration

Ms. J. Hajira Fathima
Director – Women Hostel

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College With Potential For Excellence
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Tiruchirappalli – 620 020



**RAASHTRVEYA POSHAN MAHEENA
CELEBRATION'22**



INTERCOLLEGIATE COMPETITIONS

15TH SEPTEMBER 2022

“Ensure Your Nutrition”

Organised by

Department Of Nutrition And Dietetics
&
B.Voc., Food Processing And Safety

Contact No & e-mail id

Ms.B.Rajalakshmi - 9443854996

E-Mail:

jmcprpcelebr2022@gmail.com

About the College

Jamal Mohamed College was founded in 1951, as an affiliated college to the University of Madras and then affiliated to Bharathidasan University, Tiruchirappalli, in 1982. The society of Jamal Mohamed College is established in a sprawling land area of 87 acres (60 acres in the present location and 27 acres in Veerampatti village near Bharathidasan University) as a religious minority institution with the primary objective of providing higher education to the down-trodden and socially backward sections of the society in general and muslim minority in particular. Haji M. Jamal Mohamed Sahib and Janab N.M. Khajamian Rowther were the founding fathers in whose revered memory the society has been rendering excellent service in the field of higher education. The college was recognized by UGC New Delhi, for the purpose of Grants under section 2(F) and 12(B) of the University Grants Commission Act 1956. In 1977, on the recommendation of the University of Madras, the UGC recognized the college as one of the ten "Lead colleges in the university area. The College was accredited at Five Star Level by NAAC during 2002 and conferred with Autonomous Status by UGC, New Delhi and Bharathidasan University in 2004 - 2005. In January 2009, the College was accredited by NAAC with A-Grade (2nd Cycle)- CGPA 3.6 out of 40. The College was bestowed with the unique honour of "CPE status Phase-I and Phase-II by the University Grants Commission under the Scheme "Colleges with Potential for Excellence in 2011 and 2016 respectively. The college retained the "A Grade awarded by NAAC during the third cycle of accreditation in 2015. The college has been recognized with Three Star status by the Institutions Innovation Council (IC), HRD innovation cell, Government of India in 2019. Department of Science, Technology (DST), Government of India has accorded FIST Scheme to the Departments of Zoology, Botany and Physics in 2004 and to the Department Mathematics in 2008. Again, DST FIST Scheme has been extended to the Departments of Mathematics, Physics, Botany, Zoology and Computer Science in 2019. Five Science Departments such as Mathematics, Physics, Chemistry, Botany and Zoology have been short-listed after a meritorious presentation, among many competing institutions and awarded the Star College Scheme by the Department of Bio Technology (DBT) in 2020.

The college has obtained the 79th rank among Top ranking institutions in NIRF Rankings-2022. Over a period of 70 years the college was able to scale greater heights and raise to the present status as a multi-faculty institution with 23 UG, 21 PG courses and 18 departments of the college are functioning with the status of approved research centres. The college has a strength of around 12000 students. There are 145 Government Aided teaching faculty and 357 staff members working under the self-finance stream. The college celebrated its silver Jubilee in 1971, subsequently the Golden Jubilee and Diamond Jubilee in 2001 and 2011 respectively.

About the Department

The Department of Nutrition and Dietetics was started during 2008, with an undergraduate programme under self-financing stream to meet the educational needs of women students exclusively. Subsequently PG course was introduced during 2011 for women students and later strengthened as Research Department during the academic year 2018 by way of starting M.Phil programme. During the same year Skill oriented B.Voc food processing and safety was started with the sponsorship of National Skills Qualification Framework (NSQF) UGC. The Department has well qualified faculty members who are actively involved in research in their chosen field like Community Nutrition, Food Processing, Preservation and Clinical Nutrition. To ensure high quality in education, the department has acquired been infrastructure facilities, state of the art laboratory equipments, and well stacked library. Out staff members are actively involved in consultancy services giving helping hands to various allied industries established in our state. The main motto of this department is to enable the students to explore the opportunities and challenges in the field of Nutrition and Dietetics, to become popular entrepreneurs, excellent researchers and great administrators. The graduates and post graduates of this college have the imprints of their footsteps at various capacities across the field as Dietician in the reputed multispecialty hospitals, wellness centers and also as academicians.

INTERCOLLEGIATE COMPETITIONS EVENT SCHEDULE

Name of the Events	Number of participants allowed per Event	Timing of the Events
Natural Cosmetics From Natural Products	No. of participant per team : 1 Time: 1hr	10 am – 11 am
Nutri Connection Game	No. of participants per team : 3 Time: 1 hr	11 am – 12 pm
“One Ingredient Many Recipes” (Theme: fireless cooking)	No. of participants per team : 5 Time: 1hr	10 pm – 11 pm
Vegetable and fruit Carving	No. of participants per team : 2 Time: 1hr	2 pm – 3 pm
Rangoli	No. of participants per team : 5 Time: 1hr	10 am – 11 am
Nutri Slogan	No. of participant per team : 1 Time : 1 hr	3 pm – 4 pm
Nutri Food Stall	No. of participants per team : 5 Time: 1hr	3 pm – 4pm

NOTE:

- ❖ Registration fee Rs.250/- per participant
- ❖ On the spot registration through cash payment
- ❖ Rules for the competitions attached in separate page.
- ❖ Kindly send the participants list to the contact mail ID jmcrpmcelebr2022@gmail.com



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ASSOCIATION OF NUTRITION AND DIETETICS & B.Voc., FOOD PROCESSING & SAFETY

National Nutrition Month Celebration

Cordially invite you for the valedictory function of intercollegiate and interdepartmental competition

Coordinator

Dr.M.Ghose Basha

Vice-President

Dr.V.Kavitha, Asst.Professor

Organizing Secretary

Ms.B.Rajalakshmi,Asst.Professor

Organizing Committee

Ms.J.Priya, Asst.Professor

Ms.J.Harine Sargunam, Asst.Professor

Dr.A.Sangeetha, Asst.Professor

Ms.D.Bhuvaneswari, Asst.Professor

Dr.M.Angel, Asst.Professor

Ms.A.Yasmin Fathimaa, Asst.Professor

Ms.S.Sheerin, Asst.Professor

Ms.N.Asiffa Jabeen, Asst.Professor

Ms.M.Nelofer, Asst.Professor

Ms.S.Ashma Banu, Asst.Professor

Ms.R.Malathi,Asst.Professor

Time: 04:00 pm

Venue: Syed Hussainudeen Hall

PRESIDES BY

Dr.S.Ismail Mohideen

Principal

Date : 15th September 2022

Felicitation

Dr.A.K.Khaja Nazeemudeen,D.Litt.,(USA)

Secretary & Correspondent

Hajee.M.J.Jamal Mohamed

Treasurer

Dr.A.K.Abdus Samad

Assistant Secretary

Dr.K.N.Abdul Khader Nihal

Member and Hon.Director

Dr.A.Mohamed Ibraheem

Vice Principal

Dr.M.Mohamed Sihabudeen

Additional Vice Principal

Dr.K.N.Mohamed Fazil

Director Hostel Administration

Ms.J.Hajira Fathima

Director Hostel Administration

ALL ARE CORDIALLY INVITED

ENSURE YOUR
NUTRITION

RAASHTREEYA POSHAN MAHEENA CELEBRATION '22



JAMAL MOHAMED COLLEGE
Organized By
Department Of Nutrition And Dietetics
And
B.Voc Food Processing And Safety

NIN - ICMR

- ▶ September is a month of Raising Awareness On the Importance of nutrition, Community Mobilization and Bolstering people's participation For a Healthy Nation.
- ▶ The 2022 National Nutrition Month theme "Celebrate a World of Flavors" encourages you to follow the MyPlate style of eating to promote balanced and healthful meals across all cultures and cuisines



RAASHTREEYA POSHAN MAHEENA CELEBRATION '22

JAMAL MOHAMED COLLEGE [14\09\2022]

NAME OF THE EVENT	TIME DURATION	TOTAL NUMBER OF PARTICIPANTS
Natural Cosmetics from Natural Products	1 hour (10:00 am-11:00 am)	5
Nutri Connection Game	1 hour (11:00 am-12:00 pm)	72
One Ingredients Many Recipes (Theme : Fireless Cooking)	1 hour (10:00 am-11:00 am)	36

Vegetable And Fruit Carving	1 hour (2:00 pm-3:00 pm)	10
Rangoli	1 hour (10:00 am-11:00 am)	42
Nutri Slogan	1 hour (3:00 pm-4:00 pm)	15
Nutriti Food Stall	1 hour (3:00 pm-4:00 pm)	20

NATURAL COSMETIC FROM NATURAL PRODUCTS



NUTRI CONNECTION GAME



ONE INGREDIENTS MANY RECIPES



VEGETABLE AND FRUIT CARVING



RANGOLI



NUTRI SLOGAN



NUTRI FOOD STALL



RAASHTREEYA POSHAN MAHEENA CELEBRATION '22

JAMAL MOHAMED COLLEGE [15\09\2022]

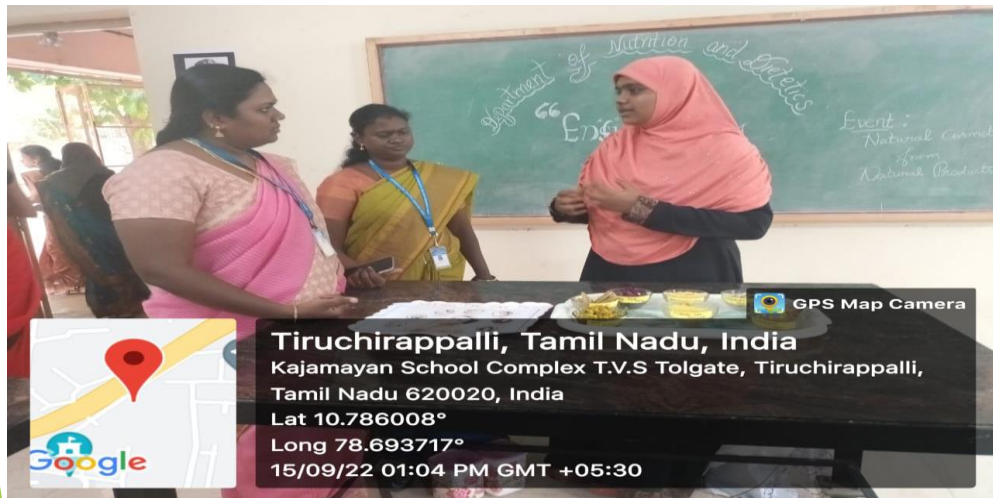
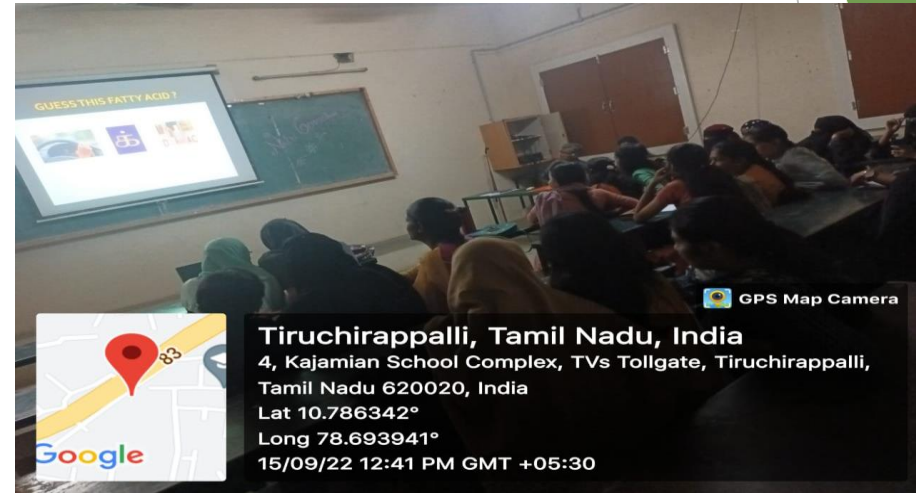
NAME OF THE EVENT	TIME DURATION	TOTAL NUMBER OF PARTICIPANTS
Natural Cosmetics from Natural Products	1 hour (10:00 am-11:00 am)	5
Nutri Connection Game	1 hour (11:00 am-12:00 pm)	26
One Ingredients Many Recipes (Theme : Fireless Cooking)	1 hour (10:00 am-11:00 am)	34

Vegetable And Fruit Carving	1 hour (2:00 pm-3:00 pm)	6
Rangoli	1 hour (10:00 am-11:00 am)	23
Nutri Slogan	1 hour (3:00 pm-4:00 pm)	15
Nutriti Food Stall	1 hour (3:00 pm-4:00 pm)	18

NATURAL COSMETIC FROM NATURAL PRODUCT



NUTRI CONNECTION GAME

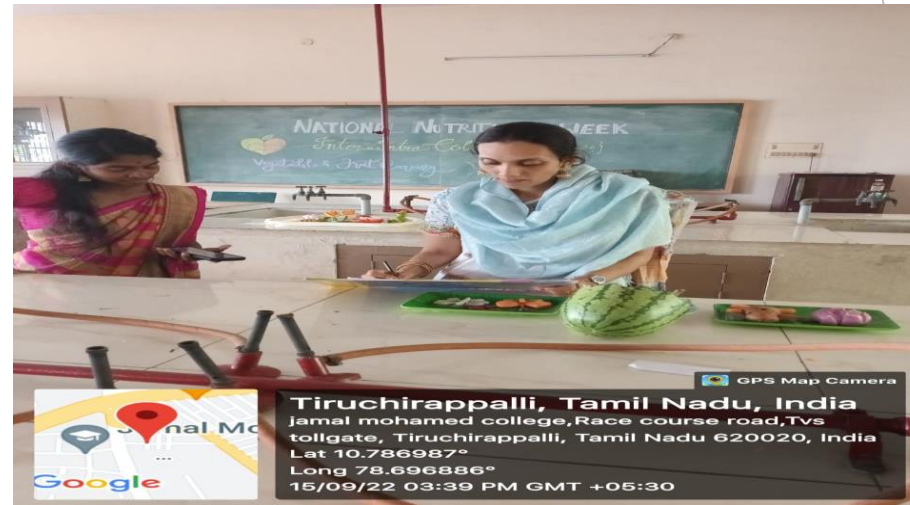


ONE INGREDIENTS MANY RECIPES

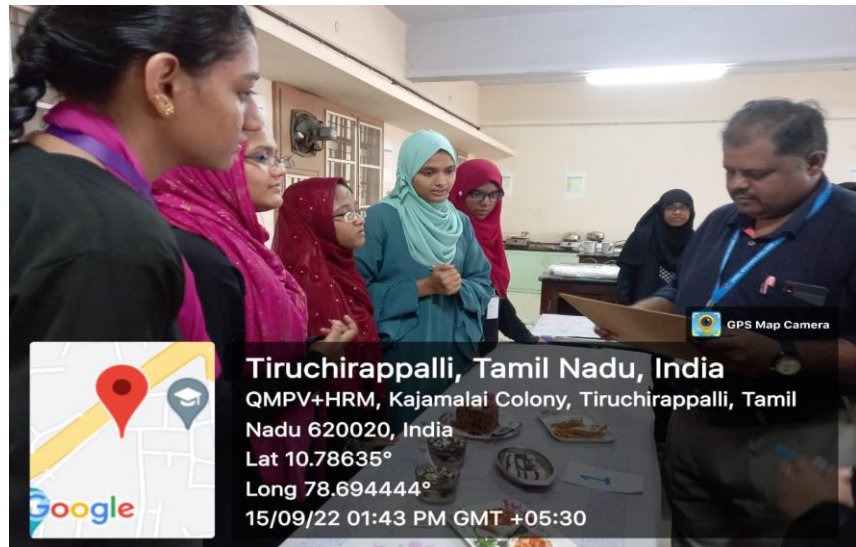


Tiruchirappalli, Tamil Nadu, India
Kajamayan School Complex T.V.S Tollgate,
Tiruchirappalli, Tamil Nadu 620020, India
Lat 10.786004°
Long 78.693855°
15/09/22 01:47 PM GMT +05:30

VEGETABLE AND FRUIT CARVING



Tiruchirappalli, Tamil Nadu, India
jamal mohamed college, Race course road, Tvs
tollgate, Tiruchirappalli, Tamil Nadu 620020, India
Lat 10.786987°
Long 78.696886°
15/09/22 03:39 PM GMT +05:30



Tiruchirappalli, Tamil Nadu, India
QMPV+HRM, Kajamalai Colony, Tiruchirappalli, Tamil
Nadu 620020, India
Lat 10.78635°
Long 78.694444°
15/09/22 01:43 PM GMT +05:30



Tiruchirappalli, Tamil Nadu, India
jamal mohamed college, Race course road, Tvs
tollgate, Tiruchirappalli, Tamil Nadu 620020, India
Lat 10.786987°
Long 78.696886°
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RANGOLI



NUTRI SLOGAN



NUTRI FOOD STALL





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Tiruchirappalli-620020**

NUTRITION WEEK CELEBRATION 2022

DEPARTMENT OF NUTRITION AND DIETETICS

National nutrition month celebration was conducted by the department of nutrition and dietetics in Jamal Mohamed College on 14.09.2022 and 15.09.2022 on the theme “Ensure your nutrition” Both inter- college and intra- departmental competitions were conducted. Various events like nutri connection game, nutri slogan, food carving, rangoli, natural cosmetics from natural products, nutri stall and fireless cooking were conducted. More than 130 students were participated interdepartmentally and inter collegiate from other sister institutions in Trichy like Cauvery college. All these events were a great success. The valedictory function started at 4.00 pm on 15.08.2022. The Precedential address was given by the Vice- Principal of Jamal Mohamed College.



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Tiruchirappalli – 620 020



ASSOCIATION OF NUTRITION AND DIETETICS & B.Voc., FOOD PROCESSING & SAFETY

Cordially Invite you for the Special lecture Programme

Felicitation

Dr. A.K. Khaja Nazeemudeen, D.Litt., (USA)

Secretary & Correspondent

Inaugurates

Hajee. M.J. Jamal Mohamed

Treasurer

Dr. A.K. Abdus Samad

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Dr. K.N. Abdul Khader Nihal

Member and Hon. Director

Dr. A. Mohamed Ibraheem

Vice Principal

Dr. M. Mohamed Sahabudeen

Additional Vice Principal

Directors

Dr. K.N. Mohamed Fazil

Director Hostel Administration

Ms. J. Hajira Fathima

Director Hostel Administration

Presides by

Dr. S. Ismail Mohideen

Principal

Special Lecture Delivered by

DR. BALAGURU BALAKRISHNAN,

M.Sc., Ph.D., NET.,

Assistant Professor

Department of Botany

Jamal Mohamed College (Autonomous)



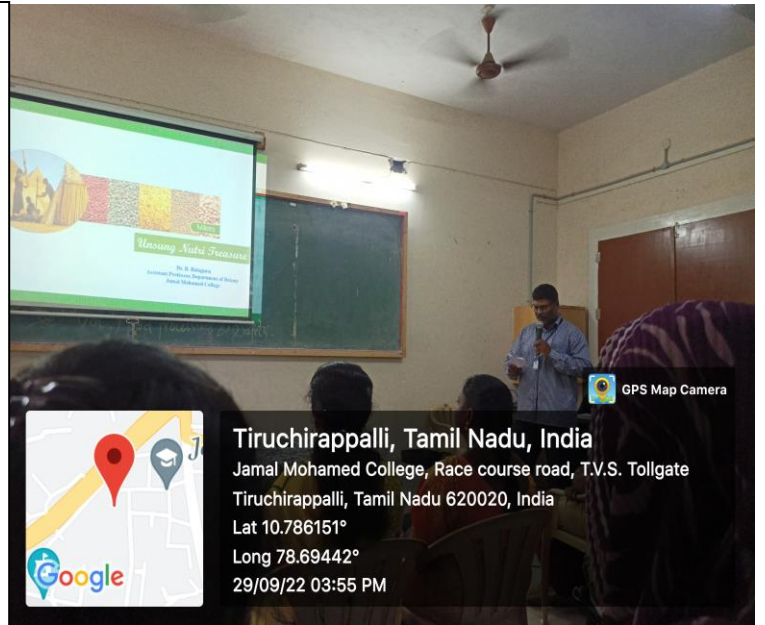
on "Creating Awareness About Millets"



Venue: Nutrition and Dietetics Seminar Hall

Date: 29-09-2022 Time: 3.30 PM

Special lecture programme-Creating Awareness





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Tiruchirappalli-620020

REPORT ON SPECIAL LECTURE PROGRAM

CREATING AWARENESS ABOUT MILLETS

Special lecture program on the topic of "**Creating awareness about millets**" was conducted as a sign of celebrating International Year of Millet. This special lecture program was conducted by the department of Nutrition and Dietetics in Jamal Mohamed College on 29.09.2022. Dr. Balaguru Balakrishnan, Assistant professor of Botany department, Jamal Mohamed College had come as chief guest and also sir had presented PowerPoint presentation to create awareness about millets among students. That session was very helpful to the students. Students came to know about various type of millets available in india and its health benefits to the humans. Overall it was very useful session to the students.



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Tiruchirappalli – 620 020

ASSOCIATION OF NUTRITION AND DIETETICS

&

B.Voc., FOOD PROCESSING & SAFETY

*Cordially Invite you for the Department
Quiz Competition*

Dr. S. Ismail Mohideen
Principal

Dr. A.K. Khaja Nazeemudeen, D.Litt., (USA)
Secretary & Correspondent
Hajee. M.J. Jamal Mohamed
Treasurer

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Vice Principal

Dr.M. Mohamed Sihabudeen
Additional Vice Principal
Directors

Dr.K.N.Mohamed Fazil
Director Hostel Administration
Ms.J.Hajira Fathima
Director Hostel Administration

MIGHTY MILLETS



Brine Brawls (QUIZ)

Topic : Millets- Basics and Trends

- ❖ Preliminary Round will be conducted
- ❖ 2 Participants per team
- ❖ Max. of three teams per class

**FREE
REGISTRATION**

**Staff Incharge
Ms. A. Yasmin Fathimaa
Ms. S.Sheerin**

Registration link

<https://forms.gle/JcAAj5ua2rDDM4J57>

Venue:

Nutrition and Dietetics Seminar Hall

Data: 9-11-2022 Time: 3.00 PM



GPS Map Cam

Tiruchirappalli, Tamil Nadu, India

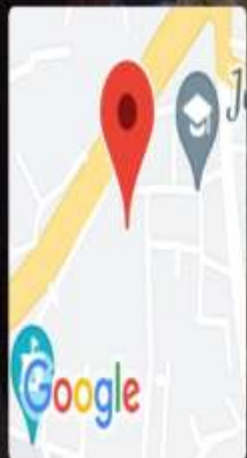
Jamal Mohamed College, Race course road, T.V.S. Tollgate

Tiruchirappalli, Tamil Nadu 620020, India

Lat 10.786151°

Long 78.69442°

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GPS Map Camera

Tiruchirappalli, Tamil Nadu, India

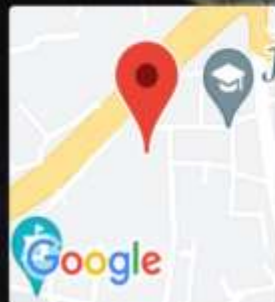
Jamal Mohamed College, Race course road, T.V.S.

Tollgate Tiruchirappalli, Tamil Nadu 620020, India

Lat 10.786151°


Long 78.69442°

09/11/22 03:19 PM





 GPS Map Camera

 Tiruchirappalli, Tamil Nadu, India

Jamal Mohamed College, Race course road, T.V.S. Tollgate


Tiruchirappalli, Tamil Nadu 620020, India

Lat 10.786151°

Long 78.69442°

09/11/22 03:20 PM



 GPS Map Camera

 Tiruchirappalli, Tamil Nadu, India

Jamal Mohamed College, Race course road, T.V.S. Tollgate

Tiruchirappalli, Tamil Nadu 620020, India

Lat 10.786151°

Long 78.69442°

09/11/22 03:20 PM



Tiruchirappalli, Tamil Nadu, India

Jamal Mohamed College, Race course road, T.V.

Tiruchirappalli, Tamil Nadu 620020, India

Lat 10.786151°

Long 78.69442°

09/11/22 03:24 PM



Tiruchirappalli, Tamil Nadu, India

Jamal Mohamed College, Race course road, T.V.S.

Tollgate Tiruchirappalli, Tamil Nadu 620020, India

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Long 78.69442°

09/11/22 03:19 PM



**DEPARTMENT OF NUTRITION AND DIETETICS
ACCREDITED (3RD CYCLE) WITH A GRADE BY NAAC
JAMAL MOHAMED COLLEGE, TRICHY.**

MIGHTY MILLETS QUIZ REPORT

DATE & TIME: 9.11.2022 & 3.00 PM

VENUE : Nutrition and Dietetics seminar hall

Millet quiz that covers basic and trends was conducted by the Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy for the cause of International year of millets. It was organized by the Assistant professors Ms. A. Yasmin fathima and Ms. S. Sheerin. This quiz included 2 rounds – Preliminary round and Main round. Preliminary Round had set of questions in which answers should be written in paper. Among 10 teams, first 5 teams were selected for Round 2 which is the main round . This round had 10 connection questions, Based on this round winning team was decided. Each team had 2 members. This quiz was inter departmental quiz and was conducted without any registration fee. Winners were announced on the spot and certificates were provided later. Students enjoyed the quiz and also gained knowledge on different types of millets, their benefits, growing temperature, laws related to millets etc as answers were revealed after the quiz. Students gave excellent feedback especially for the connection game. Over all the quiz was very interesting and useful for the students.



Nutri Millet Mela

— 2022 —

**SAVE THE
DATE**

Saturday| 15th October, 2022

12:00pm – 5:00pm

Theme
"TRADITIONAL RECIPES"

VENUE

Jamal Mohamed College
(Autonomous)

Tiruchirappalli, Tamil Nadu

Organised by

**Department of Nutrition and
Dietetics**

&

**B.Voc., Food Processing and
Safety**

Contact us

Ms.M. Nelofer : **+91-9384908164**

Ms.S. Ashma : **+91-8778086257**



MANAGEMENT COMMITTEE

Hajee. M.J. Jamal Mohamed Bilal

(President)

Janab. Dr.A.K.Khaja Nazeemudeen

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(Member and Honorary Director)

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(Director - Hostel Administration)

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(Director - Women Hostel)

CO-ORDINATOR

Dr.M.Ghouse Basha M.sc.,M.Phil., Ph.D

CONVENER

Dr.V.Kavitha - Assistant Professor

ORGANIZING SECRETARIES

Ms.N.Asiffa Jabeen - Assistant Professor

Ms.M.Nelofer - Assistant Professor

Ms.S.Ashma Banu - Assistant Professor

ORGANIZING COMMITTEE MEMBERS

Ms.B.Rajalakshmi - Assistant Professor

Ms.J.Priya - Assistant Professor

Dr.J.Harline Sargunam - Assistant Professor

Dr.A.Sangeetha - Assistant Professor

Ms.D.Bhuvaneshwari - Assistant Professor

Dr.M.Angel - Assistant Professor

Ms.A.Yasmin Fathimaa - Assistant Professor

Ms.S.Sheerin - Assistant Professor

Ms.R.Malathi - Assistant Professor

INSTRUCTIONS

- You must come with display-ready millets, no provisions will be provided for cooking or preparation.
- Recipes should be purely millet based.
- Eco-friendly packaging materials should be used.
- You have an option to sell your food products.
- You're suggested to make posters for your products.
- Participation certificate will be issued
- Refreshments will be provided.
- Maximum number of 5 participants per group
- Registration fee, Rs. 200 has to be paid for each member of a team.
- Use the form link for your team registration by providing all the team members information and total registration fee as required i.e., team members are not required to do individual registration

PAYMENT DETAILS

Account Name: Jamal Mohamed College

Account Number: 0467020000000009

MICR Code: 620020010

IFSC Code: IOBA0000467

Branch: IOB JMC BRANCH, Trichy

NOTE

- Kindly use the above details for paying registration fees, you can avail any online mode of payment i.e., bank or UPI services.
- Money should be sent only through Domestic Bank Accounts.



JAMAL MOHAMED COLLEGE

(Autonomous)

Accredited (3rd cycle) with "A" Grade by NAAC
(Affiliated to Bharathidasan University)

Tiruchirappalli - 620 020

Website: www.jmc.edu.com



**International Millet Year
Celebration
"2023"**

FOR REGISTRATION

<http://surl.li/dgbio>

Last date: 11.10.2022



**"PRIZE WILL BE
AWARDED FOR
THE BEST STALL"**



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Tiruchirappalli – 620020

**DEPARTMENT OF NUTRITION AND DIETETICS &
B.Voc. FOOD PROCESSING AND SAFETY**

"NUTRI MILLET MELA- 2022"

VALEDICTORY FUNCTION

PROGRAMME SCHEDULE

Date: 15-10-2022

Time: 5.00 p

1. **Qirath** : A. Hanana IInd B.voc
2. **Tamil thaivalthu**
3. **Welcome Address** : Dr. M. Ghouse Basha, Co-ordinator, Department N&D
4. **Honouring the chief guest:**
5. **Presidential Address** : Dr. S.Ismail Mohideen, Principal
6. **Felicitation**
Dr. A.K. Khaja Nazeemudeen, Secretary & Correspondent
Hajee M.J. Jamal Mohamed Sahib, Treasurer
Dr. K. AbdusSamad, Assistant Secretary
Dr. A. Mohamed Ibraheem, Vice- Principal
Dr. M. Mohamed Sihabudeen, Additional Vice-Principal
Dr. K.N. Abdul Kader Nihal, Honorable Member&Director
Dr. K.N. Mohamed Fazil, Director, Hostel Administration (SF)
Mr. M.J.M. Mujeebur Rahman, Director, Hostel Administration
Ms. J. Hajira Fathima, Director, Women Hostel
7. **Feedback**
8. **Prize distribution** : Ms. M. Nelofer, Assistant Professor
9. **Report of the program** : Ms. N. Asiffa Jabeen, Assistant Professor
10. **Vote of Thanks** : F. Jaffarna Parwin IIIrd B.Voc























Nutri Millet Mela
Press and YouTube link

<https://youtu.be/hPUCvxXhLEo>



**JAMAL MOHAMED COLLEGE (Autonomous)
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Tiruchirappalli-620020**

REPORT ON NUTRI MILLET MELA

"Mega Nutri- Millet mela" was conducted as a sign of celebrating International Millet year 2023, "Mega Nutri-Millet mela 2022 was conducted by the department of Nutrition and Dietetics in Jamal Mohamed College on 15.10.2022 with the theme of Traditional recipes". Both inter collegiate and inter departmental students were participated. Students exhibited their millet based stalls and sold their recipes. Students explained the benefits of millets using charts and posters. Nearly 100 students were participated from various colleges from Nagapattinam, karur and in and around Trichy. The program was started by 12.00 pm. The valedictory program was started by 5.00 pm. Participants from karur secured first prize for their excellent performance. EGS pillai from nagappatinum and Nehru Memorial College from Trichy secured second and third place respectively in the valedictory program.



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Thiruchirappalli

PG Department of Nutrition and Dietetics

TWO DAYS WORKSHOP ON BAKING SKILLS

Resource person

Ms.D.Bhuvaneshwari Msc, M.phil.,BEd.,SET

Assistant Professor

Department of Nutrition and Dietetics
Jamal Mohamed College,Trichy



04/01/2023 - 05/01/2023



10.00am



Baking lab

Department of Nutrition and Dietetics
Jamal Mohamed College

Dr.M.Ghouse Basha
coordinator

Department of Nutrition and
Dietetics

Dr.S.Ismail Mohideen

Principal



TWO DAYS WORKSHOP ON BAKING SKILLS – REPORT
ORGANISED BY DEPARTMENT OF NUTRITION AND DIETETICS
JAMAL MOHAMED COLLEGE, TRICHY.

VENUE: BAKERY LAB, DEPARTMENT OF NUTRITION AND DIETETICS.

DATE: 04.01.2023 -05.01.2023

TIME: 10.00 am to 1.00 pm

We have collaborated with Government arts college (Autonomous), Karur by signing an MOU and in this regard we have conducted Two days workshop on baking skills from 4th to 5th January 2023. It was organized by Ms.D. Bhuvaneshwari M.Phil, B.Ed, SET – Assistant professor in department of Nutrition and dietetics. Students learnt and prepared many bakery recipes like cakes, pastry, cookies etc. 20 Students participated from their college. Certificates were issued after completion of workshop.





Jamal Mohamed College (Autonomous) Department of Nutrition & Dietetics

On behalf the students of Nutrition and Dietetics department, we, the students of 3rd Bsc.N&D and 3rd B.Voc.FP&S invite our co-ordinator sir and all our staff members and the non-teaching staffs for celebrating the

Tamilar Thirunal

On 13.01.2023 (Friday) as a token of showing our respect towards our Tamil Culture and Tradition. We feel really happy in announcing the games which are to be conducted on this special occasion :

- Uriadi
- Musical chair
- Lemon & spoon
- Tug of war
- Water filling
- Balloon game
- Biscuit eating
- dumshcharades
- Hand untie
- pyramid cup
- Lucky corner



Department of Nutrition & Dietetics
Time: 2.30 to 5.00 pm



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Tiruchirappalli-620020

TAMILAR THIRUNAAL CELEBRATION 2023

Venue: Nutrition and Dietetics department Date : 13.01.2023 Time : 3.00 pm Onwards

Tamilar thirunaal celebration was celebrated in view of celebrating our tradition and culture. Students wore traditional attire and made Pongal in-front of the Department. The department and corridor was decorated elegantly. Various competitions were conducted for students as well as staffs and prizes were also given for the winners. Both students and staffs participated in the competition with great joy and enthusiasm. Events like uriyadi, musical chair, tug of a war, lucky corner were conducted for teaching and non teaching staffs and events like lemon and spoon, water filling, baloon game, biscuit eating were conducted for students. The day went with great joy and satisfaction.





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ASSOCIATION OF NUTRITION AND DIETETICS &

B.Voc., FOOD PROCESSING & SAFETY

SPECIAL LECTURE PROGRAMME

Presides by
Dr.S.Ismail Mohideen
Principal

International Resource Persons

Mrs. Meena Ganesan, M.Sc., M.Phil., M.Sc (Clin.Nutri.) RD
Home Enteral Tube Feeding Specialist Dietitian.
Central and North West London NHS Trust

On "Tube Feeding and Blended Diet"



Dr. Vijayarangan GK
Consultant Paediatrician
Hereford Hospital NHS Trust

On "Dietary Challenges in Paediatric Care"

Data: 06-02-2023

Venue: Commerce Gallery

Time: 3.00 PM

All are Cordially Invited

Felicitation

Dr. A.K. Khaja Nazeemudeen, D.Litt., (USA)
Secretary & Correspondent
Inaugurates
Hajee. M.J. Jamal Mohamed
Treasurer
Dr. A.K. Abdus Samad
Assistant Secretary
Dr. K.N. Abdul Khader Nihal
Member and Hon. Director
Dr. A. Mohamed Ibraheem
Vice Principal
Dr. M. Mohamed Sihabudeen
Additional Vice Principal
Directors
Dr. K.N. Mohamed Fazil
Director Hostel Administration
Ms. J. Hajira Fathima
Director Hostel Administration

Coordinator

Dr. M. Ghouse Basha

Vice-President

Dr. V. Kavitha, Asst. Professor

Students Office Bearers

Ms. N. Aashifa Akthar, II M.Sc N&D
Ms. K. Shivashankari, II M.Sc N&D
Ms. J. Sumaiya Begum, I M.Sc N&D
Ms. S. Jaya Gayathti, I M.Sc N&D
Ms. T. Syeda Rabiya, III B.Sc N&D
Ms. Z. Shafeeca Siddiqa III B.Sc N&D
Ms. S. Aafreen Shanaz, II B.Sc N&D
Ms. A. Rushtha Sameena, II B.Sc N&D
Ms. J. Halitha Samina, I B.Sc N&D
Ms. S. Shobia Banu, I B.Sc N&D
Ms. S. Rilwana sirin, III B.Voc
Ms. P Arthi, II B.Voc
Ms. R. Nivatha, I B.Voc



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Special Lecture Programme- 06-02-2023

A special lecture program was conducted on **06.02.2023** for the enrichment of knowledge and academic excellence among the students belonging to the Department of Nutrition & Dietetics & B. Voc Food processing. The program was very well organized with two special lectures and both these speakers were very knowledgeable and passionate about the profession.



First, the lecture was presented by **Mrs. Meena Ganesan**, M.Sc., M.Phil., M.Sc. (Clin.Nutri.) RD., Home Enteral Tube Feeding Specialist Dietitian., Central and North West London NHS Trust, on the topic “Tube Feeding and Blended Diet”. She gave us ample of information regarding the Tube feeding process and also about her profession. She began with the Thirukural “தீயள வன்றித் தெரியான் பெரிதுண்ணின் நோயள வின்றிப் படும்” in the beginning of the session was really a vibrant one, spreading good

vibes all over the hall. It was really a thought-provoking session. Journey throughout the first presentation was really rewarding.

Second presentation was conducted by **Dr.Vijayarangan GK** Consultant Paediatrician, Hereford Hospital NHS Trust, on the topic “Dietary Challenges in Paediatric Care”. He gave us very valuable information along with his professional experience taking as an example which was very much clear to understand. The presentation was clear and easy to follow and extremely informative. Hence. The overall content of both presentation as well as the presenter was amazing and helpful.



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Tiruchirappalli-620020.



Department of Nutrition and Dietetics & B. Voc Food Processing and Safety
&
Citizen Consumer Club (Women)

A Workshop on "Millet Based Nutritious Recipes"

Resource person:



Mrs. M. Jubaitha Munavar
MD in Acupuncture,
Co-ordinator,
Magilagam katralveli, Trichy.

In the August Presence of

Dr. A.K. Khaja Nazeemudeen
Secretary & Correspondent

Dr. K. Abdus Samad
Assistant Secretary

Dr. A. Mohamed Ibrahim
Vice - Principal

Dr. K.N. Mohamed Fazil
Director - Hostel Administration

Hajee. M.J. Jamal Mohamed
Treasurer

Dr. K.N. Abdul Khader Nihal
Member & Honorary Director

Dr. M. Mohamed Sihabudeen
Additional Vice Principal

Ms. J. Hajira Fathima
Director - Women Hostel

Presides by
Dr. S. Ismail Mohideen,
Principal

Dr. M Ghouse Basha
Coordinator
Department of Nutrition & Dietetics

Organized by
Dr. J. Harine Sargunam
Dr. M. Angel
Assistant Professor
Dept. of Nutrition and Dietetics

Venue:
Food Science Lab,
Dept. of Nutrition and Dietetics

Date: 6th March 2023

Time: 2:30 pm - 5:30pm

WE WELCOME YOU ALL!!!

JAMAL MOHAMED COLLEGE (AUTONOMOUS), TRICHY - 620 020.

CITIZEN CONSUMER CLUB (2021-2022) (SF-Women)

PARTICIPANTS ON-DUTY LIST

STAFF IN-CHARGE : J. HARINE SARGUNAM

S.NO	REGISTER NO.	NAME	SECTION	PHONE NO.	SIGNATURE
1.	22UBA278	R.Devadharshini	I-BBA-F	8838195454	R.Devadharshini
2.	22UBA326	K. Yanuska	I-BBA-F	8675636966	K. Yanuska
3.	22UC0623	V. Sivani	I-BBA-F	9966748841	V. Sivani
4.	22VND001	M. Alamelu Mangai	IBSC N&D	9903562636	M. Alamelu
5.	22VND020	P. Kalpana	I.A.Sc N&D	9791852785	P. Kalpana
6.	22VND043	C. Sindhuja	I.B.Sc N&D	9780413050	C. Sindhuja
7.	21UC0517	A. Kathiya Poowin	II-B.COM "A"	6374377690	A. Kathiya
8.	21UC0566	K. Nivetha Varsani	II-B.COM "A"	6379049464	K. Nivetha
9.	21UC0578	G. Priyadarshini	II-B.COM "A"	8903559930	G. Priyadarshini
10.	21UC0603	M. Rosana bahu	II-B.COM "A"	8680097625	M. Rosana
11.	21UC0584	M. Rahamed Nishath	II-B.COM "A"	9363250323	M. Rahamed
12.	21UC0665	S. Sythance	II-B.COM "A"	8525989398	S. Sythance
13.	21UC0679	J. Sabarnisha Begum	II-B.COM "A"	6374521152	J. Sabarnisha
14.	21UC0634	M.A. Shanitha Banu	II-B.COM "A"	8248919188	M.A. Shanitha
15.	21UCA401	M. Sivakami	II-BBA-CI	9080548722	M. Sivakami
16.	21UCA329	S. Asifa Begum	II-BBA-F	861029761	S. Asifa
17.	21UCS290	F. klasifa Begum	II-B.Sc CS	7400518560	F. klasifa
18.	21UCS214	V. Bhuvanashwari	II-B.Sc CS	9003955083	V. Bhuvanashwari
19.	21UCS209	K. Ashika Parveen	II-B.Sc CS	9092981748	K. Ashika
20.	21UCS203	S. Dhrose	II-B.Sc CS	8778748133	S. Dhrose
21.	21UCS285	A. Harini Priya	II-B.Sc CS	8687681429	A. Harini Priya
22.	21UCS259	RISWANA A	II-B.Sc CS	811078076	RISWANA A
23.	21UMB028	A. RITHIKKA	II-B.Sc MB	8148044790	A. RITHIKKA
24.	21UMB001	M. AFRINA BANU	II-B.Sc NB	8429637200	M. AFRINA BANU
25.	21UBT013	Mariyam Ayscha	II-B.Sc BT	7356950686	Mariyam Ayscha
26.	21UBT017	K.S. Padmalochini	II-B.Sc BT	8760235511	K.S. Padmalochini
27.	21UBT007	Ch. Hanviya Begum	II-B.Sc BT	9385832171	Ch. Hanviya
28.	21VND027	A. Rushtia Sarooona	II-B.Sc N&D	7339088451	A. Rushtia
29.	21VND026	A.K.S. Saad fathima	II-B.Sc N&D	8870089425	A.K.S. Saad fathima
30.	21VND040	A. SUMAIYA Begum	II-B.Sc N&D	9629891424	A. SUMAIYA

Venue: FOOD SCIENCE LAB, (DEPARTMENT OF NUTRITION AND DIETETICS).

Time: 2.30 to 6.25.



REPORT:

A Workshop on MILLET BASED NUTRITIOUS RECIPES was conducted on 6TH March 2023 in association with the Department of Nutrition & Dietetics, Jamal Mohamed College

The workshop was started with Quirth. Dr. J.Harine Sargunam, Staff Advisor CCC club introduced the Resource person to the students and Dr. M. Goushe Basha (coordinator) Department of Nutrition and Dietetics cordially invited the chief guest and felicitated the programme.

The chief guest Mrs. M. Jubaitha munavar MD in Acupuncture, Co-ordinator, Magilagam Katralveli, Trichy.Delivered the speech about MILLET BASED recipes and practically gave training to the students to prepare Millet based Nutritious recipes. Dr. M. Angel Assistant professor Department of nutrition and dietetics gave vote of thanks . 40 students were participated in the workshop.