

## CO-ORDINATOR

**Dr.M.I.Fazal Mohamed**

Head, Dept. of Nutrition and Dietetics

## CONVENER:

Dr.A.Sangeetha,  
Assistant Professor

## ORGANIZING SECERTARY

D.Bhuvaneswari - Assistant Professor  
A.Yasmin Fathimaa, - ,,

## ORGANIZING COMMITTEE

Dr.V.Kavitha - Assistant Professor

B.Rajalakshmi - ,,

J.Priya - ,,

J.HarineSargunam - ,,

Dr.M.Angel - ,,

S.Sheerin - ,,

N.Asiffa Jabeen - ,,

M.Nelofer - ,,

S.Ashma Banu - ,,

## Contact No.& e-mail id

Dr.A.Sangeetha- 9443443624  
D.Bhuvaneswari- 9787397147  
A.Yasmin Fathimaa- 9944866966

## E-mail:

jmcnutrisonfest21@gmail.com

## 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

\*\*\*\*\*

## CHAIRMAN

**Hajee. Dr. S. Ismail Mohideen**

Principal

\*\*\*\*\*

**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 – Women Hostel

## JAMAL MOHAMED COLLEGE (AUTONOMOUS)

College with Potential for Excellence  
Accredited (3rd cycle) with 'A' Grade by NAAC  
DBT Star Scheme & DST-FIST Funded  
(Affiliated to Bharathidasan University)  
Tiruchirappalli - 620 020



## NATIONAL NUTRITION MONTH CELEBRATION

## NUTRISYON FEST'21

INTERCOLLEGIATE AND INTRADEPARTMENTAL  
ONLINE COMPETITIONS

15<sup>th</sup> & 16<sup>th</sup> September 2021

Organized by

PG & Research Department of Nutrition and  
Dietetics

&

B.Voc., Food Processing and Safety

Registration

Link:<https://forms.gle/Ew5xjAzRjSAA7XKwZ>

### ***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, when it was formed in 1982. Jamal Mohamed College is situated in by the Society of Jamal Mohamed College. It is established in a sprawling land area of 87 acres, as a religious minority institution. Hajee M. Jamal Mohamed Sahib and Janab N.M. Khajamian Rowther, of revered memory, were the founding fathers of this institution. In the year 1957, the college got the single honor of being bracketed with the thirty best colleges in India. Dan forth Foundation of USA selected the college for the award of study fellowships the central part of Tamil Nadu, Tiruchirappali city. It was established as a religious minority institution with the primary objective of providing higher education to the downtrodden and socially backward section of the society in general and Muslim minority in particular. The college is administered in U.S.A. In 1963 the college was elevated to the status of a post-graduate college. In the year 1972, 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 4.0. The College was bestowed with the unique honor 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 obtained the prestigious 59th rank among Top ranking institutions in NIRF Rankings - 2019. It is remarkable to state that the college has been recognized with Three Star status by the Institutions Innovation Council (IIC), MHRD 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 of 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. Over a period of 69 years the college was able to scale greater heights and raise to the present status as a multi-faculty institution with 23 UG and 21 PG courses. 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 and Preservation and Clinical Nutrition. To ensure high quality in education the department has acquired best infrastructure facilities, state of the art laboratory equipment's, and well stocked library. Our staff members are actively involved in consultancy services giving helping hands to various food 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 AND INTRADEPARTMENTAL ONLINE COMPETITIONS TIME -TABLE**

DATE	TIME	EVENTS
15-9-2021	Before 5 pm	E-poster
15-9-2021	11.00 am	Brain bewilders (Quiz)
15-9-2021	4.00 pm	Slogan writing
15-9-2021	Before 4pm	Rangoli
15-9-2021	Before 3 pm	Collage
16-9-2021	11.30 am	Start-up
16-9-2021	2.00 pm	Just a minute
16-9-2021	2.40pm	Paper presentation

#### **Note:**

- **Registration fee Rs.50/- per Participant.**

#### **BANK DETAILS:**

ACCOUNT NAME: Jamal Mohamed College, PCP account

ACCOUNT NUMBER: 0467 0200 0000 009

NAME OF THE BANK: Indian Overseas Bank

BRANCH: Jamal Mohamed College

IFCS CODE: IOBA0000467

TYPE OF ACCOUNT: Current Account

Mode of payment: Gpay & NEFT

#### **Note:**

**Payment Receipt copy should be attached at the Registration link.**

<https://forms.gle/Ew5xjAz8ISAA7YKw7>

**Register on or before 10.9.2021 through the link given.**

## National Nutrition Month

### Intercollegiate Online Competition “Nutrisyon Fest” 21

Event & Staff in charge	Theme	Criteria
Start-up proposal	“Vegan Foods or health and Wellness”	<ul style="list-style-type: none"> <li>Participants should prepare the proposal format which will be sent through mail id after Registration</li> <li>More than one team can participate from a department or college</li> <li>Change of team structure is NOT permitted after the team got registered</li> <li>Video presentation should be sent to the mail id given below</li> <li><b>On-line start-up will be conducted in Microsoft Teams</b></li> </ul> <p><b>E-Mail:</b> <a href="mailto:jmcndstartup@gmail.com">jmcndstartup@gmail.com</a></p>
Slogan Writing	“Personalized your meal plate”	<ul style="list-style-type: none"> <li>Slogan must be original and should be relevant to the theme.</li> <li>Slogan should be concise and not more than 15-20 words.</li> <li>Typed slogan must be sent to the event mail id on or before 15.9.2021</li> </ul> <p><b>E-Mail:</b> <a href="mailto:jmcsllogan@gmail.com">jmcsllogan@gmail.com</a></p>
JAM (Just A Minute)	“On the spot Topic”	<ul style="list-style-type: none"> <li>Be ready to speak in an any given situation</li> <li>Be cautious of time</li> <li>Follow a sequential order</li> <li>Topic will be given on the spot</li> <li>On-line JAM will be conducted in Microsoft Teams</li> </ul> <p><b>E-Mail:</b> <a href="mailto:jmcjustaminute@gmail.com">jmcjustaminute@gmail.com</a></p>
E-Poster	“Immune Booster”	<ul style="list-style-type: none"> <li>E-poster size: format (W*H) - 19cm* 33 cm, File size - 4MB.</li> <li>Send file in PDF format on or before 15.9.2021</li> </ul> <p><b>E-Mail:</b> <a href="mailto:eposternd2021@gmail.com">eposternd2021@gmail.com</a></p>
Rangoli	“Healthy India”	<ul style="list-style-type: none"> <li>Size of the rangoli is 100 x100 cm</li> <li>The participant should scan and send the copy of the rangoli in PDF format to the given mail id on or before 15-9-2021 before 5pm</li> </ul> <p><b>E-Mail:</b> <a href="mailto:rangolinuxtrisyon2021@gmail.com">rangolinuxtrisyon2021@gmail.com</a></p>
Collage Making	“Converging towards a healthy walk-through life”	<ul style="list-style-type: none"> <li>No. of Participants:1</li> <li>Relevant to the theme and should be creative and original.</li> <li>Photocopy of the collage should be send in PDF form on or before 15.9.2021 (before 4pm) to the given event mail id.</li> </ul> <p><b>E-mail:</b> <a href="mailto:jmccollage2021@gmail.com">jmccollage2021@gmail.com</a></p>
Brain Bewilders(Quiz)	“Branches of Home Science and General Knowledge”	<ul style="list-style-type: none"> <li>One team per college.</li> <li>Preliminary round will be conducted in case of exceeding number of teams.</li> <li>Use of Books, Mobiles and other gadgets are strictly prohibited.</li> <li>On-line quiz will be conducted in Microsoft Teams.</li> </ul> <p><b>E-Mail:</b> <a href="mailto:bbjmc2021@gmail.com">bbjmc2021@gmail.com</a></p>
Paper presentation	“Nutrition, Lifestyles and Immunity”	<ul style="list-style-type: none"> <li>Maximum no.of slide-8</li> <li>Duration -3 minutes</li> <li>Participants are asked to present their paper in Microsoft teams link.</li> <li>Have a good network facility while presentation to avoid technical issues.</li> </ul> <p><b>E-Mail:</b> <a href="mailto:jmcpaperpresentation13@gmail.com">jmcpaperpresentation13@gmail.com</a></p>