



# Jamal Mohamed College (Autonomous)

Accredited with A++ Grade by NAAC (4<sup>th</sup> Cycle) with CGPA 3.69 out of 4.0  
(Affiliated to Bharathidasan University)

Tiruchirappalli – 620 020

## INTERNAL QUALITY ASSURANCE CELL

### REPORT OF THE PROGRAMME

**Name of the Department** : PG Department of Fashion Technology and Costume Designing

**Type of the Programme** : Entrepreneur Development Skill

**Title of the Programme** : Healthy Bites (food stall)

**Venue:** Almanhal Corridor

**Date:** 09.09.2024

#### **Report (not less than 100 words):**

The II PG students our department arranged food stall on 9.9.2024. The main aim was at educating fellow students on the nutritional values of different foods, with a special focus on millet, rice varieties, and other healthy ingredients. The Event was inaugurated by Dean of science and Dean of Arts. Many staffs from various departments visited and benefitted from the stall. This event was an excellent opportunity for students to showcase their knowledge gained through their course in Food and Nutrition and put theory into practice by preparing a variety of dishes rich in nutrients.

The primary objective of the event was to raise awareness about the importance of nutrition in daily diets. The students prepared various food items using millets, rice, and other ingredients, emphasizing their health benefits, nutrient content, and their role in a balanced diet. The stall was also designed to highlight traditional and modern food choices that are both nutritious and healthy.

The II PG students took turns explaining the nutritional values of the dishes, ingredients used, and their health benefits to visitors at the stall. They provided detailed charts and posters on the following

The food stall organized by the II PG students was a great success, both in terms of participation and its educational impact. The students effectively demonstrated their while. The This experience also enhanced the students' practical knowledge and allowed them to develop essential skills in communication, teamwork, and presentation. The department looks forward to organizing more such events in the future to continue spreading the message of healthy eating.

**Geotagged Photos (colour):**





## **Programme Outcomes:**

- understanding of food and nutrition concepts
- promoting the benefits of millet, rice varieties, and other nutritious ingredients
- Event helped to raise awareness about the importance of a balanced diet and
- The significance of traditional foods in maintaining health and well-being.
- Enhanced the students' practical knowledge and allowed them to develop essential skills in communication, teamwork, and presentation.

**Convenor of the Programme**

**Head of the Department**

**Encl: Invitation/ Brochure, Geotagged photo (maximum three different photos,  
Certificate (distributed if any 2 copies)**

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

**PG Department of Fashion Technology and Costume Designing**  
**and**  
**B.voc Apparel and Fashion Design**

Invites you  
for

**“ Healthy Bites ”**  
( Food stall )

by the Students of II M.Sc., FT & CD

on

**09.09.2024**

*nambi vanga saptu ponga* 🙏

