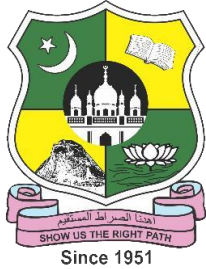


NUTRITION AND DIETETICS ACTIVITIES 2023-2024





JAMAL MOHAMED COLLEGE (Autonomous)

DEPARTMENT OF NUTRITION & DIETETICS

Accredited (3rd cycle) with 'A' Grade by NAAC

(Affiliated to Bharathidasan University)

Tiruchirappalli-620 020

PRESIDENT
Dr. S. Ismail Mohideen
Principal

VICE PRESIDENT
Ms. Basheerunnisa

SECRETARY
S. Jaya Gayathri II MSc

JOINT SECRETARY
S. Aafreen Shanaz III BSc

Executive Members

Ms. J. Sumaiya Begum	II MSc
Ms. S. Aameena Begum	II MSc
Ms. T. Syeda Rabiya	I MSc
Ms. J. Ameena Aafreen	I MSc
Ms. A. Rushtha Sameena	III BSc
Ms. R. Nasrin Banu	II BSc
Ms. R. Farsana	I BSc
Ms. P. Arthi	III BVoc
Ms. R. Nivatha	II BVoc

We cordially invite you to the **Inauguration of Nutrition & Dietetics Association** for the year of 2023-2024 in the august presence of the Honorable Management Committee Members

HAJEE. M.J. JAMAL MOHAMED BILAL
President

Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt., (USA)
Secretary & Correspondent

HAJEE. M.J. JAMAL MOHAMED
Treasurer

Dr. K. ABDUS SAMAD
Assistant Secretary

Dr. K. N. ABDUL KADER NIHAL
Member & Honorary Director

Dr. S. ISMAIL MOHIDEEN
Principal
Will preside

CHIEF GUEST

Ms. ASMA MARIAM

FORMER EDUCATIONAL DIRECTOR
AYESHA GIRLS HIGHER SECONDARY
SCHOOL, TRICHY

will deliver the inaugural address on

**“WOMEN ENTREPRENEURSHIP
SKILLS”**

Dr. M. GHOUSE BASHA
HOD of Nutrition & Dietetics

Date: 25th July 2023

Time: 3 pm.

Venue: Commerce SF Seminar Hall

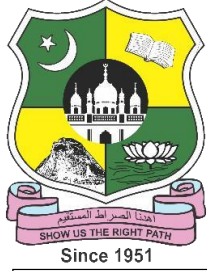


Inauguration of the activities of N&D association on 25.07.2023 in the august presence of Mrs. ASMA MARIAM who delivered a lecture on “WOMEN ENTREPRENEURSHIP SKILLS”.



JAMAL MOHAMMED COLLEGE (AUTONOMOUS)
PG DEPARTMENT OF NUTRITION & DIETETICS
&
B.Voc Food Processing and Safety
Report

PG Department of Nutrition & Dietetics (Self Finance – Women) of Jamal Mohammed College (Autonomous) inaugurated Association activities for the academic year 2023 – 24 on 25.07.2023. Ms. Hiba Kashifa, III B.Voc. student delivered welcome address. Dr. Ismail Mohideen, Principal delivered a Presidential address. Janab. Dr.A.K. Khaja Nazeemudeen (Secretary & Correspondent), Hajee. M.J. Jamal Mohammed (Treasurer & Asst. Secretary) felicitated. Office bearers for the academic year 2023-24 were introduced by the Vice President of the Association. Inaugural address was given by Ms. Asma Mariam, Former Educational Director, Ayesha Girls Higher Secondary School, Trichy on “Women Entrepreneurship Skills”. Finally, vote of thanks was delivered by Ms. Ameena Begum, II M.Sc., N&D student.



JAMAL MOHAMED COLLEGE (Autonomous)

DEPARTMENT OF NUTRITION & DIETETICS

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(Affiliated to Bharathidasan University)

Tiruchirappalli-620 020

PRESIDENT
Dr. S. Ismail Mohideen
Principal

VICE PRESIDENT
Ms. Basheerunnisa

SECRETARY
S. Jaya Gayathri II MSc

JOINT SECRETARY
S. Aafreen Shanaz III BSc

Executive Members

Ms. J. Sumaiya Begum	II MSc
Ms. S. Aameena Begum	II MSc
Ms. T. Syeda Rabiya	I MSc
Ms. J. Ameena Aafreen	I MSc
Ms. A. Rushtha Sameena	III BSc
Ms. R. Nasrin Banu	II BSc
Ms. R. Farsana	I BSc
Ms. P. Arthi	III BVoc
Ms. R. Nivatha	II BVoc

We cordially invite you to take part in a Guest lecture, for the year of 2023-2024 in the august presence of the Honorable Management Committee Members

HAJEE. M.J. JAMAL MOHAMED BILAL
President

Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt., (USA)
Secretary & Correspondent

HAJEE. M.J. JAMAL MOHAMED
Treasurer

Dr. K. ABDUS SAMAD
Assistant Secretary

Dr. K. N. ABDUL KADER NIHAL
Member & Honorary Director

Dr. S. ISMAIL MOHIDEEN
Principal
Will preside

Resource Person

Dr. R. NAZEERULLAH

Assistant Professor of Microbiology
Department of Biomedical Sciences
College of Medicine
Gulf Medical University, United Arab Emirates (UAE)

will deliver a special lecture on

**“ROLE OF HUMAN NUTRITION &
DIET IN SHAPING GUT
MICROBIOTA”**

Dr. M. GHOUSE BASHA
HOD of Nutrition & Dietetics

Date: 26th July 2023

Time: 3 pm.

Venue: Commerce Gallery (AIDED)



A guest lecture program was conducted on 26.07.2023 on the topic “ROLE OF HUMAN NUTRITION AND DIET IN SHAPING THE GUT MICROBIOTA” which was delivered by Dr.R. NAZEERULLAH.

JAMAL MOHAMMED COLLEGE (AUTONOMOUS)
PG DEPARTMENT OF NUTRITION & DIETETICS
Report

Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a special lecture program on 26.07.2023. Dr. M.GhouseBasha(HOD, Nutrition & Dietetics department) delivered welcome address. Special lecture was delivered by Dr. Nazeerullah, Assistant Professor of Microbiology, Gulf Medical University, UAE on “Role of Human Nutrition & Diet in Shaping Gut Microbiota”. Finally, vote of thanks was delivered by Ms. Aameena Begum, II M.Sc., N&D student.

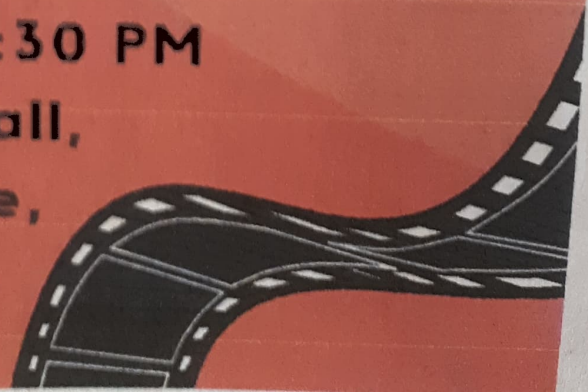


YOU ARE CORDIALLY
INVITED TO OUR
FRESHERS PARTY OF

DEPT. of N&D

*Towards a great
start:)*

August 2023 | Thursday 2:30 PM
Commerce SF Seminar hall,
Jamal mohamed College,
Trichy -21





Jamal Mohamed College (Autonomous)

Accredited with A++ Grade by NAAC (4th Cycle) with
CGPA 3.69 out of 4.0

(Affiliated to Bharathidasan University)

Tiruchirappalli — 620 020

REPORT OF THE PROGRAMME

Name of the Department : PG department of Nutrition & Dietetics
Title of the Programme : **“FRESHERS DAY CELEBRATION”**
Date : 03.08.2023

Report:

Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a **FRESHERS DAY CELEBRATION** Programme on 03.08.2023. Dr. M. Ghouse Basha (HOD, Nutrition & Dietetics department) delivered welcome address. Dr. Ismail Mohideen, Principal delivered a Presidential address. Janab. Dr.A.K. Khaja Nazeemudeen (Secretary & Correspondent), Hajee. M.J. Jamal Mohammed (Treasurer & Asst. Secretary) felicitated. Janab. Dr.A.K. Khaja Nazeemudeen (Secretary & Correspondent) distributed the welcome gift to the newly joined students. Finally, vote of thanks was delivered by Ms. Ameena Begum, II M.Sc., N&D student.



A special lecture program was conducted on 21.08.2023 on the topic “ENABLING BREASTFEEDING: MAKING A DIFFERERENCE FOR WORKING PARENTS” which was delivered by Dr.UMA VELMURUGAN.



**JAMAL MOHAMMED COLLEGE (AUTONOMOUS)
PG DEPARTMENT OF NUTRITION & DIETETICS
Report**

Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a special lecture program in commemoration of “World Breast feeding week” on 21.08.2023. Ms. Farhana, III B.Voc.,(N&D) student delivered welcome address. Dr. D.I. George Amalarethnam, Vice – Principal was felicitated. Special lecture was delivered by Dr.UmaVelmurugan, Consultant, Obstetrics and Gynecology, Apollo Speciality Hospital, Trichy on “Enabling Breastfeeding: making a difference for working Parents”. Finally, vote of thanks was delivered by Ms.AfrinFathima, II B.Voc., N&D student.

HAPPY ONAM

WE INVITES YOU ALL FOR THE FUNCTION OF
ONAM CELEBRATION

ON

31 AUG 2023

**LIST OF COMPETITIONS GOING TO
BE HELD ON ONAM:**

FOR STUDENTS:
LEMON AND SPOON
BALLOON KISS
BALLOON TRAIN

**FOR TEACHERS AND
STAFFS:**
MUSICAL CHAIR
TUG OF WAR

◆ VENUE
NUTRITION AND DIETETICS DEPARTMENT

**INVITED BY
B.SC AND B.VOC STUDENTS♥**





Jamal Mohamed College (Autonomous)

Accredited with A++ Grade by NAAC (4th Cycle) with
CGPA 3.69 out of 4.0

(Affiliated to Bharathidasan University)

Tiruchirappalli — 620 020

REPORT OF THE PROGRAMME

Name of the Department : PG department of Nutrition & Dietetics
Title of the Programme : **“ONAM CELEBRATION”**
Date : 31.08.2023
Venue : N&D Department

Report:

Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a **“ONAM CELEBRATION”** on 31.08.2023. Dr. M. Ghouse Basha (HOD, Nutrition & Dietetics department) delivered welcome address. The students made a beautiful Pookalam in the entrance. A Pookalam created by students to intricate floral designs. Pookalam, also known as flower rangoli, is an essential part of Onam celebrations. The participants displayed their creativity and artistic skills by using a variety of flowers and petals to create stunning designs. The event provided an opportunity for everyone to experience the vibrant traditions and customs of Kerala. The festivities created a joyful atmosphere, fostering a sense of belonging and pride among the college community. Overall, the

celebration of Onam was a memorable and enriching experience for all. Finally, vote of thanks was delivered by Ms. Ms.J. Laila banu I M.Sc., N&D student.



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

TIRUCHIRAPALLI-620020

I-B.Sc., NUTRITION AND DIETETICS

“TASTOPEDIA 2K23”



Jamal Mohamed College (Autonomous)

Accredited (3rd cycle) with 'A' grade by NAAC
(Affiliated to Bharathidasan University)
Tiruchirappalli-620020.

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

CORDIALLY INVITE YOU TO THE

Tastopedia 2K23

FOOD SCIENCE PRACTICAL BASED ON BASIC FIVE FOOD GROUPS (ICMR)
BY THE STUDENTS OF I B.S.C. NUTRITION AND DIETETICS

IN THE AUGUST PRESENCE OF THE
MANAGEMENT COMMITTEE MEMBERS

Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt., (USA)
Secretary and Correspondent

Dr. K. ABDUS SAMAD
Assistant Secretary

Dr.D.I. GEORGE AMALARATHINAM
Vice Principal

Dr.A. J. HAJA MOHIDEEN
Additional Vice Principal

Dr. K.N. MOHAMED FAZIL
Director- Hostel Administration

HAJEE.M.J.JAMAL MOHAMED
Treasurer

Dr. S. ISMAIL MOHIDEEN
Principal
PRESIDES

Dr. K.N. ABDUL KADER NIHAL
Member & Honorary Director

FELICITATION

Dr. A.ISHAQ AHAMED
Additional Vice Principal
Ms.A. FAMITHA BANU
Additional Vice Principal

Ms.J. HAJIRA FATHIMA
Director- Women Hostel

Venue: Food science lab-Dept of N&D

Date: 14.09.2023

Time: 04:00 pm

We welcome you all

REPORT

“TASTOPEDIA 2K23”

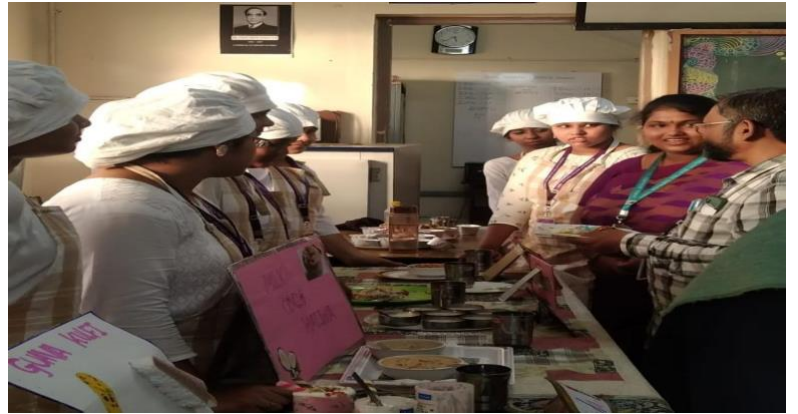
REPORT:

To bring together the importance of “Healthy Food”, The students of I B.Sc., Nutrition And Dietetics conducted food mela titled “Tastopedia2k23” at department of Nutrition and Dietetics in Food science laboratory on 14.09.2023(Thursday).The event was a great success in terms of 25 varieties of food items based on five food group prepared by the students. It was a fine learning experience for the students. The program started by 3:00 pm, the management committee members and department faculty witnessed the different food items, relished the food and appreciated the students.

OUTCOME:

- Food mela motivates the students how to become good entrepreneur in the future and make to learn teamwork, collaboration and creativity.
- It creates an awareness on the importance of right and balanced diet. It highlights the indigenous knowledge of the students to choose nutritious food in the healthy and sustainable life.
- The mela educates the students about the importance of nutrition and promote the profession of dietician.

“TASTOPEDIA 2K23”



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

Tiruchirappalli - 620 020



Staff and Students of the Department of
Nutrition and Dietetics

&

B.Voc Food Processing and Safety

Cordially invite you to

Nutritiful 23'

An Inter- collegiate competition to celebrate

“NATIONAL NUTRITION MONTH” on

SEPTEMBER 27, 2023

THEME:

**“HEALTHY DIET GAWING
AFFORDABLE FOR ALL”**

President

HAJEE. M.J. JAMAL MOHAMED BILAL

Secretary and Correspondent

Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt.,(USA)

Treasurer

HAJEE.M.J.JAMAL MOHAMED

Assistant Secretary

Dr. K. ABDUS SAMAD

Member & Honorary Director

Dr. K.N. ABDUL KADER NIHAL

Principal

Dr. S. ISMAIL MOHIDEEN

Vice Principal

Dr.D.I. GEORGE AMALARETHINAM

Additional Vice Principal

Dr. A.ISHAQ AHAMED

Additional Vice Principal

Dr.A. J. HAJA MOHIDEEN

Additional Vice Principal

Dr.A. FAMITHA BANU

Director- Hostel Administration

Dr. K.N. MOHAMED FAZIL

Director- Women Hostel

Ms.J. HAJIRA FATHIMA

HOD of Nutrition and Dietetics

Dr. M. GHOUSE BASHA

ORGANIZING SECRETARY

S.Basheerunnisa

Asst. Professor

ORGANIZING COMMITTEE

Dr. V.Kavitha , Asst. Professor

B.Rajalakshmi , Asst. Professor

J.Priya , Asst. Professor

Dr.J.Harine Sargunam , Asst. Professor

Dr.A.Sangeetha , Asst. Professor

S.Sheerin , Asst. Professor

N.Ashifa Jabeen , Asst. Professor

S.Ashma Banu,Asst. Professor

JP.Jayasri , Asst. Professor

A.Ayisha Sukaina , Asst. Professor

M.Padmapiya , Asst. Professor

K.Priyadharshini , Asst. Professor

STUDENT REPRESENTATIVES

SECRETARY

S. Jaya Gayathri II M.Sc.,

ASSISTANT SECRETARY

S. Aafreen Shanaz III B.Sc.,

EXECUTIVE MEMBERS

J. Sumaiya Begum II M.Sc.,

S. Aameena Begum II M.Sc.,

T. Syeda Rabiya I M.Sc.,

J. Amina Afreen I M.Sc.,

A. Rushtha Sameena III B.Sc.,

R. Nasrin Banu II B.Sc.,

R. Farsana I B.Sc.,

P. Arthi III B.Voc .,

A. Aysha Sharlin II B.Voc.,

1. NUTRI QUIZ

No. of participants: One team per college (2 members)

Time: 9.30 am- 10.30 am

Theme: Based on Nutrition

Criteria:

- Prelims will be conducted.
- Qualified participants will move to the finals.

Venue: ROOM NUMBER 142

2. MIME

No. of participants: One team per college (5 members)

Time: 10.30 am- 11.30 am

Theme: Awareness on Nutrition

Criteria:

- Background Music can be used
- The mime should be in 5-7 minutes.

Venue: COMMERCE (SF) SEMINAR HALL

3. NUTRI CONNECTION

No. of participants: One team per college (2 members)

Time: 10.30 am- 11.30 am

Criteria:

- Prelims will be conducted.
- Qualified participants will move to the Finals.

Venue: ROOM NUMBER 142

4. JUST A MINUTE

No. of participants: Two members per college

Topic: On the spot

Time: 11.45 am to 12.45 pm

Criteria:

- The speech should not exceed 1 minute and should be relevant to the topic chosen.

Venue: HUMAN PHYSIOLOGY LAB

5. POSTER PRESENTATION

No. of participants: 2 member per college

Topic: Based on the theme

Time: 11.45 pm to 12.45 pm

Criteria:

- Presentation should be done in chart or in flex
- Posters should be done by yourself and displayed.
- Poster size should be 4x6 feet.

6. MISS NUTRITION

No. of participant: 1 member per college

Time: 2.00 pm to 3.30 pm

Criteria:

- Round 1: Talent round.
- Round 2: Quiz based on the nutrition will be conducted.
- Round 3: Fashion show will be conducted and the costume of the participants must be explained in front of the judges.
- The costume should be based on the theme.

Venue: COMMERCE (SF) SEMINAR HALL.

REFRESHMENT :- 11.30 AM TO 11.45 AM

LUNCH:- 12.45 PM TO 1.45 PM

VALEDICTION

TIME: 4.30 PM

VENUE: COMMERCE (SF) SEMINAR HALL

GENERAL GUIDELINES

- For registration fee Rs.200/-
- Each participant can enroll in maximum **2 events only.**
- **ONLINE REGISTRATION link** is - <https://forms.gle/QHUYpRQME9XPX2nm6>
- Last date for registration will be on or before **24/09/2023** via online registration.
- Participants are requested to bring their identity card.
- The decision of the Judges will be final.
- Refreshment and Lunch will be provided.
- Payment should be paid in the given QR scan code.



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

PG DEPARTMENT OF NUTRITION AND DIETETICS

REPORT

PG Department of Nutrition and Dietetics (Self Finance-Women) of Jamal Mohamed College (Autonomous) organized an inter-department competition to celebrate **“NATIONAL NUTRITION MONTH – NUTIFUL 23”** on 26.09.2023. Head of the Department Dr. Ghouse Basha delivered welcome address. Dr. Ismail Mohideen, Principal delivered a Presidential address. Janab.Dr.A.K.KhajaNazeemudeen (Secretary & Correspondent), Hajee M.J. Jamal Mohamed (Treasurer&Assistant secretary) and Dr.D.J.GeorgeAmalarethinam, Vice Principal facilitated the gathering. The theme of the celebration of national nutrition month was **“HEALTHY DIET GAWING AFFORDABLE FOR ALL”**. Various competitions had been conducted in the department. Many students from various departments actively participated in those competition. Winners had been declared on the same day. Finally vote of thanks had been given by Ms. S.Basheerunnisa, Assistant Professor, Department of Nutrition and Dietetics.

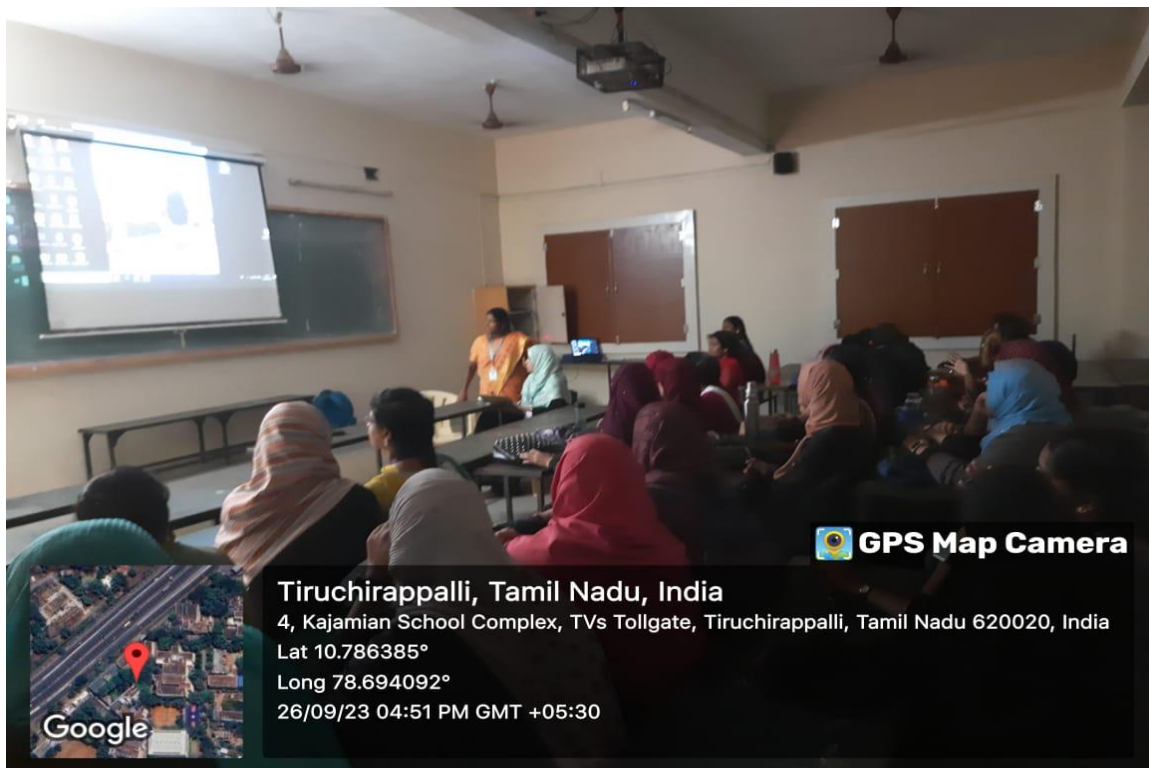
INTRA DEPARTMENT PRIZE WINNERS LIST

I. NUTRIQUIZ



PRIZE	NAME	CLASS
I PRIZE	Thahira. S	III B.Sc (N&D)
	Anathi	
II PRIZE	Vaishnavi .M	I M.Sc (N&D)
	Roshan Fathima. M	
III PRIZE	IshraBalkeees. S	III B.Sc (N&D)
	Mahabu Nisha. A	
III PRIZE	Ramzan Bagum	III B.Sc (N&D)
	MarsukaBahima	

II. NUTRI-CONNECTION



PRIZE	NAME	CLASS
I PRIZE	Shifah	III B.Sc (N&D)
	Sasira Banu S	
II PRIZE	C. Prathyangara	II M.Sc (N&D)
	Mohanambal R	
III PRIZE	A. Swetha	II M.Sc (N&D)
	A. Ramyahdrashini	

III. JUST A MINUTE



PRIZE	NAME	CLASS
I PRIZE	Aafreenshanaz	III B.Sc (N&D)
II PRIZE	Shamehasiminaash	II M.A. English

IV. POSTER PRESENTATION



PRIZE	NAME	CLASS
I PRIZE	R. Preethi	III B.Sc (Zoology)
II PRIZE	Afrin Banu A	II B.Sc (Maths)
III PRIZE	A. Mahabunisha	III B.Sc (N&D)

PROGRAM OUTCOME:

National Nutrition Week is celebrated every year in the month of September to raise awareness about nutrition and healthy eating habits. The **National Nutrition Week** was first established in 1975 by the members of the American Dietetic Association, which is now known as the Academy of Nutrition and Dietetics. It was first observed in India in 1982 when the Government of India began a drive to inform its people and motivate them on how to live a long and healthy life. Each year, National Nutrition Week is celebrated with a unique theme. The theme for this year is **“HEALTHY DIET GAWING AFFORDABLE FOR ALL”** which encourages people to have a healthy lifestyle and healthy diet in affordable for all. The main goal of National Nutrition Week is to raise awareness about the importance of eating a balanced diet that is rich in nutrients. A healthy diet is essential for good health and development. It can help to prevent diseases, improve mood and energy levels, and boost the immune system. This theme was chosen to highlight the importance of ensuring that everyone has access to nutritious food, regardless of their income level. In conclusion, the government of India has taken a number of steps to address this problem, such as providing subsidies on nutritious foods, making healthy foods more accessible, and educating people about the importance of nutrition. However, more needs to be done to ensure that everyone has access to nutritious food. This program is given the valuable information about the healthy dietary habits in affordable to all.



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(Affiliated to Bharathidasan University)

Tiruchirappalli—620020

REPORT OF THE PROGRAMME

Name of the Department : Department of Nutrition & Dietetics

Type of the Programme : Inter – collegiate competition

Title of the Programme : **“NATIONAL NUTRITION MONTH – NUTRIFUL 23”**

Venue: Hussainudeen Hall

Date: 27.09.2023

Report:

PG Department of Nutrition and Dietetics (Self Finance-Women) of Jamal Mohamed College (Autonomous) organized an inter-collegiate competition to celebrate **“NATIONAL NUTRITION MONTH – NUTRIFUL 23”** on 27.09.2023. Dr.M.Ghouse Basha, Head of the Department delivered welcome address. Dr. Ismail Mohideen, Principal delivered a Presidential address. Janab. Dr. A.K. Khaja Nazeemudeen (Secretary & Correspondent), Hajee M.J. Jamal Mohamed (Treasurer & Assistant secretary) and Dr. D.J. George Amalarethinam, Vice Principal facilitated the gathering. The theme of the celebration of national nutrition month was **“HEALTHY DIET GAWING AFFORDABLE FOR ALL”**. Various competitions had been conducted in the department. Many students from various colleges actively participated in those competition. Winners had been declared on the same day. The overall championship was

given to “Aiman College, Trichy”. At the end of the session feedback from the competition were collected from the participants. Finally vote of thanks had been given by Ms. S.Basheerunnisa, Assistant Professor, Department of Nutrition and Dietetics.

INTER COLLEGIATE PRIZE WINNERS LIST

I. NUTRIQUIZ



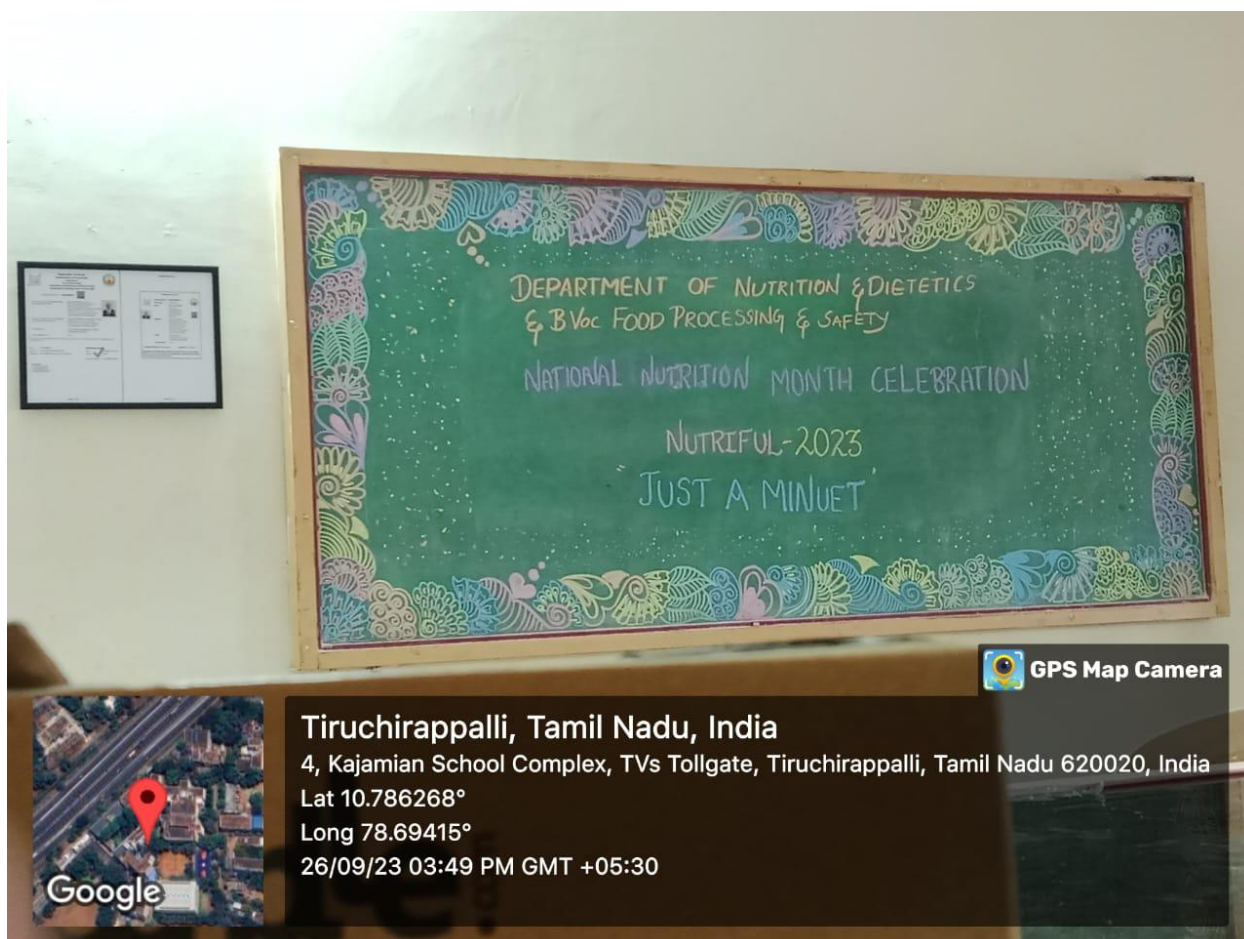
PRIZE	NAME	CLASS	COLLEGE
I PRIZE	Sasmitha G	III B.Sc	Bishop Heber College, Trichy.
	Grace Vimali		
II PRIZE	J. ThasrinFirthous	I M.Sc	Aiman College, Trichy.
	M. ShajeedaBanu		
III PRIZE	Selvapoorani	I M.Sc	Cauvery college, Trichy.
	Surya Bharathi		

II. MIME



PRIZE	NAME	CLASS	COLLEGE
I PRIZE	C.B.Asvin	II B.Sc	Government Arts & Science College, Karur.
	Bhuvaneshwar		
	Arunmurugan.A		
	Sabarinathan.T		
I PRIZE	Selvakumar.R	II B.Sc	Cauvery college, Trichy.
	Kavisakthi R		
	Subanusri S		
	Dharani T		
	Yasmin R	I B.Sc	
II PRIZE	Benzair Begum S	I B.Sc	Aiman College, Trichy.
	Hatchinisha M		
	Neha M		
	Saritha K	II B.Sc	
	Yogalakshmi R		

III. JUST A MINUTE



PRIZE	NAME	CLASS	COLLEGE
I PRIZE	Harini K	II B.Sc	Cauvery college, Trichy.
II PRIZE	Kharija Mohamed MeeraShahi	II B.Sc	Aiman College, Trichy.
III PRIZE	Sumaiya Abdul Samadh	II B.Sc	Aiman College, Trichy.

IV. NUTRI-CONNECTION





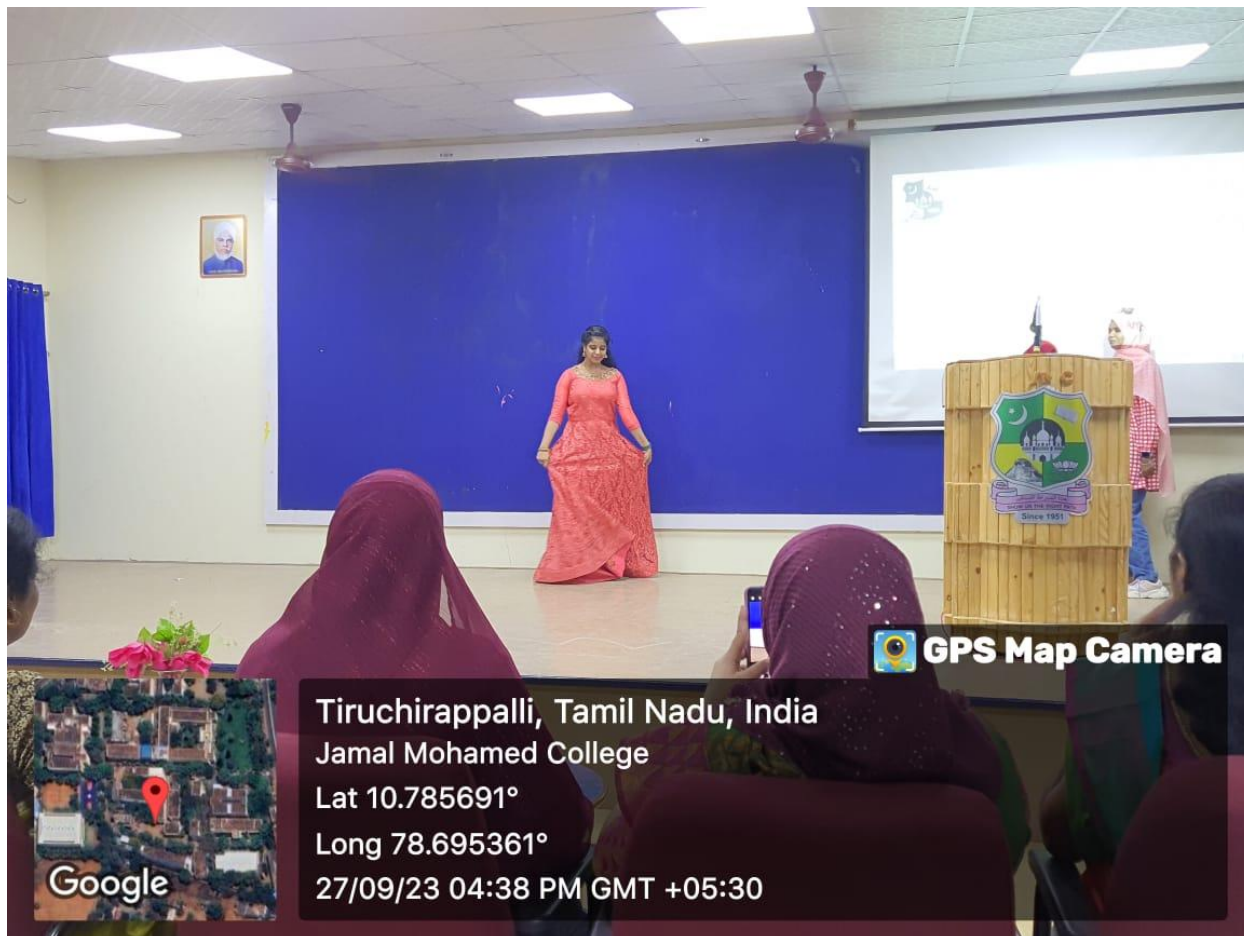
PRIZE	NAME	CLASS	COLLEGE
I PRIZE	R. SuriyaBharathi	I M.Sc	Cauvery college, Trichy.
	M. SelvaPoorani		
II PRIZE	J. Bushra	I B.Sc	Aiman College, Trichy.
	S. HumairahFathima		
III PRIZE	V.Monika	II B.Sc	E.G.S.Pillay College, Nagapattinam
	R.RubaSoundharya		

V. POSTER PRESENTATION



PRIZE	NAME	CLASS	COLLEGE
I PRIZE	Subathra S	I M.Sc	Bishop Heber College, Trichy.
II PRIZE	Regina Begum M	I M.Sc	Aiman College, Trichy.
III PRIZE	JasraDhilfar	I M.Sc	Cauvery college, Trichy.

VI. MISS NUTRITION



PRIZE	NAME	CLASS
I PRIZE	JesmithaBanu M	II B.Sc

OVERALL WINNER- AIMAN COLLEGE

Janab.Dr.A.K.KhajaNazeemudeen (Secretary & Correspondent) distributed the prizes for all the winner in various competition during National Nutrition Week. Secretary sir impressed by the work of the participants and appreciated their talent.



PROGRAM OUTCOME:

National Nutrition Week is celebrated every year in the month of September to raise awareness about nutrition and healthy eating habits. The **National Nutrition Week** was first established in 1975 by the members of the American Dietetic Association, which is now known as the Academy of Nutrition and Dietetics. It was first observed in India in 1982 when the Government of India began a drive to inform its people and motivate them on how to live a long and healthy life. Each year, National Nutrition Week is celebrated with a unique theme. The theme for this year is "**HEALTHY DIET GAWING AFFORDABLE FOR ALL**" which encourages people to have a healthy lifestyle and healthy diet in affordable for all. The main goal of National Nutrition Week is to raise awareness about the importance of eating a balanced diet that is rich in nutrients. A healthy diet is essential for good health and development. It can help to prevent diseases, improve mood and energy levels, and boost the immune system. This theme was chosen to highlight the importance of ensuring that everyone has access to nutritious food, regardless of their income level. In conclusion, the government of India has taken a number of steps to address this problem, such as providing subsidies on nutritious foods, making healthy foods more accessible, and educating people about the importance of nutrition. However, more needs to be done to ensure that everyone has access to nutritious food. This program is given the valuable information about the healthy dietary habits in affordable to all.



JAMAL MOHAMED COLLEGE (Autonomous)

DEPARTMENT OF NUTRITION & DIETETICS

Accredited with A++ Grade by NAAC (4th cycle)

with CGPA 3.69 out of 4.0

(Affiliated to Bharathidasan University)

Tiruchirappalli-620 020

PRESIDENT
Dr. S. Ismail Mohideen
Principal

VICE PRESIDENT
Ms. Basheerunnisa

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Ms. R. Nasrin Banu	II BSc
Ms. R. Farsana	I BSc
Ms. P. Arthi	III BVoc
Ms. R. Nivatha	II BVoc

We cordially invite you to take part in a Guest lecture, for the year of 2023-2024 in the august presence of the Honorable Management Committee Members

HAJEE. M.J. JAMAL MOHAMED BILAL
President

Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt., (USA)
Secretary & Correspondent

HAJEE. M.J. JAMAL MOHAMED
Treasurer

Dr. K. ABDUS SAMAD
Assistant Secretary

Dr. K. N. ABDUL KADER NIHAL
Member & Honorary Director

Dr. S. ISMAIL MOHIDEEN
Principal
Will preside

Resource Person
Ms. I. Rokhiya Begam

Students Counsellor
Jamal Mohamed College, Trichy
will deliver a special lecture on

“PERSONALITY MANAGEMENT”

Dr. M. GHOUSE BASHA
HOD of Nutrition & Dietetics

Date: 6th January 2024

Time: 4:30 pm.

Venue: N&D Seminar Hall



Jamal Mohamed College (Autonomous)

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Tiruchirappalli—620020

INTERNAL QUALITY ASSURANCE CELL REPORT OF THE PROGRAMME

Name of the Department : PG department of Nutrition & Dietetics

Type of the Programme : Special Lecture Programme

Title of the Programme : **“Personality Management”**

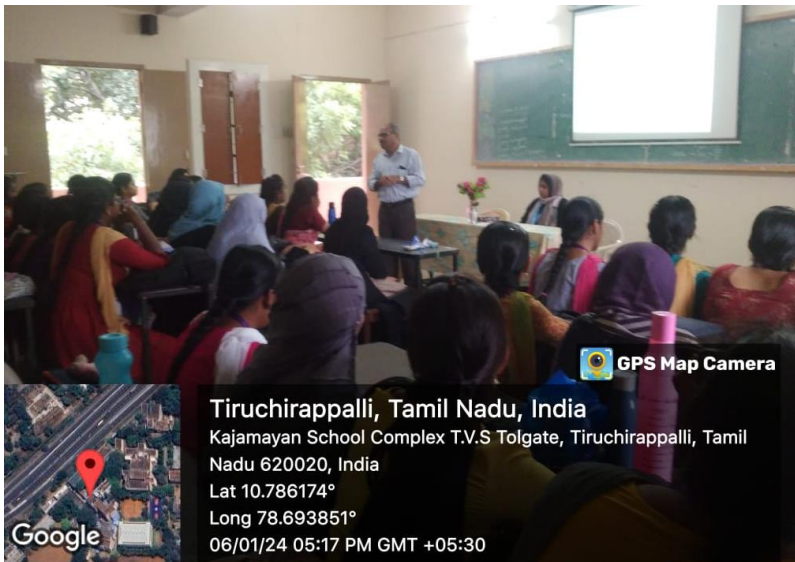
Venue: N&D Seminar Hall

Date: 06.01.2024.

Report:


Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a special lecture program on 06.01.2024. Dr. M. Ghouse Basha (HOD, Nutrition & Dietetics department) delivered welcome address. Special lecture was delivered by Ms. I. Rokhiya Begam, Student counsellor, Jamal Mohammed College, Trichy on “Personality Management”. She has guided the students about

- How to work with various professionals, people and groups.
- How to enhance their communication skills and interpersonal skills in order to function in professional and social settings effectively.
- How to enrich the academic language skills (writing and presentation skills) for academic writing and presentations.
- How to understand effective planning, time management and implementation for setting goals and achieving both personal and professional goal.



Programme Outcomes:

Students got the knowledge of how to improve their communication and interpersonal skills to become successful. Students learned how to find a way in many situations by planning and management. Students learned to evaluate oneself for further growth, personally and professionally.



JAMAL MOHAMED COLLEGE (AUTONOMOUS)
PG DEPARTMENT OF NUTRITION AND DIETETICS
&
B.VOC FOOD PROCESSING AND SAFETY

PONGAL DAY CELEBRATION

THURSDAY
2:30 PM

11

JAN
2024

At the
Nutrition & Dietetics department



Jamal Mohamed College(Autonomous)

Accredited with A++Grade by NAAC(4"Cycle) with
CGPA 3.69 out of 4.0 (Affiliated to Bharathidasan
University)

Tiruchirappalli—620020

REPORT OF THE PROGRAMME

Name of the Department : **PG DEPARTMENT OF NUTRITION & DIETETICS**

Title of the Programme : **“Pongal celebration”**

Venue: College Ground

Date: 11.01.2024.

Report:

Nutrition & Dietetics Association (Self Finance – Women) of JamalMohammed College (Autonomous) organized **Pongal celebrarion** program on 11.01.2024. Dr. M. GhouseBasha (HOD, Nutrition & Dietetics department) delivered welcome address. Dr. Ismail Mohideen, Principal delivered a Presidential address. Janab.Dr.A.K.Khaja Nazeemudeen (Secretary & Correspondent), Hajee M.J. Jamal Mohamed (Treasurer&Assistant secretary) and Dr.D.J.George Amalarethinam, Vice Principal facilitated the gathering. 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. Pongal marks the beginning of everything good for farmers. It is believed that whatever we start during this period gives us fruitful and prosperous results. The students and faculty members came in ethnic dresses associated with our culture. The faculty members prepared Pongal in pot. Pongal was then served to all the students and faculty members. It was a memorable moment to all the members of the department. Finally vote of

thanks had been given by Ms. S.Basheerunnisa, Assistant Professor, Department of Nutrition and Dietetics.



PATRONS

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PRESIDENT

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 & HONORARY DIRECTOR

DIRECTORS

DR. K.N. MOHAMED FAZIL

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DR. S. ISMAIL MOHIDEEN

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VICE PRINCIPAL

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ADDITIONAL VICE PRINCIPAL

DR. A. J. HAJA MOHIDEEN

ADDITIONAL VICE PRINCIPAL

MS. A. FATHIMA BANU

ADDITIONAL VICE PRINCIPAL

CO-ORDINATORS

DR. M. GHOUSE BASHA

HEAD OF THE DEPARTMENT

DR. V. KAVITHA

ASSISTANT PROFESSOR

ORGANIZING SECRETARIES

MS. S. BASHEERUNNISA

ASSISTANT PROFESSOR

DR. A. SANGEETHA

ASSISTANT PROFESSOR



JAMAL MOHAMED COLLEGE

(AUTONOMOUS)
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(AFFILIATED TO BHARATHIDASAN UNIVERSITY)
TIRUCHIRAPALLI 620 020

DEPARTMENT OF NUTRITION & DIETETICS

ORGANIZES

One week Online Faculty
Development Programme

on

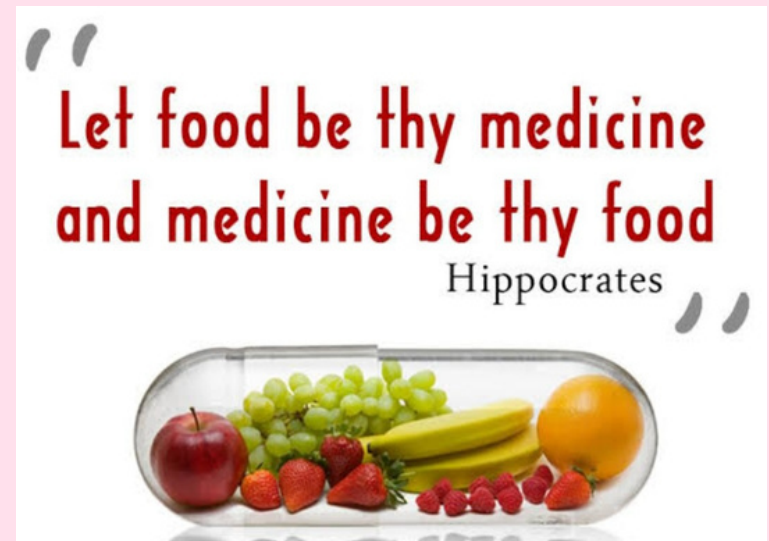
**“RECENT ADVANCES IN
FOOD SYSTEMS”**

19th TO 24th JANUARY, 2024

Timing: 12:30 to 1:30 pm



DATE	RESOURCE PERSON	TOPIC
19/01/24	Mrs. B. Rajalakshmi Assistant Professor Dept. of Nutrition & Dietetics	TRADITIONAL FOOD SYSTEMS
20/01/24	Dr. V. Kavitha Assistant Professor Dept. of Nutrition & Dietetics	FOOD PRESERVATION
22/01/24	Dr. A. Sangeetha Assistant Professor Dept. of Nutrition & Dietetics	FOOD ANALYSIS
23/01/24	Dr. J. Harine Sargunam Assistant Professor Dept. of Nutrition & Dietetics	THERAPEUTIC DIET
24/01/24	Mrs. S. Sheerin Assistant Professor Dept. of Nutrition & Dietetics	FUNCTIONAL FOODS



REGISTRATION FEE: RS.150/-
TYPE OF ACCOUNT: CURRENT ACCOUNT
ACCOUNT NO: 04670200000009
ACCOUNT NAME: JAMAL MOHAMED COLLEGE
IFSC: IOBA0000467
MICR: 620020010
BRANCH: IOB JMC BRANCH

FOR REGISTRATION:

[HTTPS://FORMS.GLE/CUFMWUKT8XSQB3DV7](https://forms.gle/CUFMWUKT8XSQB3DV7)

CONTACT US



+91 9443443624
+91 8148098771



jmcndfdp@gmail.com



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Tiruchirappalli—620020

INTERNAL QUALITY ASSURANCE CELL REPORT OF THE PROGRAMME

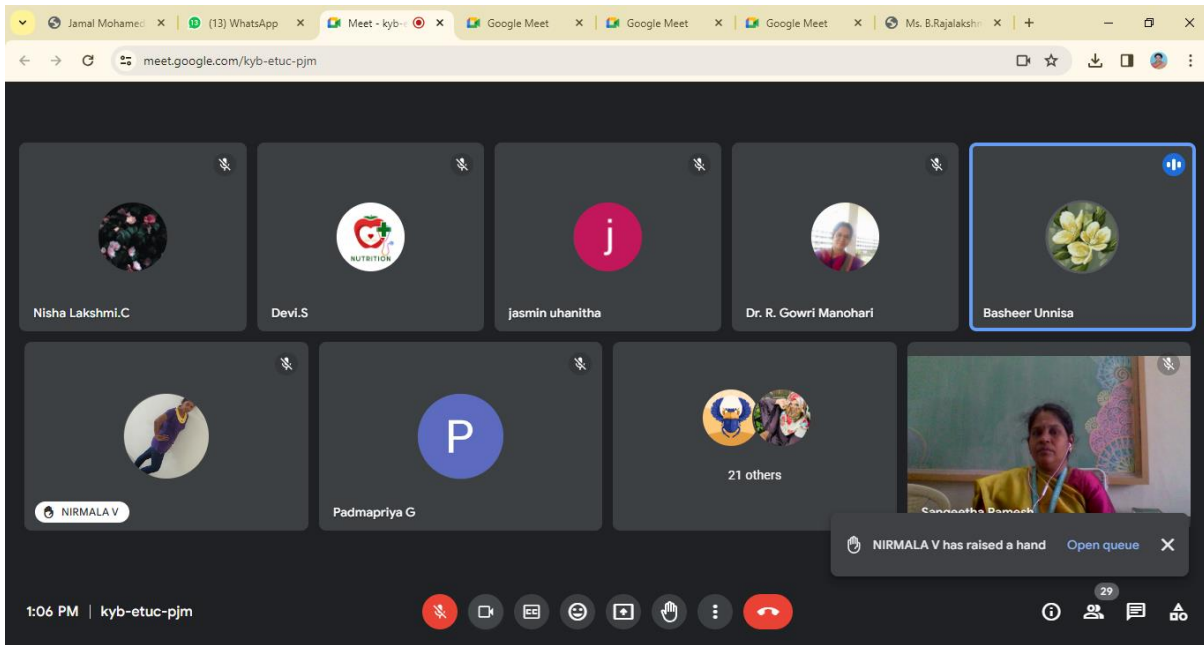
Name of the Department : PG department of Nutrition & Dietetics
Type of the Programme : Online Faculty Development Programme
Title of the Programme : **“RECENT ADVANCES IN FOOD SYSTEMS”**

Date : 19th to 24th JANUARY, 2024

Report:

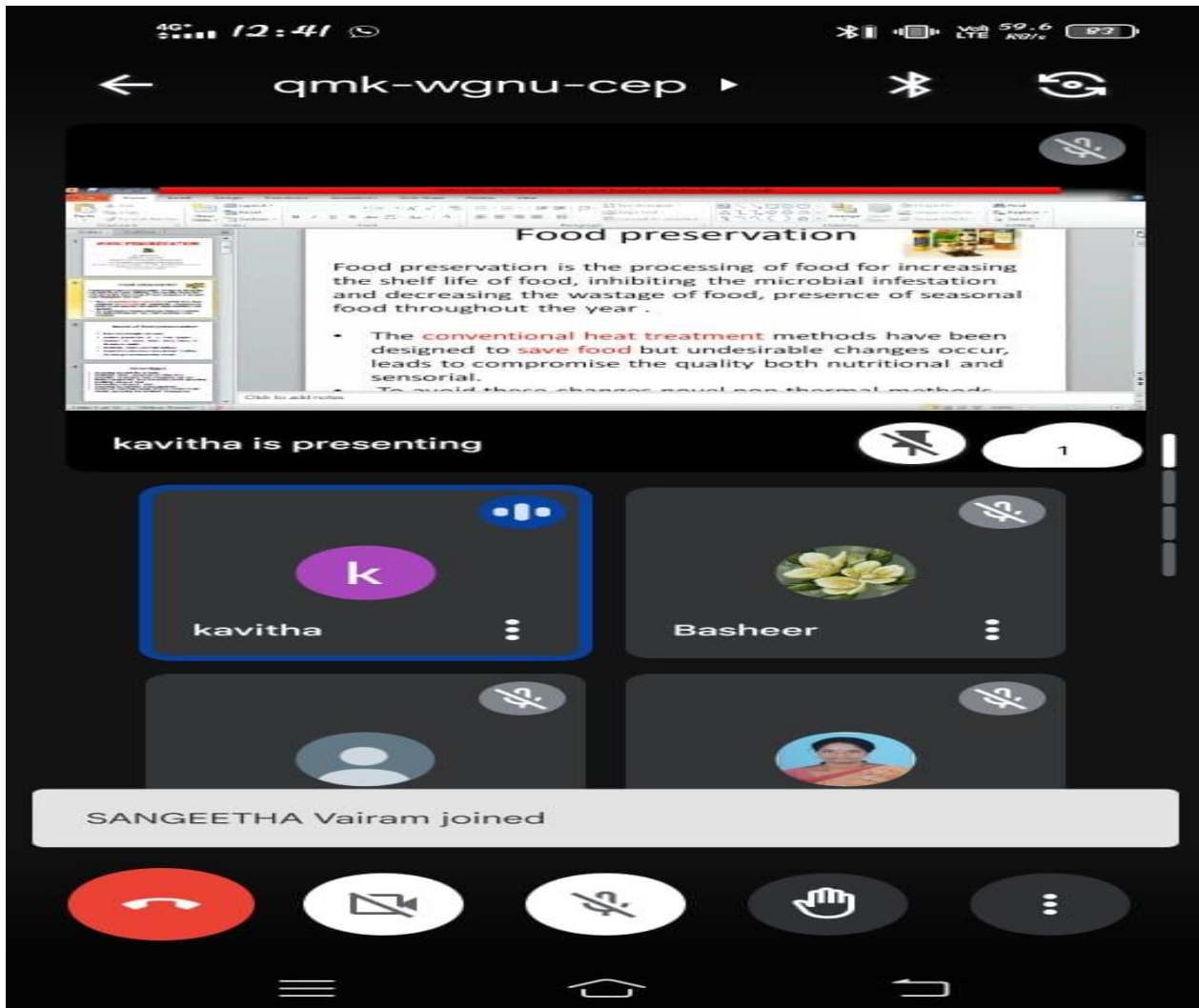
Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a One week Online Faculty Development Programme on **“RECENT ADVANCES IN FOOD SYSTEMS”** on 19th to 24th JANUARY, 2024. Dr. M. Ghouse Basha (HOD, Nutrition & Dietetics department) delivered welcome address. The FDP addresses the various aspects of Recent Advances in Food systems and promotes student centric effective teaching-learning pedagogy among the participants. This course was aimed for teachers who are teaching various disciplines of Nutrition, Dietetics and allied subjects in colleges or Universities. There were 46 number of participants registered for this programme from different Colleges and successfully completed the programme.

DAY I (19.01.2024): Mrs. B. RAJALAKSHMI, Assistant Professor, Department of Nutrition and Dietetics, delivered a lecture on “Traditional Food Systems”. She explained as Traditional food system plays a significant role in maintaining the well-being and health of Indigenous People. Awareness created on traditional food system can contribute to create a healthy society to build strong nation. The traditional knowledge of food is considered to be the best for particular geographical condition. Changing food pattern can damage the good health of the society. So, it is vital to know the importance of good food habits of our own tradition and balanced diet.

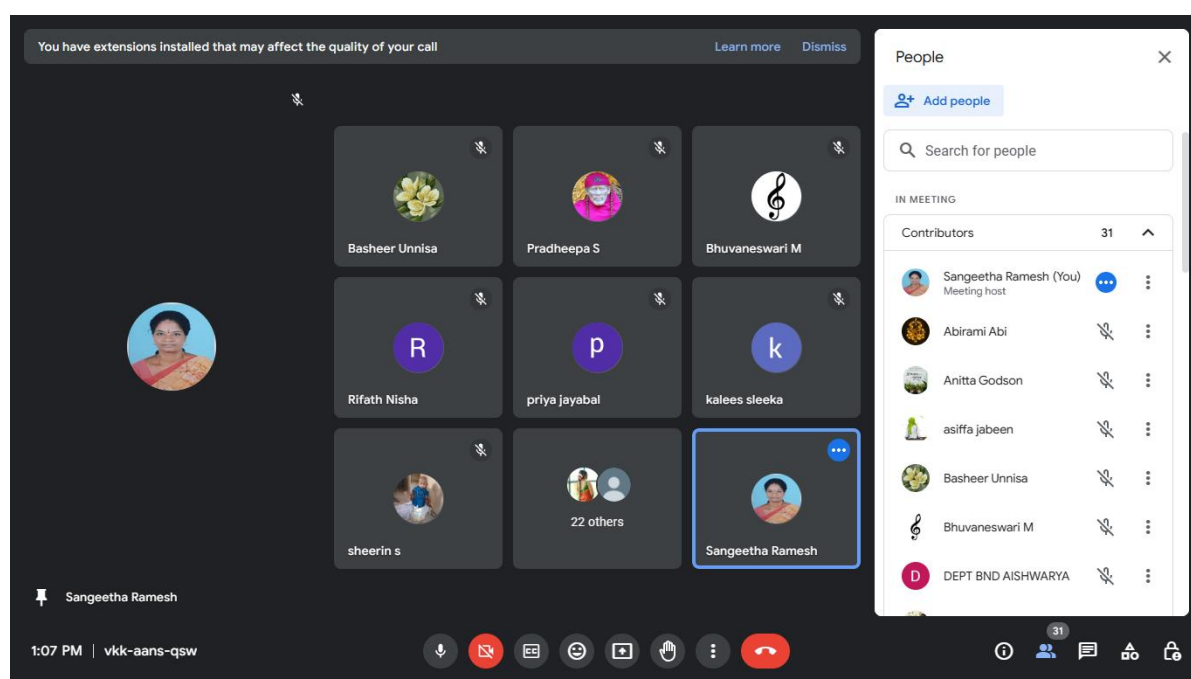


DAY II (20.01.2024): DR. V. KAVITHA, Assistant Professor, Department of Nutrition and Dietetics, delivered a lecture on “Food Preservation”. She explained about the importance of Food preservation as

- It increases the food shelf life.
- It allows us to taste a variety of food products in any season and in any area.
- It reduced the wastage of food items.
- In food preservation, there is no change in the taste, color, and nutritional value of food.
- Food products can be stored easily.



DAY III (22.01.2024) :DR. A.SANGEETHA, Assistant Professor, Department of Nutrition and Dietetics, delivered a lecture on “Food Analysis”. She explained about the overview of food analysis as It aims to characterize food products in terms of chemical composition, traceability, safety, quality, sensory perception and nutritional value. Food analysis approaches are used by industry, government/control agencies and academia. Thus, food analysis is, nowadays, one of the most important application areas of analytical chemistry. In this work, the main analytical techniques employed in food analysis at the beginning of the 21st century will be presented together with their main application areas and current difficulties, concluding with an outlook on some anticipated future challenges.



DAY IV (23.01.2024) :DR.J. HARINE SARGUNAM,Assistant Professor, Department of Nutrition and Dietetics, delivered a lecture on “Therapeutic Diet”. She explained as A therapeutic diet is a meal plan that controls the intake of certain foods or nutrients. It is part of the treatment of a medical condition and are normally prescribed by a physician and planned by a dietician. A therapeutic diet is usually a modification of a regular diet. It is modified or tailored to fit the nutrition needs of a particular person.

Bland diet

- Consist of easily digested foods that do not irritate digestive tract.
- Used for patients with ulcers or other digestive diseases.
- Avoid coarse foods, fried foods, highly seasoned foods, pastries, raw foods, alcohol, raw fruits and vegetables, salted meat & fish , coffee , tea, carbonated beverages .

The slide also features an image of a bowl of soup. The meeting interface shows a grid of participants including Basheer Unnisa, Bhuvaneswari M, Rifath Nisha, Dr.M.Ghouse B..., Parvathi Ganesh, SANGEETHA V..., PRIYADHARSHI..., 17 others, and Sangeetha Ra...

DAY V (24.01.2024) :Mrs. S.SHEERIN, Assistant Professor, Department of Nutrition and Dietetics, delivered a lecture on “Functional Foods”.In this lecture, she explained about the different types of functional foods apart from the basic nutritive values with sources and classification. The specific health benefits for each functional component in the various foods are also explained. Subsequently she explained about the development of different biomarkers to indicate efficacy of functional ingredients present in food items.

The slide displays chemical structures and names for: Betacyanin, Betaine, Fiber, Saponins, Oxalates, and Folate. A central image shows a red beet with a thinking face emoji overlaid on it.

The meeting interface shows a list of participants under 'People' and 'IN MEETING Contributors' (28):

- Sangeetha Ramesh (You)
- Abirami Abi
- Anisha M
- Anitta Godson
- Basheer Unnisa
- Bhuvaneswari M

Programme Outcomes:

This Faculty Development Programme (FDP) fulfils its prime objectives to bring the faculties of different disciplines onto one platform to update with the advances in the food processing and preservation, effective teaching learning practices and scientific approaches of planning and execution of experiments. All the sessions were very much informative. The discussed areas are of great benefit for the participants as the topics match with the current working domain. Participants were enlightened with the most widely used advance technologies in the field of Nutrition and Dietetics.



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

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Tiruchirappalli - 620 020

DEPARTMENT OF NUTRITION AND DIETETICS

You are cordially invited to

DISCIPLINE SPECIFIC ENTREPRENEURIAL SKILL DEVELOPMENT PROGRAMME

A Special Lecture on

Opportunities in Millet Business

organised by

DEPARTMENT OF NUTRITION AND DIETETICS

in association with

ENTREPRENEURSHIP DEVELOPMENT CELL (EDC)

in the presence of

Hajee M.J. Jamal Mohamed Bilal

President

Hajee. M.J. Jamal Mohamed

Treasurer

Dr.K.N.Abdul Kader Nihal

Member & Hon. Director

Dr.A.K. Khaja Nazeemudeen

Secretary & Correspondent

Dr. K. Abdus Samad

Assistant Secretary



Resource Person

Mr.V. Sivaramakrishnan MBA

Founder & Chief Vision Officer

Bliss tree, Trichy -10

Dr.M. Ghouse Basha

HOD of Nutrition & Dietetics

Welcomes

Dr.S. Ismail Mohideen

Principal

Presides

Dr.D.I. George Amalarethnam

Vice-Principal

Dr.A.J.Haja Mohideen

Additional Vice-Principal

Dr.K.N. Mohamed Fazil

Director-Hostel Administration

Dr.A. Ishaq Ahamed

Additional Vice-Principal

Ms. A. Famitha Banu

Additional Vice-Principal

Ms. J. Hajira Fathima

Director- Women Hostel

Dr. A.S. Haja Hameed

Coordinator - IIC

Dr. S. Kathar Usean

Coordinator - EDC

will offer felicitations

Vote Of Thanks

S.Basheerunnisa

Assistant Professor

VENUE: HUSSAINUDEEN HALL

DATE: 14.02.2024

TIME : 4pm



Jamal Mohamed College (Autonomous)

Accredited with A++ Grade by NAAC (4th Cycle) with
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(Affiliated to Bharathidasan University)

Tiruchirappalli — 620 020

INTERNAL QUALITY ASSURANCE CELL REPORT OF THE PROGRAMME

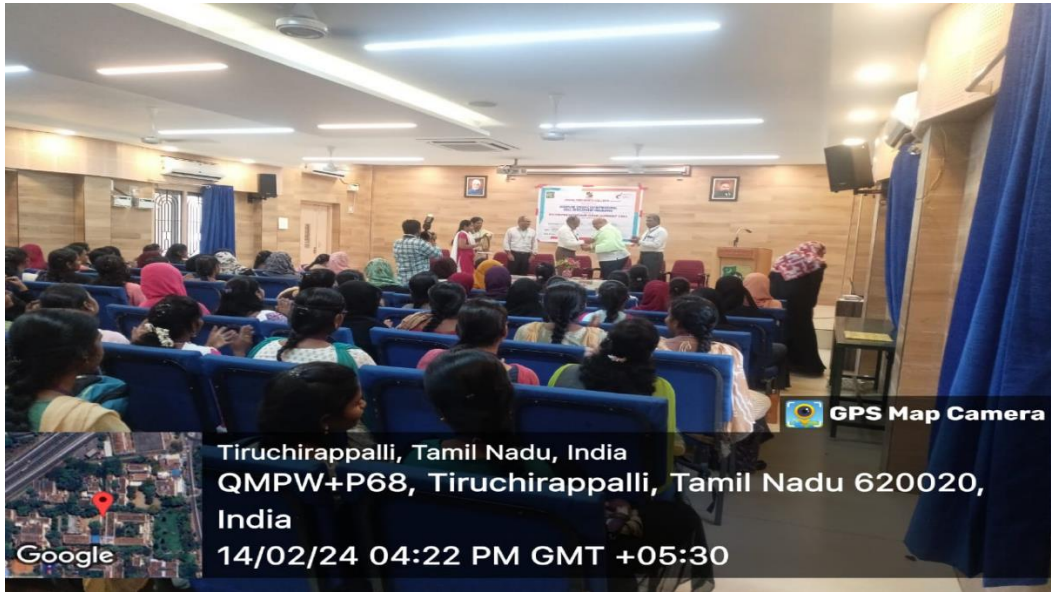
Name of the Department : Department of Nutrition & Dietetics
Type of the Programme : Special Lecture Programme
Title of the Programme : “OPPORTUNITIES IN MILLET BUSINESS”

Venue: Hussainudeen Hall

Date & Time : 14.02.2024, 4.00 PM

Report:

Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) in association with Entrepreneurship development cell (EDC) organized a special lecture program on 14.02.2024. Dr. M. Ghouse Basha (HOD, Nutrition & Dietetics department) delivered welcome address. Dr. Ismail Mohideen, Principal delivered a Presidential address. Dr.A.S. Haja Hameed, Coordinator – IIC felicitated. Special lecture was delivered by Mr.V.Sivaramkrishnan, MBA., Founder & Chief Vision officer, Bliss Tree, Trichy on “Opportunities in Millet Business”. He has guided the students “how to become a Food entrepreneur. He highlighted the key opportunities include increased awareness of millets, people going back to their traditional food and informative food labels.



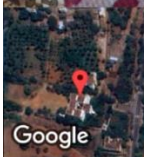
GPS Map Camera



Tiruchirappalli, Tamil Nadu, India
QMPW+P68, Tiruchirappalli, Tamil Nadu 620020,
India
14/02/24 04:22 PM GMT +05:30



GPS Map Camera

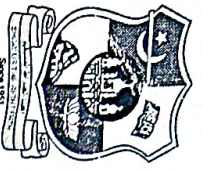


Jamal Mohamed College, Tamil Nadu, India
QMHR+HJV, Kaja Nagar, Edamalaipatti Pudur,
Tiruchirappalli, Tamil Nadu 620023, India
14/02/24 04:40 PM GMT +05:30



Programme Outcomes:

This program is an eye opener for the final year students and inculcated the possibilities to become an entrepreneur in their respective field of study.



JAMAL MOHAMED COLLEGE (Autonomous)

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(Affiliated to Bharathidasan University)

Tiruchirappalli-620020

INTERNAL QUALITY ASSURANCE CELL

NAME OF THE DEPARTMENT: ENTREPRENEURSHIP DEVELOPMENT CELL & DEPARTMENT OF NUTRITION AND DIETETICS
& B.VOC FOOD PROCESSING AND SAFETY

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
1)	Karoline Sweety	23PND029	T.N.S.C (N&D)B	Jamal Mohamed College	✓			A.K.J
2)	Nafisha.M	23PND031	T-Msc (N&D)B	Jamal Mohamed College	✓			M.Nad
3)	A.Najuma banu	23PND032	T-MSC (N&D)B	Jamal Mohamed college	✓			A.Najuma banu
4)	A.Nisha	23PND033	T.MSC (N&D)B	Jamal Mohamed college	✓			R.Hie
5)	A.Nisha	23PND034	T.MSC (N&D)B	Jamal Mohamed college	✓			A.Nisha
6)	Niveetha.H	23PND035	T.MSC (N&D)B	Jamal Mohamed college	✓			Niveetha.H
7)	Priga dhasshirini	23PND036	T.MSC (N&D)B	Jamal Mohamed college	✓			G.Prasanna
8)	Rabiya basavi.A	23PND038	T.MSC (N&D)B	Jamal Mohamed College	✓			Rabiya
9)	Rahimothunnisha	23PND039	T.MSC (N&D)B	Jamal Mohamed college	✓			Rahimothunnisha
10)	A.Rajab Nisha	23PND040	T.MSC (N&D)B	Jamal Mohamed college	✓			A.Rajab Nisha

For:  (S. SHERIN)
NAME & SIGNATURE OF THE CONVENER/S


NAME & SIGNATURE OF THE HOD



JAMAL MOHAMED COLLEGE (Autonomous)
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INTERNAL QUALITY ASSURANCE CELL

NAME OF THE DEPARTMENT: ENTREPRENEURSHIP DEVELOPMENT CELL & DEPARTMENT OF NUTRITION AND DIETETICS
& B.VOC FOOD PROCESSING AND SAFETY

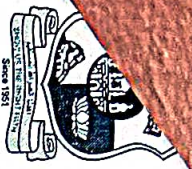
TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
11.	A.Ruksha Sameena	21UNDP027	III Bsc NFD	Jamal Mohamed collage	✓			A.Rup.
12	A.suminiga Begam	21UNDP040	III BSc NFD	Jamal Mohamed collage	✓			A.Sof.
13.	Shafana	21UNDP016	III BSc NFD	"	✓			FSJ
14.	Arumai selvi	21UNDP036	III BSc NFD	"	✓			ASL
15.	ASMA	21UNDP009	III B.Sc NFD	"	✓			ASW
16	S.Bhuvaneshwari	21UNDP010	III BSc NFD	"	✓			Rubina
17	Falima Shikha	21UNDP035	III BSc NFD	"	✓			Shikha
18	Reena.H	21UNDP084	III B.Sc NFD	"	✓			Rup
19	Shama Balakrish	21UNDP017	III B-8c NFD	"	✓			Shama Balakrish
20	Reena Sathish	21UNDP042	III B.Sc NFD	"	✓			Rup

S. SHEEJAN

NAME & SIGNATURE OF THE CONVENORS

NAME & SIGNATURE OF THE HOD



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INTERNAL QUALITY ASSURANCE CELL

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 & B.VOC FOOD PROCESSING AND SAFETY

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
1)	Fathima A							
21)	Riswana yasmink	23PND042	I-M.Sc (N&B)	Jamal Mohamed college	✓			Riswana
22)	Riswana begum.M	23PND043	I-M.Sc (N&B)	Jamal Mohamed college	✓			Riswana
23)	Roshan Fathima.M	23PND044	I-M.Sc (N&B)	Jamal Mohamed college	✓			Roshan Fathima.M
24)	Safin fathima.M	23PND045	I-M.Sc (N&B)	Jamal Mohamed college	✓			Safin
25)	Salma begum.P	23PND046	I-M.Sc (N&B)	Jamal Mohamed college	✓			Salma begum.
26)	sathiga begam.T	23PND048	''	Jamal Mohamed college	✓			Do to
27)	Simgar . R	23PND049	I-M.Sc (N&B)	Jamal Mohamed college	✓			R.P.Sing
28)	Subathara.VS	23PND050	I-M.Sc (N&B)	Jamal Mohamed college	✓			Subathara.VS
29)	swathi.G	23PND052	I-M.Sc (N&B)	Jamal Mohamed college	✓			Swathi.G

For:  (S. SHEERIN)

NAME & SIGNATURE OF THE HOD 



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& B.VOC FOOD PROCESSING AND SAFETY

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
30)	P. ARITHI	21BND0003	III - B.VOC [FPE 5]	Jamal mohamed college	✓			P. Arithi
31)	R. Sowmya	21BND016	III - B.VOC [FPE 5]	Jamal Mohamed college	✓			R. Sowmya
32)	R. Hani Priya	21UNDO14	III BSc N Sed	Jamal Mohamed college	✓			R. Hani Priya
33)	A. Arina Nisha	21UNDO04	III BSc N Sed	Jamal Mohamed college	✓			A. Arina Nisha
34)	A. Mohammed Nisreen	21UNDO39	III BSc N Sed	Jamal Mohamed college	✓			A. Mohammed Nisreen
35)	A. Hiba Keesha	21BND005	III B.VOC FPE 5	Jamal Mohamed college	✓			A. Hiba Keesha
36)	ASIKHA FATIMA .S	21BND015	III B.VOC F.P&S	Jamal Mohamed College	✓			A. Asikha Fatima .S
37)	NASRIN FATHIMA	21BND019	III - B.VOC F.P&S	"	✓			N. Nasrin Fathima
38)	L. DEVIKA	21BND012	III - B.VOC F.P&S	"	✓			L. Devika
39)	Ahgreen Sharaz	21UNDO01	III BSc N Sed	Jamal Mohamed college	✓			Ahgreen Sharaz

NAME & SIGNATURE OF THE CONVENOR
S. SURESH

NAME & SIGNATURE OF THE HOD
S. SURESH



JAMAL MOHAMED COLLEGE (Autonomous)

Accredited with A++ Grade by NAACC (4th Cycle with 3.69 out of 4.0)

(Affiliated to Bharathidasan University)

Tiruchirappalli-620020

INTERNAL QUALITY ASSURANCE CELL

NAME OF THE DEPARTMENT: ENTREPRENEURSHIP DEVELOPMENT CELL & DEPARTMENT OF NUTRITION AND DIETETICS
& B. VOC FOOD PROCESSING AND SAFETY

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
40)	A.P. Samiya	21UNDD027	III BSc NEP	Jamal Mohamed college	✓			A.P. Samiya
41)	A.K.S. Saheed Fathima	21UNDD026	III BSc NEP	Jamal Mohamed college	✓			A.K.S. Saheed
42)	P. Neelakshi	21UNDD019	III - B.Sc NEP	Jamal Mohamed college	✓			P. Neelakshi
43)	K. Saheya Fathima	21UNDD030	III - B.Sc NEP	Jamal Mohamed college	✓			K. Saheya
44)	A. Sivakshi	21UNDD029	III - B.Sc NEP	Jamal Mohamed college	✓			A. Sivakshi
45)	H. Nisha Sathya	21UNDD015	III - B.Sc NEP	Jamal Mohamed college	✓			H. Nisha
46)	P.A. Mahira Sakrini	21UNDD021	III BSc NEP	Jamal Mohamed college	✓			P.A. Mahira
47)	Nashika Nasrin	21UNDD032	III B.Sc NEP	Jamal Mohamed college	✓			Nashika
48)	Wasseela Mohamed	21UNDD033	III BSc NEP	Jamal Mohamed college	✓			Wasseela
49)	Aathika	21UNDD062	III B.Sc NEP	Jamal Mohamed college	✓			Aathika

For,

(S. SHERIN)

NAME & SIGNATURE OF THE HOD

[Signature]



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& B.VOC FOOD PROCESSING AND SAFETY

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
50)	K.M. KANMANI	23PND003	P.M.Sc 1A	Jamal Mohamed college	✓			<i>[Signature]</i>
51)	M. Rajini Banu	23PND001	I MSc 1A	Jamal Mohamed College	✓			M. Rajini
52)	S. Janarthani Firthous	23PND001	"	"	✓			<i>[Signature]</i>
53)	S. Jyana Fathima	23PND019	"	"	✓			<i>[Signature]</i>
54)	S. Faseela Banu	23PND015	"	"	✓			<i>[Signature]</i>
55)	LALITA BANU J	23PND028	I MSc NSD-A	"	✓			<i>[Signature]</i>
56)	R. Fousiga Sabana	23PND016	I MSc NSD-A	"	✓			<i>[Signature]</i>
57)	G. Affashahara	23PND002	I-M.Sc NSD-A	"	✓			<i>[Signature]</i>
58)	Kavitha . S	23PND005	I-M.Sc NSD-A	"	✓			<i>[Signature]</i>
59)	Janani . P	23PND020	I-M.Sc NSD-A	"	✓			<i>[Signature]</i>

[Signature]
B. SHEKIN

[Signature]
NAME & SIGNATURE OF THE HOD



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 & B.VOC FOOD PROCESSING AND SAFETY**

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
60)	Syeda sabiyah.T	23PND053	I-M.Sc (N&D)B	Jamal Mohamed college	✓			Debinayal
61)	vaishnavi.H	23PND054	I.M.Sc. N&D B	Jamal Mohamed college	✓			A. omiyah
62)	vigneshwarar.H	23PND055	I-M.Sc (N&D)B	Jamal Mohamed college	✓			Vigneshwarar.H
63)	R. Bhavani	23PND010	I-M.Sc N&D.A	Jamal mohamed college	✓			R. Bhavani
64)	R. Anushya	23PND006	I.M.Sc (N&D)A	"	✓			R. Anushya
65)	K. Gargathiari	23PND017	I.M.Sc N&D.A	"	✓			K. Gargathiari
66)	Kaushika.k	23PND024	"	"	✓			Kaushika.k
67)	Kanthen Lakshmi.K	23PND026	"	"	✓			Kanthen Lakshmi.K
68)	Kaniga.S	23PND025	"	"	✓			Kaniga.S
6								

For- [Signature] (S. SH EERAM)
 NAME & SIGNATURE OF THE CONVENOR/S

[Signature]
 NAME & SIGNATURE OF THE HOD



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& B.VOC FOOD PROCESSING AND SAFETY

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
1A)	Pathina	21UND012	II B.Sc N&D	Jamal Mohamed college	<input checked="" type="checkbox"/>			Pathina
1B)	Srinivas	21UND038	II B.Sc N&D	Jamal Mohamed college	<input checked="" type="checkbox"/>			ERIC
1C)	Ranga Begam .N	21UND023	III B.Sc N&D	Jamal Mohamed college	<input checked="" type="checkbox"/>			Rang
1D)	Pathina .N	21UND011	II D.Sc N&D	Jamal Mohamed college	<input checked="" type="checkbox"/>			Pathina
1E)	Narasara Balmas	21UND022	III B.Sc N&D	Jamal Mohamed college	<input checked="" type="checkbox"/>			Naras
1F)	Mahabhi Nisha .A	21UND020	III B.Sc N&D	Jamal Mohamed college	<input checked="" type="checkbox"/>			Maha
1G)	Shameer Sabita .A	21BVD008	III-B.Voc F&S	Jamal Mohamed college	<input checked="" type="checkbox"/>			Shk Sabita
1H)	Sabiya Maryam .N	21BVD007	III-B.Voc F&S	Jamal Mohamed college	<input checked="" type="checkbox"/>			M. Sabiya Maryam.
1I)	ROSHNI . R	21BND013	III-B.Voc F&S	Jamal Mohamed college		<input checked="" type="checkbox"/>		Roshni
1J)	Niveetha . A	21BND011	III-B.Voc F&S	Jamal Mohamed college	<input checked="" type="checkbox"/>			Niveetha

NAME & SIGNATURE OF THE CONVENORS

NAME & SIGNATURE OF THE HOD

(Signature)



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 (Affiliated to Bharathidasan University)
 Tiruchirappalli-620020
INTERNAL QUALITY ASSURANCE CELL

**NAME OF THE DEPARTMENT: ENTREPRENEURSHIP DEVELOPMENT CELL & DEPARTMENT OF NUTRITION AND DIETETICS
 & B.VOC FOOD PROCESSING AND SAFETY**

TITLE OF THE PROGRAMME: A SPECIAL LECTURE ON OPPORTUNITIES IN MILLET BUSINESS

S.No	Name of the Participant	Register Number	Class	Name of the Institution	Feed back (Tick The Appropriate Column)			Signature
					Excellent	Good	Average	
79)	A. Jemonda Christina	21BND006	III-B.VOC F&S	Jamal Mohammed college	✓			<i>A. Jemonda Christina</i>
80)	Farhana	21BND003	III-B.VOC F&S	Jamal Mohammed college	✓			<i>Farhana</i>
81)	Hanana	21BND004	III-B.VOC F&S	Jamal Mohammed college	✓			<i>Hanana</i>
82)	shefana aaswinie	21BND009	III-B.VOC F&S	Jamal Mohammed college	✓			<i>shefana aaswinie</i>
83)	shifa banwen	21BND010	III-B.VOC F&S	Jamal Mohammed college	✓			<i>shifa banwen</i>
84)	Asima Fatima	21BND018	III-B.VOC F&S	Jamal Mohammed college	✓			<i>Asima Fatima</i>

NAME & SIGNATURE OF THE CONVENOR/S
[Signature]

NAME & SIGNATURE OF THE HOD
[Signature]



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

College with Potential for Excellence
Accredited (4th Cycle) with A++ Grade by NAAC
DBT Star College Scheme & DST FIST Funded
(Affiliated to Bharathidasan University)
TIRUCHIRAPALLI - 620020

DEPARTMENT OF NUTRITION AND DIETETICS

&

BVOC FOOD PROCESS AND SAFETY

Cordially invites you to the



Flavour Flare

2k24

Food service management practical based different cuisines in
INDIA and around the WORLD

By the students of III B.Sc. NUTRITION & DIETETICS

IN THE AGUST PRESENC OF THE MANAGEMENT COMMITTEE MEMBERS

Dr. A. K. Khaja Nazeemudeen D. Lit.,(USA)
Secretary and Correspondent

Hajee. M. J. Jamal Mohamed
Treasurer

Dr. K. Abdus Samad
Assistant Secretary

Dr. Ismail Mohideen
Principal
Presides

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

Dr. D. I. George Amalarathinam
Vice Principal

Felication

Dr. A. Ishaq Ahamed
Additional Vice Principal

Dr. A. J. Haja Mohideen
Additional Vice Principal

Ms. A. Fathima Banu
Additional Vice Principal

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

23 | 02 | 2024

AT 4:00 PM

Ms. j. Hajira Fathima
Director. Women hostel

VENUE : Food Science Lab. Dep. of N&D

We welcome you all

DATE OF THE EVENT :23.02.2024

PLACE :Dept of Nutrition & Dietetics,
Jamal Mohamed college,Trichy.

THE DEPARTMENT OF NUTRITION AND DIETETICS,JAMAL MOHAMED COLLEGE,TRICHY has organized **FLAVOUR FLARE 2k24**,based on different cuisines(Indian and western)by the students of III B.Sc. NUTRITION & DIETETICS.The pre-preparation work started at 11:00 am and the different cuisine were displayed vibrantly depicting the state or nations' traditions and customs at around 04:00 pm .

The Indian cuisines Included

KASHMIRI,PUNJABI,ODISSI,RAJASTHNI,ASSAMESE,ANDHRA,TAMILNADU,GUJARATHI AND BENGALI.

Western cuisines included ITALIAN, AUSTRALIAN AND FRENCH.

Every groups prepared more than 5 recipes presenting it in a thali or a platter form.We got to experience the difference flavours and traditions across the nation and around the world.

The Management members visited the department at 04:30pm and tasted all our displayed dishes.They appreciated our teachers and the students for their dedicated effort and hardwordfor the grand success of the event.

PROGRAM OUTCOMES

- Gain knowledge about common ingredients used used in various regions of Indian and Western menu
- Gain knowledge about menu planning,compiling of different regions
- Acquire skills in preparing different types of menu
- Gain skills in the standardization,serving size and cost calculation of the recipes



STUDENTS DISPLAYING AND EXPLAINING THEIR CUISINES



MANAGEMENT MEMBERS ALL SET TO EXPERIENCE THE DIVERSITY OF DIFFERENT CUISINES

STUDENTS EXPLAINING THE SPECIALITIES OF THEIR CUISINES





THE MANAGEMENT MEMBERS TASTING THE DIFFERENT CUISINES PREPARED



CUISINES DISPLAYED(INDIAN)



RAJASTHANI THALI



ASSAMESE THALI



GUJARATHI THALI



PUNJABI THALI



ODISSI THALI



KASHMIRI THALI



BENGALI THALI

WESTERN



ITALIAN



AUSTRALIAN



FRENCH



JAMAL MOHAMED COLLEGE

(AUTONOMOUS)

TIRUCHIRAPPALLI -620020

ACCREDITED WITH 'A++' GRADE BY NAAC (4TH CYCLE) WITH CGPA 3.69 OUT OF 4.0
AFFILIATED TO BHARATHIDASAN UNIVERSITY

DEPARTMENT OF NUTRITION AND DIETETICS

WE CORDIALLY INVITE YOU TO THE
FAREWELL FUNCTION-
(AMUSEMENT PARKOZ)
ON 29 FEBRUARY 2024

VENUE: COMMERCE
SEMINAR HALL

TIME: 3:00P.M

IN THE AUGUST PRESENCE OF

HAJEE M.J. JAMAL MOHAMED BILAL
President

Dr.A.K.KHAJA NAZEEMUDEEN
Secretary And Correspondent

HAJEE M.J.JAMAL MOHAMED
Treasurer

Dr.K.ABDUS SAMAD
Assistant Secretary

Dr.K.N. ABDUL KADER NIHAL
Member & Honorary Director

Dr.S.ISMAIL MOHIDEEN
Principal

Dr.D.I.GEORGE AMALARETHINAM
Vice Principal

Dr.A.ISHAQ AHAMED
Additional Vice Principal

Dr.A.J.HAJA MOHIDEEN
Additional Vice Principal

Ms.A.FAMITHA BANU
Additional Vice Principal

Dr.K.N.MOHAMED FAZIL
Director -Hostel Administration

Ms.J.HAJIRA FATHIMA
Director -Women Hostel

DR.M.GHOUSE BASHA
HOD OF NUTRITION & DIETETICS

WELCOME YOU ALL



Jamal Mohamed College (Autonomous)

Accredited with A++ Grade by NAAC (4th Cycle) with
CGPA 3.69 out of 4.0

(Affiliated to Bharathidasan University)

Tiruchirappalli — 620 020

REPORT OF THE PROGRAMME

Name of the Department : PG department of Nutrition & Dietetics

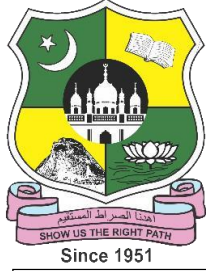
Title of the Programme : **“FAREWELL DAY CELEBRATION”**

Date : 29.02.2024

Report:

Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a **FAREWELL DAY CELEBRATION** Programme on 29.02.2024. Dr. M. Ghouse Basha (HOD, Nutrition & Dietetics department) delivered welcome address. Dr. Ismail Mohideen, Principal delivered a Presidential address. Hajee. M.J. Jamal Mohammed (Treasurer & Asst. Secretary) felicitated. Dr. Ismail Mohideen, Principal distributed the farewell gift to the outgoing students. Finally, vote of thanks was delivered by Ms. Ms.J. Laila banu I M.Sc., N&D student.





JAMAL MOHAMED COLLEGE (Autonomous)

DEPARTMENT OF NUTRITION & DIETETICS

Accredited with A++ Grade by NAAC (4th cycle)

with CGPA 3.69 out of 4.0

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Tiruchirappalli-620 020

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Dr. S. Ismail Mohideen
Principal

VICE PRESIDENT

Ms. Basheerunnisa

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S. Jaya Gayathri II MSc

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S. Aafreen Shanaz III BSc

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Ms. T. Syeda Rabiya	I MSc
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Ms. A. Rushtha Sameena	III BSc
Ms. R. Nasrin Banu	II BSc
Ms. R. Farsana	I BSc
Ms. P. Arthi	III BVoc
Ms. R. Nivatha	II BVoc

We cordially invite you to the Valedictory Function of the Association of Nutrition and Dietetics, for the academic year 2023-2024 in the august presence of the Honorable Management Committee Members

HAJEE. M.J. JAMAL MOHAMED BILAL

President

Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt., (USA)

Secretary & Correspondent

HAJEE. M.J. JAMAL MOHAMED

Treasurer

Dr. K. ABDUS SAMAD

Assistant Secretary

Dr. K. N. ABDUL KADER NIHAL

Member & Honorary Director

Dr. S. ISMAIL MOHIDEEN

Principal

Will preside

Resource Person

Dr. Sughumar BNYS.,C.Ac.,MS.,(Psy)

Naturopathy, Yoga, Su-Jok & Acupuncture
Consultant

Sri Jayaranga Nature Cure Hospital
& Yoga Research Centre

will deliver a special lecture on

“NUTRITIONAL DETOXIFICATION”

Dr. M. GHOUSE BASHA

HOD of Nutrition & Dietetics

Date: 4th January 2024

Time: 3:00 pm.

Venue: Commerce (SF) Seminar Hall



Jamal Mohamed College (Autonomous)

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Tiruchirappalli — 620 020

REPORT OF THE PROGRAMME

Name of the Department : PG department of Nutrition & Dietetics
Title of the Programme : **“VALEDICTORY FUNCTION”**
Date : 04.01.2024
Venue : Commerce SF Seminar hall

Report:

Nutrition & Dietetics Association (Self Finance – Women) of Jamal Mohammed College (Autonomous) organized a **“VALEDICTORY FUNCTION”** on 04.01.2024. Dr. M. Ghouse Basha (HOD, Nutrition & Dietetics department) delivered welcome address. Dr. Sughumar BNYS.,C.Ac.,MS.,(Psy), Naturopathy, Yoga,Su-Jok & Accupuncture Consultant, Sri Jayarangha Nature Cure Hospital & Yoga Research Centre, delivered a special lecture on **“NUTRITIONAL DETOXIFICATION”**. He explained about the importance of detoxification and its benefits. He explained about various methods of detoxification like Detoxification through the digestive system, Detoxification through the mouth, Detoxification through the stomach, Detoxification through the intestines, Detoxification through the skin, Detoxification through the liver and Detoxification through the

kidneys. Dr. Sugumar BNYS., C.Ac., MS., (Psy) felicitated the gathering and distributed the Certificates to the students. Finally, vote of thanks was delivered by Ms. N. Asiffa Jabeen, Assistant Professor in N&D department.

