

Poshan Maah - 2024.

The Department of Nutrition and Dietetics, Trinity College for Women, Namakkal, in association with the Integrated Child Development Services, Namakkal Block, organized an event titled “POSHAN MAAH – 2024” (Nourishing a healthier India) on 30th September 2024. Mrs. Aruna Selvaraj, Executive Director of the College, inaugurated the programme. Dr. M.R. Lakshiminarayanan, Principal and Dr. Arasupameswaran, Coordinator – Silver Jubilee Celebrations of the College offered the felicitation address.

Dr. S. Sathishkumar, District Child Protection Officer, Namakkal, Dr. S. Shanmugapriya, Assistant Surgeon, Ernapuram Primary Health Centre, Namakkal and P. Alagammal, Child Development Project Officer, Namakkal were the special invitees. The various competitions like Cookery (Protein Rich Snack), Rangoli (Anaemia, Complementary Feeding) and guest lecture programmes were also held.

The above said resource persons discussed the reasons for those suffering from malnutrition. Also, they gave tips on healthy food for maintaining body hygiene. The faculty of Nutrition and Dietetics, Mrs. R. Rupa, Ms. P. Sri Renugadevi and Mrs. R. Vanitha made arrangements. Ms. P. Gobika, third year B.Sc., Nutrition and Dietetics of the College welcomed the gathering. Ms. A. Nandhini, third year B.Sc., Nutrition and Dietetics proposed the vote of thanks. This programme was compiled by Ms. D. Manju, second year B.Sc., Nutrition and Dietetics of the College.

The details of the prize winners and the participants

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Judges of the Event

S.No	Name	Designation
1	Mr.J.Sathishkumar	Child Protection Officer, Namakkal

2	Dr.S.Shanmugapriya	Assistant Surgeon, Ernapuram PHC, Namakkal
3	Mrs.P.Azhagammal	Child Development Project Officer, Namakkal

ASSISTANTS

S.No	Name	Designation
1	Mrs.J.Krishnapriya	Block Coordinator
2	Mrs.B.Kala	Senior Health Nurse
3	Mrs.M.Kalpana	Community Nutrition Supervisor II
4	Mrs.R.Anushuya	Community Nutrition Supervisor II

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COOKERY COMPETITION PARTICIPANTS LIST

S.No	NAME OF THE STUDENT	YEAR & COURSE	RECIPE
1	AADHISHWARIA	III B.Sc., N&D	PEANUT WHEAT SANDWICH
2	ABINAYA.S	III B.Sc., N&D	GROUNDNUT LADDU
3	THIRISA.R	III B.Sc., N&D	GREEN GRAM PEANUT LADDU
4	VEDHA.P	III B.Sc., N&D	LENTIL GREENGRAM BITES
5	DHIVYA SRLS	II B.Sc., N&D	NUTS MILKSHAKE

6	KAVIYA.M	II B.Sc., N&D	SPROUTED GREEN GRAM PAYASAM
7	RASEENA BE.M	II B.Sc., N&D	ALMOND & PEANUT LADDU
8	LIBIKA.S	I B.Sc., N&D	ROASTED GRAM BURFI
9	NINDHU.A	I B.Sc., N&D	SOYA CUTLET
10	RAKSHASRI.K.V	I B.Sc., N&D	BLACK URAD DHAL LADDU
11	SRISABITHA.G	I B.Sc., N&D	RAGI LADDU
12	NIVITHA.R	I B.Sc., N&D	GREEN GRAM SUNDAL

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RANGOLI PARTICIPANTS LIST

S.No	NAME OF THE STUDENT	YEAR & COURSE
1	GOBIKA.P	III B.Sc., N&D
	ILAVARASIS	III B.Sc., N&D
2	NANDHINI.A	III B.Sc., N&D
	SRINITHI.R	III B.Sc., N&D
3	DEEPIKA.S	II B.Sc., N&D

	MANJU.D	II B.Sc., N&D
4	JESSY.J	II B.Sc., N&D
	PRIYADHARSHINI.S	II B.Sc., N&D
5	JOTHIBHARATHI.M	II B.Sc., N&D
	LAVANYA.R	II B.Sc., N&D
6	SHARUMATHI.K	II B.Sc., N&D
	VARSHINI.N	II B.Sc., N&D
7	DIVYA.M	I B.Sc., N&D
	SANTHIYA.T	I B.Sc., N&D

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COOKERY COMPETITION- (PROTEIN RICH SNACK)

WINNERS LIST

S.No	NAME & YEAR OF THE STUDENT	PLACE
1	K.V.RAKSHASRI I-B.Sc N&D	I

2	S.DHIVYA SRI II-B.Sc N&D	II
3	M.RASEENA BE II-B.Sc N&D A.NINDHU I-B.Sc N&D G.SRI SABITHA I-B.Sc N&D	III

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RANGOLI

WINNERS LIST

S.No	NAME & YEAR OF THE STUDENT	PLACE
1	K.SHARUMATHI, N.VARSHINI II-B.Sc N&D	I

2	M.JOTHIBHARATHI, R.LAVANYA II-B.Sc N&D	II
3	A.NANDHINI R.SRINITHI III-B.Sc N&D	III

All the above said achievers and the prize winners are greeted.