

**PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN**



**AFFILIATED TO UNIVERSITY OF MADRAS
RE-ACCREDITED BY NAAC WITH A++ GRADE
2(F) STATUS UNDER UGC ACT**



**POST GRADUATE DEPARTMENT OF
HOME SCIENCE - NFSM&D**

REACH 4 HEALTH



2023 - 2024



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VISION OF THE DEPARTMENT

Nourish and cherish the mind and Body of Young

**Women to march towards building a
Healthier Nation**



MISSION OF THE DEPARTMENT

The department of Home Science helps Young

Women grow into Holistic

Individuals in order to cater to the overall

Health and Well Being of the Family

and the Society

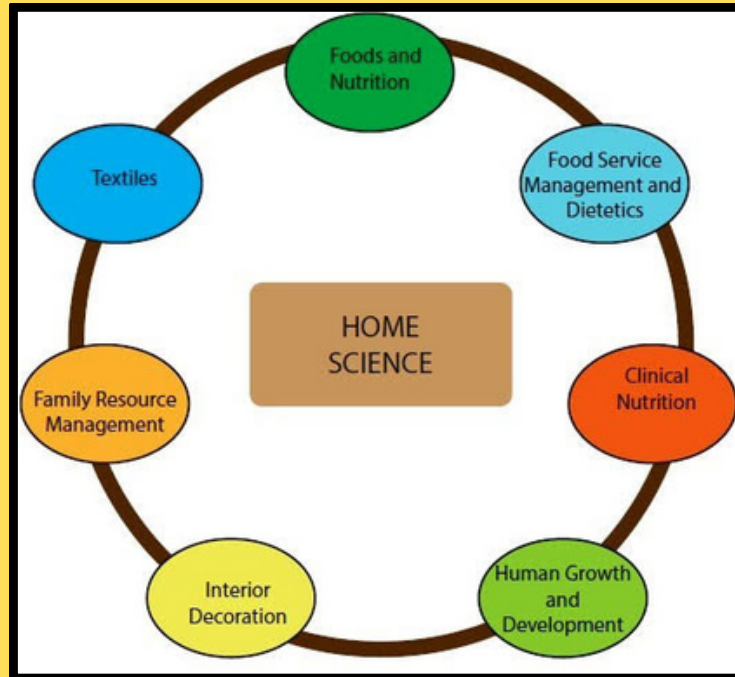


MOTTO OF THE DEPARTMENT

" Health for All "



ABOUT THE DEPARTMENT



1. Utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.
2. Determine the science underlying the properties of various food components, and reactions that occur during food preparation/processing and storage.
3. Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions related customer service in nutrition and foodservice.
4. Apply best practices and industry standards related to protocol and promotion in nutrition and/or foodservice commercial, public, and non-profit environments.
5. Assess and resolve managerial problems related to nutrition and food service in a global, cultural and diverse society



MoU

INDIGENOUS AND FRONTIER TECHNOLOGY RESEARCH CENTRE



Indigenous and Frontier Technology Research Centre

IFTR is a non-profit research organization that strives to take science and technology to the masses. As part of its activities, IFTR organizes lectures, workshops, and training programmes on various subjects including Agriculture and associated areas, Nutrition, Education, skills, livelihood, Entrepreneurship, and other relevant areas that benefit the community at large.

Nutrition is one of the core areas concentrated by IFTR. In the nutrition vertical, IFTR aims to reach as many individuals as possible to create awareness on good nutrition and the need for involving traditional food in the food systems. IFTR believes in conducting nutrition awareness programmes for college students and the community comprising women, adolescents, and elderly people will have a greater impact.

GLADSTONE PHARMA INDIA PRIVATE LIMITED ESTABLISH



Anna Adarsh College for Women, Chennai and Gladstone Pharma India Private Limited establish hereby a formal understanding of cooperation and friendship which is intended to enhance the academic objectives of each institution and to promote better understanding between their faculty and students through such activities or programs such as:-

- Participation in seminars and academic meetings.
- Exchange of Academic Materials and other information.

WORLD VISION INDIA

World Vision India a non-profitable organization registered under the Tamilnadu Societies The Anna Adarsh College for Women, Chennai and World Vision India, Chennai establish hereby a formal understanding of cooperation and friendship which is intended to enhance the academic objectives of each institution and to promote better understanding between their faculty and students.





PROODLE HOSPITALITY SERVICE SOLUTIONS (P) LIMITED



ISO 22000:2005, ISO 14001:2004 & BH OHSAS 18001:2007 Certified Company

Prooodle Hospitality Services is an established catering services company that endeavours to offer high quality, healthy and hygienic food solutions to all their clients and guests. The company has many inhouse kitchens across Tamil Nadu and Andhra Pradesh covering the automobile, electronic industries; education and healthcare sectors. The company provides diet camps on a regular basis at these sites which are conducted by dietitians. Hereby the college and company find that they can enter into mutually beneficial association.

a. Allow their final year students to participate in nutrition education campaigns/ camps at any of their catering sites conducted by Prooodle. Provide 15 days of practical training for final year diet students at their industrial, educational or healthcare catering units.

Prooodle's subject matter experts (SMES) shall conduct guest lectures at Anna Adarsh, as per request of Anna Adarsh College for Women covering various topics under food service management.

b. Certification on completion.

c. Provide practical training guidelines with evaluations forms for the food service practical training.



"HEALTH FOR ALL"

A person can be physically fit but mentally disturbed due to the circumstances he is facing. The same can happen when someone is suffering from physical illnesses but is mentally strong.

Maintaining proper health is the prime concern these days. This is a competitive era where you cannot stop. The moment you stop you will be replaced by a better option. This is why everyone is running in the rat race without thinking about their wellbeing. The compromise towards health becomes a costly affair later. In the cities, people are more affected by mental issues than physical ones. Constant stress and lack of physical activities contribute to the problem.



Proper health comprises many factors. It includes good food, proper routine, good sleeping habits, and eating habits. Apart from these personal traits, many external factors also control your wellbeing. People in the villages stay physically stronger due to freshness in the air, physical activities, and good food. People in the urban areas, on the contrary, prefer eating unhealthy food, lack physical agility, and cannot handle mental stress properly. In the same context, urban settlement has a better lifestyle and healthcare system. Considering all the components, a person needs to give equal importance to the factors and maintain a balance.



It's All Good

The elements of good health are physical and mental fitness. If both are maintained, a person will enjoy a better life. How can we achieve that state? First, we have to find out the factors influencing physical health. We have to learn about the lifestyle diseases that affect our health and check the ways to avoid or manage them. Secondly, we have to eat good food and maintain a healthy diet. We need to ensure a balanced diet and good food habits to provide nutrition to our systems. In this aspect, we also have to find out the harmful foods we generally prefer eating and avoid them. Regular exercise is the third most important part of good health. When we are physically active, our muscles remain functional. We get hurt very less and also recover faster. We can also maintain our body balance better when we are involved in physical activities.

The next phase is mental happiness. What makes us happy? One can be happy watching TV all the time. Sitting on the couch all day long can also make someone happy but is it a healthy choice? This type of lifestyle choice should be immediately avoided. Choosing a sedentary lifestyle is nothing but an invitation to different diseases. The current urban population is suffering from weight-related issues. Being overweight also makes the situation worse. Lifestyle diseases such as high blood pressure, diabetes, cholesterol elevation, cardiovascular diseases, etc develop at a young age.

A person also needs to choose better social factors to remain free from social stigmas. Cognitive health and social health are equally important. Adding more stress will not be the solution. Keep exercising physically and mentally to remain fit and enjoy good health and longer life. Make your home stress-free with good habits and keep everyone healthy.



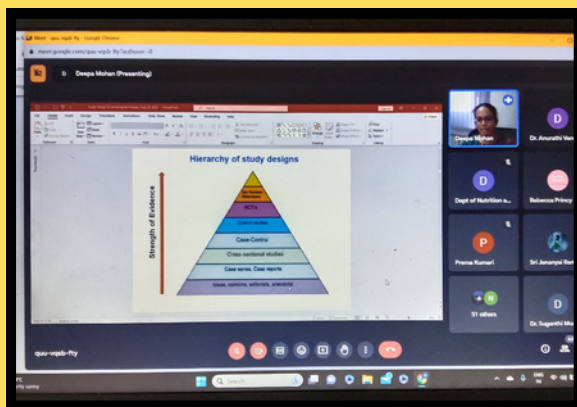


DEPARTMENT ACTIVITIES



On 27th & 28th of July, 2023 a workshop on Yoga for Health was organized in collaboration with IQAC, Anna Adarsh College for Women, Chennai. Dr. Rasheetha, Physical Education Teacher of Anna Adarsh College gave a lecture on yoga as well as demonstrated various yoga asana.

Industrial visit to Aavin Milk Plant, Sholinganallur, Chennai was organised on 1st August 2023. Fourteen students and two staff members namely Dr. V. Suganthi, Associate Professor & Head and Dr. Devi Manohar, Associate Professor visited the Aavin milk plant. Students observed the processing of milk, its fortification and quality control.



A webinar on "Study Design and Sample Selection" was conducted on 24th August 2023 between 4.00 pm and 5.00 pm through online mode. The Resource person Dr. Deepa.M, Senior Scientist & Head, Department of Epidemiology, Madras Diabetes Research Foundation, Chennai explained in detail the various study design and sampling techniques to be followed while carrying out a research.



A motivational talk was given by the alumni of the Department Mrs. A. Gayathri, Founder & Director, LEARN & SHINE Holistic Child Services, Academic Facilitator, NIOS & Vocational Trainer to the II PG students on 27 th of September, 2023. She spoke about positive thinking and self-motivation and shared real life experiences with the students.



On 3rd October, 2023 the III B.Sc students , conducted a Preschool Education Program to kindergarten students of Anna Adarsh Matriculation School, Anna Nagar. Basic numerical concepts, alphabets, nursery rhymes, shapes , moral stories, good touch bad touch, traffic lights, modes of transport, occupation, parts of the body, national fruit, national animal and healthy food habits were taught to the kindergarten students through puppet, skit and audio visual aids.



The II M.Sc students, visited Proodle Hospitality Service at Ekkaduthangal, Chennai - 600032 on Thursday the 21st of December to attend an 'Orientation Program' for their Catering Internship. The students were oriented about the rules and regulations and the functioning of the Proodle hospitality services.



An outreach activity at Annupampattu Village was organised in collaboration with World Vision India, on 19-10-2023. A brief insight about the functionalities of World Vision was explained by the programme coordinator, Mr. Joseph, Project Coordinator, World Vision India. Students conducted Nutrition education programme and assessed the nutritional status of children. The dietary habits, breastfeeding and weaning practices of the villagers were recorded through survey.

II M.Sc Home Science students along with two staff members participated in two days International Conference on "Food for Gut Health - The Cogniance of the Second Brain" at Avinashilingam University, Coimbatore. This conference helped students update their knowledge in Nutrition and Dietetics.



The Department organised a Community Nutrition Education program on 19-2-2024 at Hyundai Motor India Limited, Sriperambatur. Twenty one III B.Sc students actively involved in assessing the nutritional status of the employees through anthropometric measurements and gave diet counseling to them.





On 21-2-2024 The Department organized an Independent Human Ethics Committee (IHEC) comprising of Dr. Menaka.M (Associate Professor, Ethiraj College), Dr Nora Vigasini (Assistant Professor, WCC), Dr. Vijayalakshmi Loganathan (Assistant Program Manager, C-Sharp Social Worker) and Dr.Janani (Anna Adarsh Clinic) for the research work of Post graduate students. The students presented their topic of research and got it approved by the committee.





DEPARTMENT EVENTS

PUNJAB ASSOCIATIONS
ANNA ADARSH COLLEGE FOR WOMEN

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**PG DEPARTMENT OF HOME SCIENCE
HEALTH & WELLNESS CLUB**

**National Nutrition Week
(September 01-07)
Awareness initiative
Education material on
Balanced diet & healthy eating**

CLUB COORDINATORS
Mrs. Premakumari. C
Dr. D. Savita

STUDENT EDITORS
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Ms. Divyapriya. T, II M.Sc

Dr. V. Suganthi
Head, PG Department of
Home Science - NFSM&D

Dr. Anita Raman
Vice Principal, Shift- I
Dean (Academic)

Dr. R. Shanthi
Principal

To commemorate the National Nutrition Week (September 1 to 7th, 2023), the PG Department of Home Science-NFSM&D in collaboration with the Health and Wellness Club conducted a nutritional awareness program on 4th September by circulating e-brochures about balanced diet and healthy eating practices. On 5-10-2023 a novel dance based physical activity program called THANDAV was organized wherein the resource person Dr. Harini Rajesh, Certified Diabetes Educator, Senior Scientist & Head, Department of Preventive and Digital Health Research, Madras Diabetes Research Foundation, Chennai highlighted on the importance of physical activity and gave a short training session on HIIT (High Intensity Interval Training) through dance.

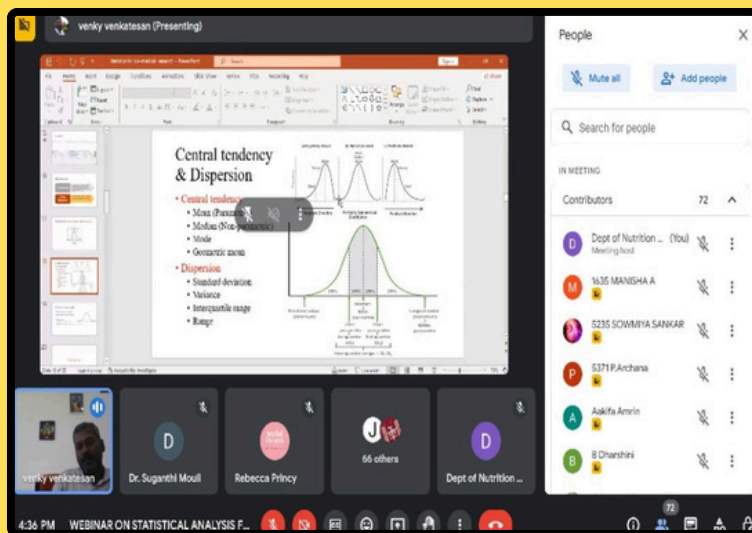




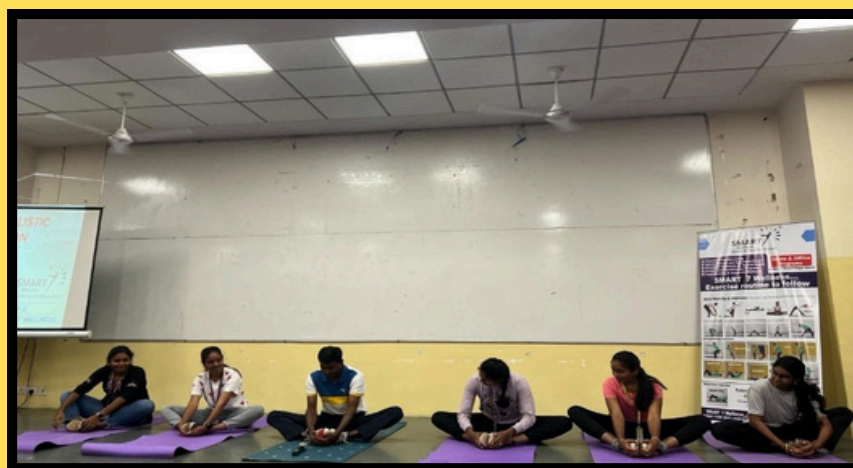
To Commemorate the World Alzheimer's Day (September 21, 2023) the PG Department of Home Science- NFSM&D in collaboration with the Health & Wellness Club) and Dignity Foundation conducted a Quiz Competition on the topic Dementia / Alzheimer. The winners competed with the winners from several colleges in the final round which was held on September 21st at 2.30 pm in IIT Madras. Ms. Merita Joseph, Deputy Manager of Dignity Foundation, Anna Nagar, Chennai gave an introductory speech about Dementia and Alzheimer's Disease.



PG Department of Home Science - NFSM&D in collaboration with Health and Wellness Club organized the investiture ceremony and World Heart Day Celebration. Monica and Keerthana of II M.Sc gave a seminar presentation on Heart Health. Simple exercises for improving physical activity were demonstrated by the II M.Sc students and Quiz competition was conducted. Heart Healthy Recipe contest was judged by Dr.Suganthi.V (Associate Professor & Head) and Dr.Anitha.V (Associate Professor) from the PG Department of Home Science -NFSM&D.



On 17th February, 2024 The Department in collaboration with Nutrition Society of India, Chennai Chapter organized a webinar on "Statistical Analysis for Biomedical Research" . The Resource person Mr. U. Venkatesan, Senior Biostatistician at Madras Diabetes Research Foundation explained in detail about the various statistical analysis required while carrying out a research work.



The Department organised a Workshop on "Fitness and its Components" on 29-2-2024. The Resource Person Mr.C.Vijay, Founder & CEO, Smart 7 Wellness & Physical Education Consultant gave a presentation on the importance of fitness and also demonstrated few simple exercises to the student volunteers.



STUDENT ACHIEVEMENTS

M. Shree Dharshana and Loshini Vardhini of III yr BScNFSM&D has won 2nd place in event name Essence 23 - Food science fest (Food Buzz) Quiz competition conducted by M.O.P Vaishnav college for Women's Department of Food Science



E. Suruthi and Kowsalya C of III yr BScNFSM&D has won 1st place in (poster making) Event conducted by Road safety club of Anna adarsh college for women

Kowsalya. C and Vedha .S.C of III yr BScNFSM&D has won 1st place in the event World Heart Day (Quiz competition) conducted by Madras medical college & RGGGH





J.U.Sugirthana of III yr BScNFSM&D has won 2nd place in the Event name (tune the harmony) conducted by Dhanraj baid jain college



Nivetha Shree P S ,Om Shri Varshini K, Swetha S of II yr BScNFSM&D, They has won 3rd prize in event name SANSARG (WORD BUST & CONNECTIONS) Conducted by Dept of commerce ,Anna Adarsh College For Women

Geethali Jain of II yr BScNFSM&D has won 2nd prize in a fashion dress competition conducted by Stella Maris college





Vidubala .P of I yr MScFSM&D has won 1st prize in Speech Competition for (National Science Day) Conducted by PG Department of Chemistry ,Anna Adarsh College For Women



Swetha KH of I yr MScFSM&D, She has won 1st place in Table Tennis Conducted by Department of Physical Education, Anna Adarsh College For Women

Sivaranjani .M of II yr BScNFSM&D has won 3rd place in Athletics
800m 3rd place
400×200m 3rd place
4×100m 3rd place
conducted by Department of Physical Education,
Anna Adarsh College For Women





Mahdiya Shammama of IIyr BScNFSM&D has won 1st prize in katurai Potti Conducted by Tamil Department, Anna Adarsh College For Women



Arulazhagi .A.A of IIyr BScNFSM&D has won 1st prize in Recipe Making contest (World Health Day) Conducted by PG Department of Home science , Anna Adarsh College For Women



Congratulations!

HEALTHY TIPS

1. Focus on whole foods: Prioritize unprocessed or minimally processed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods are generally more nutrient-dense and can help you feel fuller for longer.

Practical application: Plan your meals around whole foods.

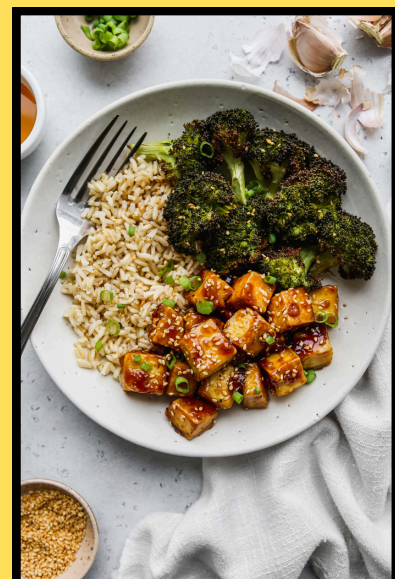


2. Incorporate more fruits and vegetables: Aim for at least 5 servings of fruits and vegetables daily. They are low in calories, high in fiber, and packed with essential vitamins and minerals.

Practical application: Add a side of vegetables to every meal or include chopped fruits in your breakfast or yogurt. Keep pre-cut veggies on hand for easy snacking.

3. Choose lean protein sources: Options for protein sources like fish, beans, lentils, poultry, and low-fat dairy products. Protein helps you feel satisfied and supports muscle growth and repair.

Practical application: Include a palm-sized serving of lean protein at each meal. Try baked tofu scramble for breakfast, lentil soup for lunch, or grilled fish for dinner.



4. Avoid Unhealthy Fats : Reduce your intake of saturated and trans fats, found in processed meats, fried foods, and sugary baked goods. These fats can contribute to heart disease and other health problems.

Practical application: Read food labels and choose foods lower in saturated and trans fats. Opt for cooking methods like baking, grilling, or steaming instead of frying.



5. Reduce added sugar intake : Added sugars are found in many processed foods and beverages, contributing to weight gain and other health issues. Be mindful of hidden sugars in sauces, and packaged snacks.

Practical application: Limit sugary drinks like soda, juice, and sweetened coffee. Choose whole fruits over sugary desserts and read labels to choose products with lower added sugar content.

7. Drink plenty of water: Water is essential for overall health and can help you feel full, reducing calorie intake. Aim for 8 glasses of water daily or adjust based on your individual needs and activity level.

Practical application: Carry a reusable water bottle and sip throughout the day. Set reminders on your phone or use an app to track your water intake.





7. Cook Healthy Recipes at home : Cooking at home allows you to control the ingredients and portion sizes. Experiment with healthy recipes and involve family or friends in the cooking process.

Practical application: Plan your meals for the week and make a grocery list to avoid impulse purchases. Find healthy recipes online or in cookbooks and schedule time for cooking.



8 .Practice mindful eating: Pay attention to your hunger and fullness cues. Eat slowly, savor your food, and avoid distractions like watching TV while eating.

Practical application: Put your phone away and avoid multitasking while eating. Focus on the taste, texture, and smell of your food. Chew thoroughly and stop eating when you feel comfortably full.



9 .Don't skip meals: Skipping meals can disrupt your metabolism and lead to overeating later. Aim for regular meals and healthy snacks throughout the day to keep your energy levels stable.

Practical application: Prepare healthy snacks in advance, like chopped fruits, nuts, or yogurt with granola. Schedule your meals and snacks throughout the day to avoid getting too hungry.



Health is wealth

Make sustainable changes: Focus on making gradual, sustainable changes to your diet rather than drastic restrictions. This will increase your chances of long-term success.

Practical application: Celebrate your progress and don't be discouraged by occasional setbacks. Be patient, consistent, and focus on building healthy habits that fit your lifestyle.

Remember, these are general tips, and it's always best to consult a registered dietitian or healthcare professional for personalized guidance tailored to your individual needs and health goals.





ACTIVITY CORNER

Health and Nutrition Word Search

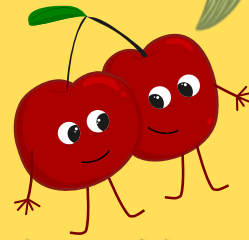
B N Y P L K J L F D O U A R P A
 G B V M E A T O H C D D X S V T
 J R I Z E V D U I A C J D E F Z
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 H C A F O O D M A O H E P H U K
 H I M Y P L A T E X D S R C A J
 R L I N Q C E P N D Q U X F W I
 I C N N D A I R Y X W P N Y N B
 G K S F K L W Q S V J B F X N I
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 C B Y C A R B O H Y D R A T E S
 J X J U C I W R R P H A V U O R
 Q S M I N E R A L S D I G I U K
 A P F S E S Y Y I H U N G E R Y
 G B P E Y O G Y O B E S E B K D
 A R J V Q T H J A E D M J P I U
 A J Z W P J E E E H S N V M G Q
 P V P J S R U E N E R G Y Z Y X
 R M B N V E G E T A B L E A M F
 D W Q J G F X F N L I Q P Q B E
 L K A Q E G P R O T E I N L P A
 R D O A Y H B U L H K L D H J C
 N A P L G Y H Y D R A T I O N W
 K A B X W Q O X O F N X G J Q M
 B P W E L L N E S S C C E P T F
 O U V Y F X P V U P K H S O E I
 S L E M E P C Q G Q M R T B F S
 C R E E G M E T A B O L I S M R
 Z T B D E H Y D R A T I O N P B
 X M H V S P S A X B M V N Z M M

- Hunger
- Wellness
- Obese
- Sugar
- Vitamins
- Carbohydrates
- Calories
- Dehydration
- Health
- Myplate
- Minerals
- Protein
- Food
- Hydration
- Grains
- Dairy
- Energy
- Vegetable
- Digestion
- Metabolism



RIDDLES

1 .What vegetable is the most fun to be around and the one that everybody wants to hang out with?



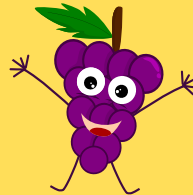
2 .What is the wealthiest nut?



3 .You cut me up, you chop me up, you dice me up and you cry over me. What am I?



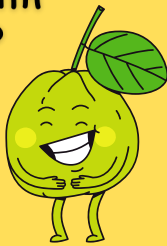
4. What has an ear but cannot hear?



5. Which kind of fruit must have a large wedding ceremony with lots of people in attendance?



6 .I always try my best to keep up with mustard and bbq sauce. Who am I?

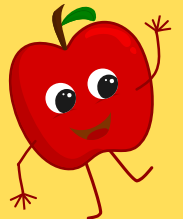


7 .What vegetable is the king of rock and roll?

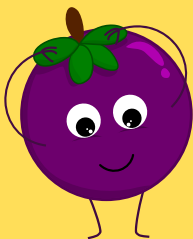


8 .What did the doctor prescribe to the sick lemon?

9. I am a bird, I am a fruit and I am a person. What am I?



10. What vegetable always loses in every competition, yet is a terrific rapper?



- ANSWERS**
1. Fungi!
 2. Cashew
 3. Onion
 4. An ear of corn
 5. Can't-elope
 6. Ketchup
 7. Elvis Parsley
 8. Lemon-aid
 9. Kiwi!
 10. Beets



CHOOSE THE CORRECT OPTION

1. Which of the following is a complete protein source containing all essential amino acids?

- A) Lentils B) Quinoa C) Rice D) Bread

2. What is the recommended daily intake of dietary fiber for adults?

- A) 10 grams B) 20 grams C) 30 grams D) 40 grams



3. Which type of fat is considered the healthiest and is commonly found in olive oil and nuts?

- A) Saturated fat B) Trans fat C) Monounsaturated fat D) Polyunsaturated fat

4. Which mineral is important for maintaining fluid balance in the body and is often found in bananas and oranges?

- A) Sodium B) Magnesium C) Potassium D) Iron

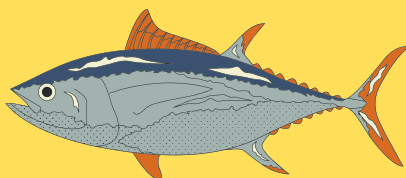


5. Which vitamin is synthesized by the body when exposed to sunlight and is important for bone health?

- A) Vitamin A B) Vitamin D C) Vitamin C D) Vitamin E

6. Which of the following is a rich source of omega-3 fatty acids, known for their heart-healthy benefits?

- A) Salmon B) Beef C) Pork D) Chicken



- ANSWERS
1. B) Quinoa
2. C) 30 grams
3. C) Monounsaturated fat
4. C) Potassium
5. B) Vitamin D
6. A) Salmon



Don't judge each day by the harvest you reap but by the seeds that you plant.



A HEALTHY OUTSIDE STARTS FROM THE INSIDE.

- ROBERT URICH

FOOD MATTERS®



"Your diet is a bank account. Good food choices are good investments."

-Bethenny Frankel-



pixelsquote.net

KNOWLEDGE IS KNOWING

A **TOMATO** IS A FRUIT;

WISDOM IS **NOT**

PUTTING IT IN A

FRUIT SALAD.

- BRIAN GERALD O'DRISCOLL



Be like a pineapple. Stand tall, be sweet, and always wear a crown.

Unknown








A diet is the penalty we pay for exceeding the feed limit!

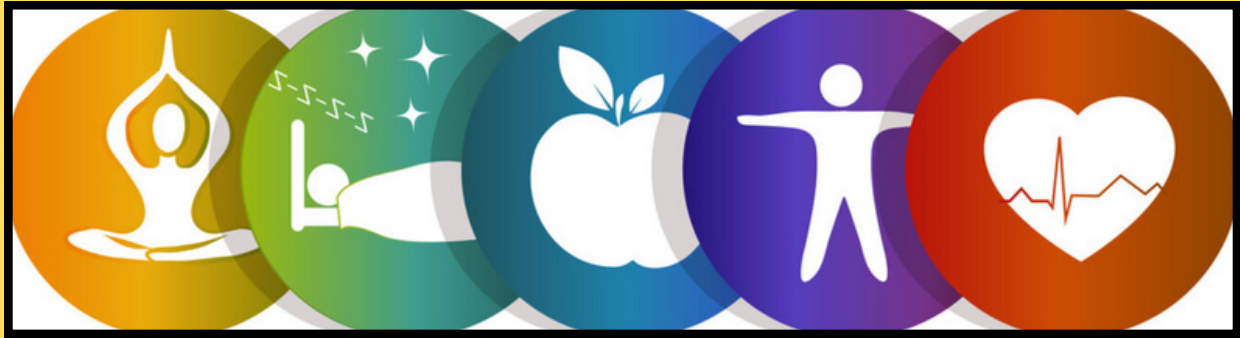


My Weight Loss



Idioms & Expressions *About Vegetables*

- 
- 
- 
- 
- 
1. **Cool as a cucumber:** Used to describe someone who remains calm and composed, especially in stressful situations.
 2. **Peas in a pod:** Refers to people who are very similar in personality, appearance, or behavior.
 3. **Cry over spilled milk:** Suggests that there's no point in worrying about something that has already happened and cannot be changed.
 4. **Carrot and stick:** Refers to a strategy that involves both rewards (carrot) and punishments (stick) to motivate or control behavior.
 5. **Turnip truck:** The phrase "fell off the turnip truck" is used to describe someone who is naive, gullible, or easily fooled.
 6. **In a pickle:** Means being in a difficult or problematic situation.
 7. **Selling like hotcakes:** Used to describe a product that is selling very quickly and in high demand.
 8. **The grass is always greener on the other side:** Suggests that people often think that other people's situations are better than their own, even though that might not be the case.
 9. **To have bigger fish to fry:** Refers to having more important things or issues to deal with.
 10. **Spill the beans:** Means to reveal a secret or disclose information that was meant to be kept secret.
 11. **Salad days:** Refers to a youthful, carefree time in a person's life.
 12. **Go pear-shaped:** Used to describe a situation that has gone wrong or turned out badly.
 13. **Turnip your nose up:** Indicates someone's disdain or rejection of something.
 14. **Brussels sprouts:** This is used to describe something disliked or considered unpleasant.
 15. **Full of beans:** Describes someone who is energetic, lively, and enthusiastic.
 16. **Stir the pot:** Means to cause trouble or create conflict by intentionally agitating a situation.



HEALTH IS GOD'S GIFT TO US.

Health refers to the physical and mental state of a human being. To stay healthy is not an option but a necessity to live a happy life. The basic laws of good health are related to the food we eat, the amount of physical exercise we do, our cleanliness, rest, and relaxation.





EDITORIAL TEAM

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III BSCNFSM&D



MAHDIYA SHAMMAMA .M
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AMRUTHA.S
II BSCNFSM&D



ANNA ADARSH

COLLEGE FOR WOMEN



**2023 - 2024
NEWSLETTER**