

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) | (An ISO 9001:2015 Certified Institution)

(SILVER JUBILEE INSTITUTION)

**SUNDARAKKOTTAI, MANNARGUDI, THIRUVARUR (DT),
TAMIL NADU, S.INDIA.**



DEPARTEMENT ACTIVITIES

S.No	Date	Title	Resource Person	No. of beneficiaries
1.	05.08.2021	Awareness Webinar Career Opportunities In Civil Services	Mr.Rajasekar, B.Tech.,M.B.A.,B.I.M, Competitive Exam Trainer. Mr.V.R.Sriramadesikan, Chief Coordinator, Chinmaya Academy for Civil Services.	380
2.	06.09.2021	Online Quiz “Immune Boosting Foods For Covid-19”	-	287
3.	07.09.2021	Webinar on Malnutrition-Burden, Challenges And Means To Combat	Dr.R.Bhuvaneshwari,M.B.A .,M.Phil.,MHRM.,Ph.D Child Development Officer.	169
4.	22.09.2021	Extension Activity Awareness On Junk Foods	-	32
5.	08.09.2021- 9.10.2021	Assessment of Body Mass Index(BMI Screening)-	-	833
6.	09.10.2021	Career Opportunities In Civil Services Upsc/TnpSC	Dr.Boominathan Muthuramu,Chairman & Managing Director,Kingmarkers IAS Academy,Chennai	687
7.	05.08.2022	Importance of mother's milk and Lactogagous food	-	61
8.	05.08.2022	Extension activity Mother's milk –The Holistic Nutrition ,Vadaseri.	-	53
9.	06.09.2022	Extension activity –Nutritional importance for expectant mother's,Athivetti.	-	96

10.	07.09.2022	Extension activity-Healthy Nutrition for school children,Athivetti.	-	115
11.	16.08.2022 to 17.08.2022	Body Mass Index screening	-	872
12.	26.09.2022	Nutritious Food Expo-2022	-	979
13.	28.09.2022	Industrial Visit Chakra Milk industry, Perambalur	-	67
14.	15.11.2022	Webinar –World Diabetes Day Diabetes and Fitness	G. Sivasankarajothi, Center Manager and Senior Dietician, Pink Fitness Center, Chennai	128
15.	24.12.2022	Awareness Prograamme on Hygiene and sanitation For Hostel students	Ms.G.Uthaya Ms.P.Abidevi	370
16.		Webinar on World Dietetics Recent Approaches in dietetics	Ms. C. Roselin, Dietitian, CMC hospital,Trichy.	166
17.	10.01.2023	Extension activity-Healthy diet for Adolescence (Mannargudi)	-	150
18.	12.01.2023	Pongal Carnival 2023	-	130
19.	28.02.2023	National Science Day online Quiz on Human Nutrition	-	179
20.	01.03.2023	Extension activity-Health and stress management, Paravakkottai.	-	114
21.	23.03.2023	A one day National conference on Recent Advances in Value Addition and Food Processing (NCFP-2023)	1. Eminent scientist Dr. K. N. Shiva, Principal Scientist (Horticulture),Crop Production and Post-Harvest Technology, ICAR-National Research Centre for Banana, Tiruchirappalli 2. Dr. M.R Manikantan, Principal Scientist, Division of Physiology, Biochemistry, Harvest & Post Harvest Technology, ICAR-Central Plantation Crops Research Institute, Kudlu, Kasaragod, Kerala a 3. Mr. S. Vasanthan, Chief Executive Officer, EDII –	350

			Periyakulam Horti– Business Incubation Forum (EDII-PHBIF), Horticultural College and Research Institute, Tamil Nadu Agricultural University, Periyakulam	
22.	29.04.2023- 15.05.2023	Dietary internship	Meenakshi hospital and Kamakshi Hospital, Thanjavur	44
23.	06.02.2023- 20.02.2023	Dietary internship	Kovai Medical Centre Hospital, Coimbatore.	23
24.	09.03.2023	A poster presentation titled on Fuel for the future	-	43
2023-2024				
25.	13.07.2023 to 14.07.2023	Body Mass Index Screening for entry level of UG students and Skill training center students	-	740
26.	08.09.2023	National Nutrition month celebration on Fireless cooking competition for Faculties	Dr.K.Thiyagesan	24
27.	11.01.2024	Pongal Carnival 2024	-	130
28.	22.01.2024	Webinar on Recent trends in Dietetics	Our renowned Alumnae Ms.Lakshmi Duraikannu, DHA & DOH Licensed Clinical Dietitian, Amana Healthcare-Mubadala Health Partner, Al Ain, Abu Dhabi	144
29.	14.02.2024	Seminar on Dietary approaches for stress management	Dr.R.Anitha,Assistant Professor (GL),Department of Food and Nutrition,Muthurangam Govt Arts College (A),Vellore	163
30.	11.03.2024	Intercollegiate Meet –“Nutrifest 2024”	-	138
31.	21.07.2023	Extension Activity – Awareness programme on Nutrition for adolescence girls at Government Girls Higher Secondary school, Madhukkur	-	315

32.	08.08.2023	Extension Activity – Mothers milk the holistic nutrition at Primary health center, Mannargudi and Ulikkottai	-	65
33.	07.09.2023	Extension Activity – Impact on Aneamia and Malnutrition at A2B Skill training center, Mannargudi	-	53
34.	06.10.2023	Field Visit- Food Museum at Thanjavur	-	79
35.	28.10.2023	Field Visit- Baking unit of Blaack Forest bakery industry and Food court of Athisayam Amusement park, Madurai	-	40
36.	28.10.2023	Field Visit- Butterfly park, Trichy.	-	43
37.	14.12.2023	Extension Activity – Nutrition Education for School Children at Moothakurichi.	-	43
38.	15.12.2023 to 30.12.2023	Dietary Internship	Meenakshi hospital and Kamakshi Hospital Thanjavur	37
39.	23.01.2024	Extension Activity – Importance of Nutrition In better Education Outcomes at Government Girls higher secondary school, Pattukkottai.	-	45
40.	16.02.2024	Extension Activity – Role of Nutrition In Adolescence Health at Government Girls higher secondary school, Paravakkottai	-	62
41.	21.02.2024	Extension Activity – Nutrition and Health for adolescence at Government Higher secondary school, Edamelaiyur.	-	200
42.	04.09.2023	National Nutrition Month - Online Quiz on Impact on Aneamia and Malnutrition	-	315