

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

(Accredited by NAAC)

(SILVER JUBILEE INSTITUTION)

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



DEPARTMENT ACTIVITIES

2025 -2026

S.NO	DATE	TITLE	RESOURCE PERSON
1.	15.07.2025 - 16.07.2025	Body Mass Index (BMI) Screening	-
2.	18.08.2025	World Breastfeeding Week Celebration- Lactagogues recipe preparation titled "Nurture with Nature: The Power of Breast Milk"	-
3.	02.09.2025	National Nutrition Month Celebration- online Guest Lecture on "Low Energy Availability Impact in Females."	Ms.K.Saranya, Certified Sports Nutritionist, Diabetic Educator and High Performance Analyst from the Department of Sports Nutrition, Sports Authority of India, Netaji Subhash National Institute of Sports (NSNIS), Patiala, Punjab.
4.	08.09.2025.	Health and wellness- based classroom sessions and Cookery competition	-
5.	26.02.2026 - 27.02.2026	A Two Day National Conference "Nutrition Optimization for	1. Prof.S.P.Muthukumar Chief Scientist & Professor, Department of Biochemistry, CSIR – Central Food Technological

		Urban And Rural Indian Sustainable Health” (NOURISH-2026)	Research Institute (CFTRI), Mysuru, Karnataka, India 2. Dr.P.Karthik Associate Professor & Head, Centre for Food Nanotechnology and Department of Food Technology, Karpagam Academy of Higher Education,(Deemed to be University) Coimbatore, Tamil Nadu, India 3. Prof.C.A.Kalpana Professor, Food Science and Nutrition Coordinator, Food Sensory Evaluation Center, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu, India 4. Dr. Estuti Chandra Assistant Professor, Department of Allied Healthcare and Sciences, SAHS, JAIN (Deemed to be University), Bengaluru, Karnataka,India
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(An ISO 9001: 2015 Certified Institution) (Ranked in NIRF)



SUNDARAKKOTTAI, MANNARGUDI-614 016.

Department of Nutrition and Dietetics

ORGANIZES

ASSESSMENT OF BODY MASS INDEX (BMI) – 2025



DATE :14.07.2025 & 15.07.2025

VENUE: NUTRITION AND DIETETICS LABORATORY

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LACTATION WEEK CELEBRATION -2025

CIRCULAR - 44

DEPARTMENT OF NUTRITION AND DIETETICS

Department of Nutrition and Dietetics proudly announces the grand celebration on World Breast Feeding Week on 18.08.2025 with innovative competitions based on the theme for the year 2025. Heads of the Department and Class in-charges are requested to instruct and permit the students to participate.

Title :” Nurture with Nature: The Power of Breast Milk”

**COMPETITION: Lactogogues recipe (Breast Milk Promoting) –
Presentation & Demonstration**

TIME : 11.00AM

VENUE: Nutrition and Dietetics Laboratory

INSTRUCTIONS FOR LACTOGOGUES RECIPE:

- ❖ One group (3 students) from each department
- ❖ Recipe should be prepared at HOME***.
- ❖ Non Vegetarian foods should be strictly avoided.
- ❖ Presentation and Demonstration over ingredients chosen, nutritional facts & Theme oriented and promoting recipe as “best” for being winners.

Note: Name list of the participants should be send to stetnutrition2020@gmail.com on or before 14.08.2025

“BREAST FEEDING IS NOT JUST NOURISHMENT - IT'S NATURE'S FIRST VACCINE”


PRINCIPAL

Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC & An ISO 9001:2015 Certified Institution)
(Ranked in NIRF 2024)
SUNDARAKKOTTAI, MANNARGUDI-614 016. THIRUVARUR DISTRICT
TAMIL NADU, INDIA.

C.NO: 55 (2025-2026)

DATE: 28.08.2025

CIRCULAR

DEPARTMENT OF NUTRITION AND DIETETICS

COOKERY COMPETITION (Health and Wellness Course)

As per the instructions of the Principal, the Department of Nutrition and Dietetics will be organizing a cookery competition based on the Health and Wellness Course for all II UG Students.

Instructions:

1. All the students must prepare the recipe given by the Nutrition and Dietetics department from the home itself.
2. The recipes should be based on **Milletts, Pulses, Fruits, and Vegetables**.
2. Heads of the Department and class in-charges are asked to evaluate the recipes according to the criteria:

- ❖ Nutritional Value
- ❖ Taste and Flavour
- ❖ Creativity and Innovation
- ❖ Presentation and Aesthetics
- ❖ Relevance to Health and Wellness

They have to select five out of the class strength and submit it to the Nutrition and Dietetics department.

3. The selected students must bring their prepared dishes to the Nutrition and Dietetics laboratory on **08.09.2025 at 11.00 a.m** for the final round.

4. All the students are encouraged to actively participate in the Cookery Competition as their performance will be given due **weightage in internal assessment**.

"Your active cooperation will ensure the success of this event."

Signature of the Head of the Department
Dr. G.K. GOMATHI
Associate Professor and Head
Department of Nutrition and Dietetics
STET Women's College (Autonomous)
Mannargudi - 614 016

Signature of the Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

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DEPARTMENT OF NUTRITION AND DIETETICS

ORGANIZES

Online Guest Lecture

On

NATIONAL NUTRITION MONTH- 2025

Entitled

"LOW ENERGY AVAILABILITY IMPACT IN FEMALE"

Ms.K.SARANYA

Registered Dietitian, Certified Sports Nutritionist,
Diabetic Educator, High-Performance Analyst- Nutritionist,
Department of Sports Nutrition, Sports Authority of India, Netaji
Subhas National Institute of Sports (NSNIS), Patiala, Punjab, India.



DATE: 02.09.2025

TIME: 6.30 pm

Link : <https://meet.google.com/xek-szgp-tee>

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NATIONAL SCIENCE DAY CELEBRATION-2026
DEPARTMENT OF NUTRITION AND DIETETICS
&
DEPARTMENT OF FASHION TECHNOLOGY

Organize a Online Webinar on
Fueling the Future: Nutrition for Growing
Minds and Bodies

RESOURCE PERSON
OUR RENOWNED ALUMNAE



MS. G. ANITHA
CHILD DEVELOPMENT PROJECT OFFICER
CUDDALORE DISTRICT
TAMILNADU

DATE: 28.02.2026

TIME: 6:30 PM

<https://meet.google.com/ezn-hrne-odr>

Cordially invites you all to join and nourish your knowledge

NATIONAL SCIENTIFIC ADVISORY COMMITTEE

Prof.R.JAGAN MOHAN
Professor and Head,
Department of Food Product Development,
Indian Institute of Food Processing and Technology,
Thanjavur, Tamil Nadu.

Dr. M. SYED MUSTHAPA
Principal Scientist and Associate Professor,
AcSIR Department of Food Product Development
Division of Biochemistry,
CSIR-Central Food Technological Research Institute,
Mysuru, Karnataka, India.

Prof.S. PARAMESHWARI
Professor, Department of Nutrition and Dietetics,
Periyar University,
Salem, Tamil Nadu, India.

Dr. M.V. ALLI
Principal, Associate Professor,
Department of Nutrition and Dietetics,
Sreechakra Ramaswamy College (Autonomous),
Tiruchirappalli.

Prof. S.UMA MAGESHWARI
Professor and Former Dean, Student Affairs
Department of Food Service Management and Dietetics,
Avinashilingam Institute for Home Science and
Higher Education for Women,
Coimbatore.

Dr.S.ALAMELUMANGAI
Assistant Professor (SG) and Head,
Department of Home Science (FSMD),
Kanchimamunivar Government Institute for
Postgraduate Studies and Research (Autonomous),
Affiliated to Pondicherry University, Puducherry.

Dr.A.THAHIRA BANU
Assistant Professor,
Department of Home Science,
The Gandhigram Rural Institute
(Deemed to be University), Gandhigram, Dindigul.

Ms.S.VASANTHAN,
Chief Executive Officer,
EDII-Periyakulam Horti-Business
Incubation Forum (EDII-PHBIF),
Horticultural College and Research Institute,
Agricultural University,
Periyakulam, Tamil Nadu, India.

PLENARY SESSION

DAY- 1 (26.02.2026)

Keynote Address

Plenary Session-I

Prof.S.PMUTHU KUMAR

Chief Scientist & Professor,
Department of Biochemistry,
CSIR-Central Food Technological
Research Institute (CFTRI),
Mysuru, Karnataka, India.



**Title: BRIDGING HERITAGE AND RESEARCH
FOR ADVANCED THERAPEUTICS (BHARATH)**

Plenary Session-II

Dr.P.KARTHIK

Associate Professor & Head,
Centre for Food Nanotechnology and
Department of Food Technology,
Karpagam Academy of Higher Education,
(Deemed to be University)
Coimbatore, Tamil Nadu, India.



**Title: NUTRACEUTICAL FOODS FOR HUMAN HEALTH
AND WELLNESS : SCIENCE AND TECHNOLOGICAL
INNOVATION**

DAY- 2 (27.02.2026)

Plenary Session-III

Prof.C.A.KALPANA

Professor, Food Science and Nutrition
Coordination/Food Sensory Evaluation Center,
Avinashilingam Institute for Home Science and
Higher Education for Women,
Coimbatore, Tamil Nadu, India.



**Title: NOURISH THE COMMUNITY: NORMAL,
PERSONALISED AND PRECISION NUTRITION
INTERVENTIONS**

Plenary Session-IV

Dr. ESTUTI CHANDRA

Assistant Professor,
Department of Allied Healthcare and Sciences,
SAHS, JAIN (Deemed to be University),
Bengaluru, Karnataka, India.



**Title: SUSTAINABLE NUTRITION INNOVATIONS:
HARMONIZING INDIAN KNOWLEDGE SYSTEMS
WITH MODERN SCIENCE FOR URBAN RURAL
HEALTH TRANSFORMATION**

Valedictory Address:

Dr. A. PANNEERSELVAM

Editor in Chief - International Journal of
Scientific Transaction in Environment and Technology
Associate Professor and Head (R&D),
A.V.M Sri Pushpam College, Pondi, Thanjavur.

ORGANIZING COMMITTEE

Dr.V.DHIVAHARAN, M.Sc., D.E.M., Ph.D.,
CORRESPONDENT,
STET Group of Institutions

Dr. N. UMA MAHESHWARI, M.Sc., Ph.D., B.Ed.,
PRINCIPAL,
S.T.E.T Women's College (Autonomous)

CONVENER

Dr.G.K.GOMATHI, M.Sc., M.Phil., PGDHM, SET, Ph.D.,
ASSOCIATE PROFESSOR AND HEAD,
Department of Nutrition and Dietetics
&
Department of Fashion Technology

EXECUTIVE COMMITTEE

Ms.R.Vijayalakshmi, M.Sc., M.Phil.,

Ms.G.Uthaya, M.Sc., M.Phil., UGC, NET,

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Ms.K.Puvitha, M.Sc.,

Ms.D.Louis Dharshini, M.Sc.,

Assistant Professors

Department of Nutrition and Dietetics

Department of Fashion Technology

For Further Details Contact

Dr.G.K.GOMATHI, M.Sc., M.Phil., PGDHM, SET, Ph.D

Associate Professor & Head,

Department of Nutrition and Dietetics

&

Department of Fashion Technology

S.T.E.T Women's College (Autonomous),

Sundarakkottai, Mannargudi-614 016

E-mail: stendnourish2026@gmail.com

Cell: 8344777889, 9865777889.

NATIONAL CONFERENCE ON

**"NUTRITION OPTIMIZATION FOR
URBAN AND RURAL INDIAN
SUSTAINABLE HEALTH"
(NOURISH-2026)**



Organized by

DEPARTMENT OF NUTRITION AND DIETETICS
IN ASSOCIATION WITH IQAC

SENGAMALA THAYAAR EDUCATIONAL TRUST
WOMEN'S COLLEGE (AUTONOMOUS)
(SILVER JUBILEE INSTITUTION)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC)

SUNDARAKKOTTAI, MANNARGUDI - 614 016.
THIRUVARUR (Dist.), TAMIL NADU, INDIA.
Phone: 04367-255423
Website: www.stet.edu.in

VENUE : CONFERENCE HALL,
VIVEKANANDHAM BLOCK

DATES : 26.02.2026 (Thursday) &
27.02.2026 (Friday)

TIME : 10.00 a.m.

ABOUT THE INSTITUTION

Empowering the women is empowering the nation. Higher education, especially to women, empowers not only the family but also empowers as a mission of capacity building of the nation. The significance of this aspect has been rightly recognized and there has been a paradigm shift in the scenario of women education in the urban. Nevertheless higher education to women in the rural area needs encouragement, because the main source of income is agriculture and per capita income is relatively very low. In this context, Sengamala Thayaar Educational Trust Women's College was established at Sundarakkottai, a hamlet in Thiruvavur district, in the year 1994 by Shrimathi Krishnaveni Vivekanandham, who entrusted the task of nurturing the institution to her illustrious son Dr.V.Dhivaharan now as the Correspondent with snyder vision for promoting higher education to women students in this down-trodden area. The institution offers 17 UG, 14 PG, 4 Ph.D. and PG Diploma course. Sengamala Thayaar Educational Trust Women's College is recognized as one of the foremost educational institutions in India, affiliated to Bharathidasan University, Tiruchirappalli. It has been accredited by NAAC and it is an ISO 9001:2015 Certified Institution. The institution has attained Autonomous in the year 2019-2020. The Internal Quality Assurance Cell (IQAC) of the College is extremely active to achieve the goal of the institution.

ABOUT THE DEPARTMENT

The Department of Nutrition and Dietetics is a well-established and dynamic academic unit with over twenty-five years of excellence in teaching, research, extension and professional training. Offering an Undergraduate Programme in Nutrition and Dietetics and a Postgraduate Programme in Food Service Management and Dietetics. The department is committed to delivering a comprehensive and industry-relevant curriculum that integrates scientific knowledge with practical applications. It strives to address contemporary challenges related to nutrition, health, food safety and food security while meeting the needs of individuals, communities, industry and government sectors. A hallmark of the Department is its sustained record of academic excellence and distinction. The outstanding performance of our students is reflected in the achievement of 133 University Ranks at the Undergraduate level and 51 University Ranks at the Postgraduate level. Notably, the Department has secured 13 University First Ranks (Gold Medals) in UG and 9 University First Ranks (Gold Medals) in PG. The Department actively fosters research and innovation, with faculty securing UGC-SERO Minor Research Project funding institutional seed money and incubation support for product development and commercialization.

Its vibrant research culture is evidenced by publications in reputed indexed and peer-reviewed journals. Regular organization of National and State Level Seminars, Conferences and Workshops on emerging and socially relevant themes provides a platform for academic enrichment and professional networking.

ABOUT THE CONFERENCE

The National Conference on Nutrition Optimization for Urban and Rural Indian Sustainable Health (NOURISH-2026) serves as a dynamic forum for advancing sustainable nutrition solutions tailored to India's diverse urban and rural communities. Designed to encourage knowledge sharing and collaboration, the conference convenes experts from academia, research, healthcare and policy sectors to deliberate on contemporary nutritional concerns and practical interventions. It emphasizes innovative evidence-driven approaches to improving dietary practices, strengthening food security, enhancing maternal and child health. By integrating traditional wisdom with modern scientific advancements, NOURISH aims to inspire policies and practices that promote resilient communities and ensure lasting public health impact across the nation.

THEMES

NOURISH-2026 is a premier national conference brings together leading academicians, researchers, dietitians, healthcare professionals and policymakers to address emerging nutritional challenges through evidence-based and sustainable approaches. The conference serves as a collaborative platform to promote innovative solutions and strengthen public health outcomes across diverse communities. The Conference themes include:

- Sustainable Diets and Indigenous Food Systems
- Urbanization, Life style and Non-Communicable Diseases
- Public Health Nutrition Policies
- Community Based Nutrition Interventions
- Digital Health and Nutrition Innovation
- Nutrition and Mental Health
- Sports, Fitness and Performance Nutrition
- Precision and Personalized Nutrition
- Nutrition Economics and Food Affordability
- Environmental Sustainability and Climate Change
- Ayurveda, Traditional Diets and Integrative Nutrition
- Capacity Building for the Frontline Nutrition Workforce
- Media, Communication and Nutrition Advocacy

CONFERENCE AWARD

To recognize excellence and encourage quality research in Nutrition and Dietetics, NOURISH-2026 will present awards to outstanding young researchers and students.

- Best Oral Presentation Award (03)
- Best Poster Presentation Award (03)

CALL FOR ABSTRACTS

Abstracts are invited under the above-mentioned thematic areas for oral and poster presentations at NOURISH-2026. The abstract should be typed in MS Word (Times New Roman, font size 12, single line spacing) and should not exceed 300 words. The title must be in bold and sentence case. The author(s) names should be in bold, and affiliations should be in italics. The email address of the corresponding author must be provided. The abstract along with the duly filled registration form, should be submitted via email/online submission portal.

Presentation categories include:

- Oral Presentation
- Poster Presentation

IMPORTANT DATES

Key Dates
Conference Dates: 26.02.2026 & 27.02.2026
Commencement of Abstract Submission: 13.02.2026
Last Date for Abstract Submission: 20.02.2026
Full Paper Submission Deadline: 05.03.2026

REGISTRATION FEE

Category	Online Registration	Spot Registration
Students / Research Scholars	400 INR	500 INR
Faculty/Industrialist/ Dietitian/Nutritionist	600 INR	700 INR

POSTER GUIDELINES

The size of the poster should be 4'11" & 4'11". The author should include the title, author(s) name, affiliation(s) and address(s), abstract, keywords with the following headings: Introduction, Objectives, Methods, Results and Conclusion

PUBLICATION OF PROCEEDING

The selected research papers will be published in the proceeding with ISBN.

ONLINE PAYMENT

Net banking (RTGS/NEFT)
A/C Name: STET (W) College
Bank Name: State Bank of India
Branch: Paravakkottai
Account Number: 32539855708
IFSC: SBIN0007544

DEPARTMENT OF NUTRITION AND DIETETICS
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NATIONAL CONFERENCE
ON
"NUTRITION OPTIMIZATION FOR
URBAN AND RURAL INDIAN
SUSTAINABLE HEALTH"
(NOURISH-2026)

Name :
Designation :
Address :
Phone/Mobile Number :
E-mail ID :
Presenter (Oral/Poster):
Participant
Title of the Paper :
Details of Payment : DD/Online / G-Pay
Amount Rs :
DD Number and Date :
Bank Name :
Date :

Signature

Note : Photocopies of the Registration Form can be used.