



DEPARTMENT OF NUTRITION AND DIETETICS
ALAGAPPA UNIVERSITY
KARAIKUDI
DNAD MAGAZINE - 2



Induction Programme - 26.07.2024

Department of Nutrition and Dietetics Alagappa University, organized induction programme on 26.07.24. Dr.V.Sivakumar, Dean i/c, College Development Council, Professor and Head, Department of Logistics Management, Alagappa University acted as a resource person and delivered inaugural and special address.



One day Workshop on Moisture Analyzer – 09.08.2024

The Department of Nutrition and Dietetics, Alagappa University has organized the **One-day Workshop on Moisture Analyzer** on 9th August, 2024. Dr. P. Rameshthangam, Professor & Head i/c, Department of Nutrition and Dietetics, Alagappa University welcomed the gathering and pointed out the significance of Moisture analyzer. Mr.R.Natarajan, Senior Technician,Kings Lab, Chennai acted as a resource person and gave hands on training on Moisture analyzer to the PG students.



Webinar on Nutrition and Lifestyle strategies for Managing metabolic syndrome – 12.08.24

Department of Nutrition and Dietetics Alagappa University, organized webinar on 12.08.24. Dr.N.Preetha, Assistant Professor, Department of Clinical Nutrition, Sri Ramachandra Faculty of Allied Health Sciences, Sri Ramachandra Institute of Higher Education and Research (DU), Porur, Chennai has delivered special lecture related to metabolic disorder and the importance of nutritional lifestyle strategies to improve physical and mental well-being.



Freshers Day celebration on 23.08.24

The Department of Nutrition and Dietetics welcoming the new batch of students with great enthusiasm and warmth on 23.08.24. The event was a perfect blend of excitement, entertainment and camaraderie, designed to help the newcomers feel at home and get acquainted with department and Alagappa University campus life.



National Nutritional Month Celebration - 2024
National Seminar on "Health Awareness on Balanced Diets and Nutrition"- 02-09-2024

The Department of Nutrition and Dietetics, Alagappa University, organized a National Seminar on "Health Awareness on Balanced Diets and Nutrition" on 02-09-2024. In this connection, the department of nutrition and dietetics has arranged an exhibition on 2nd September 2024 at 10.00 am in the MIS building - seminar hall, Science campus, Alagappa University. The students in the department participated in the exhibition and also prepared and displayed the nutritional food products such as Amla rice mix, Beta Robusto Sachet, Ferrow flow, Hibiscus thattai, Kavuni jam, Multi grain oats cookies, Nutrikola Noodles, Pricky pear burfi, Ragi burger and Yango Muffins. The Honourable Vice Chancellor of Alagappa University, Prof. P. Gopinath from IIT Roorkee, Dr. Amala Stalin Raja from Amala fertility centre, other faculty, staff and students visited the self-developed food products. The exhibition typically highlights new trends in food technology, sustainable practices and health-conscious alternatives. It serves as a valuable opportunity for students to gain hands-on experience in product development, marketing and customer interaction and the entrepreneurial spirit of students. The department of Nutrition and Dietetics students also received feedback and recognition from the Vice-chancellor and other experts who participated in the seminar



FoSTaC Training – 12.09.2024

The department of Nutrition and Dietetics students was participated in the Food Safety Training and Certificate (FoSTac) training programme organized by the National Institute of Food Technology, Entrepreneurship and Management – Thanjavur(NIFTEM_T) on 12.09.2024. The program was inaugurated by Professor Dr.V.Palanimuthu, Director, NIFTEM -T and he detailed about the benefits of attending the FoSTac training programme. Parikshan trainer Dr.Karthika jayaraman conducted a session about “ Basic Manufacturing and COVID”, and has given the knowledge about the food safety and standards authority of India and its rules and regulations. She also detailed about the guidelines to start a food industry, internship ideas and job opportunities to the students. Dr.R.Vidyalakshmi, Professor and Head, Department of Food safety and quality testing, NIFTEM-T has given regulatory analysis of food and agri products, nutritional labelling and food safety evaluations. Dr P Rameshthangam, Professor & Head i/c, Department of Nutrition and Dietetics, Alagappa University thank the expert and the organizers of the program.



Nutritional Awareness Programme - Melapattamangalam Angawadi (Kallal Block)

The Department of Nutrition and Dietetics, Alagappa University, Karaikudi has visited Melapattamangalam Anganwadi Centre, Kallal block, Sivagangai District for celebrating National Nutritional Month on 28.09.2024. The staff members and students created awareness about the Nutritious food products and recommended dietary foods for preschool children, pregnant women and lactating mothers. Mr.Ramachandran, Pattanmangalam vice-president, and Dr.P.Kamalimeenal, Child Development Project Officer (CDPO), inaugurated the function. Dr.P.Rameshthangam, Associate Professor and Head i/c, highlighted the purpose of Anganwadi visit and also explained the importance of nutritious food products for different age groups. Students from II M.Sc Nutrition and dietetics also created awareness about natural food products by issuing pamphlets and explained by charts of various disease conditions. During the programme exhibition was conducted and nutritious food prepared by the students was provided to the participants. Students has also educated the people about different conditions like Protein-energy malnutrition, Anemia, Diabetes mellitus, cardiovascular disease and general guidelines for pregnant and lactating women. Mrs.R.Ramya, Adjunct Faculty, proposed vote of thanks.



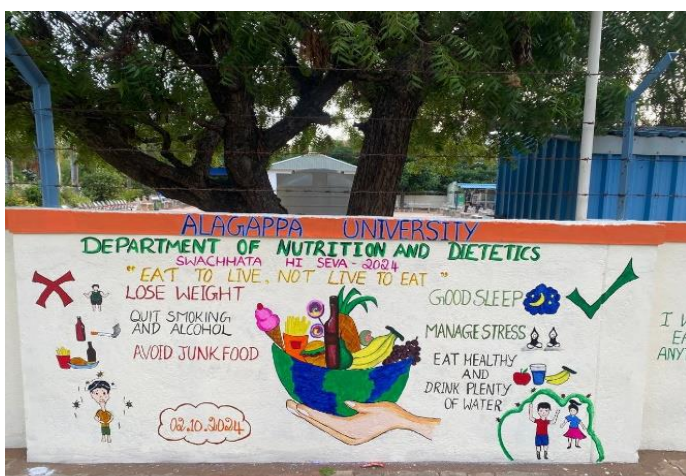
ONAM CELEBRATION - SEPTEMBER-2024

The Department of Nutrition and Dietetics joyfully celebrated Onam for the first time on 29th August 2025, marking a vibrant beginning to cultural festivities within the department. The event beautifully reflected the spirit of unity and tradition, with students and staff coming together in traditional attire, floral decorations, and cultural performances. It was a memorable day filled with colours, smiles, and festive cheer, making it a proud cultural milestone in the department's journey



SWACHHATA HI SEVA-WALL PAINTING AWARENESS- EAT TO LIVE, NOT LIVE TO EAT - OCTOBER 2024

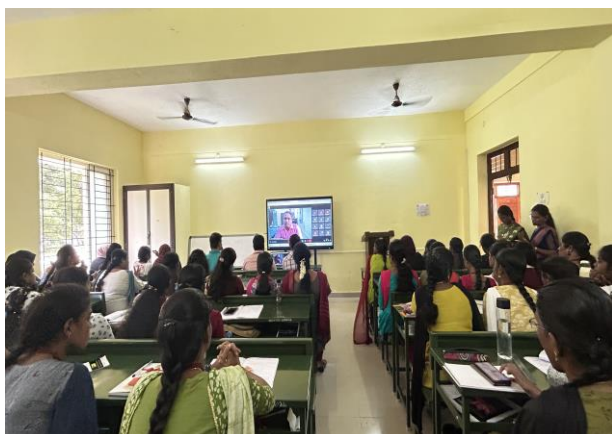
As part of the Swachhata Hi Seva campaign, students from the Department of Nutrition and Dietetics took part in a wall painting awareness activity in October 2024. The artwork, displayed on the Alagappa Alumni Park wall, focused on the theme "Eat to Live, Not Live to Eat" and highlighted important messages about food waste and mindful eating. The initiative combined creativity and health awareness, encouraging the community to adopt responsible food habits and reduce waste.



WEBINAR ON WORLD FOOD DAY - 2024

ROLE OF FUNCTIONAL FOODS IN DISEASE PREVENTION – OCTOBER 2024

In observance of World Food Day 2024, the Department of Nutrition and Dietetics organized an insightful webinar on the topic “Role of Functional Foods in Disease Prevention.” Dr. Harine Sargunam, Assistant professor, Jamal Mohammed college, Trichy had delivered a special lecture. The session aimed to raise awareness about the importance of incorporating functional foods into daily diets to promote health and prevent chronic diseases. The webinar featured informative presentations and interactive discussions, enhancing knowledge among students and participants on evidence-based nutrition practices. It was a meaningful academic event aligning with the global call for better food, better health, and a better future.



SPECIAL LECTURE ON “NUTRITION FOR SPORTS PERFORMANCE” – DECEMBER 2024

Our department conducted a special lecture on the topic “Nutrition for Sports Performance” in December 2024. Dr.D.Maniazhagu, Professor, Department of Physical Education and Health Sciences, Alagappa University had given a special lecture. The session focused on the vital role of nutrition in enhancing athletic performance, recovery, and overall fitness. Students gained valuable insights into sports-specific dietary strategies, hydration, and supplement use from the expert resource person. The lecture served as an enriching academic experience, linking nutrition science with practical applications in the field of sports.



PONGAL CELEBRATION - 2025

The Department of Nutrition and Dietetics celebrated Pongal for the first time on 12th January 2025 with great enthusiasm and cultural spirit. Students and staff came together in traditional attire to mark the harvest festival with joy and unity. The celebration featured Pongal preparation and cultural performances, reflecting Tamil tradition and togetherness. It was a vibrant and memorable event that added festive charm to the department's journey.



PARENT TEACHERS MEET- 24th FEBRUARY, 2025

On February 24, 2025, the Department of Nutrition and Dietetics organized a meeting for parents and teachers. Dr. P. Rameshthangam, Professor and Head i/c, Department of Nutrition and Dietetics, welcomed the group and stressed the importance of the Parents and Teachers meeting. Ms. R. Harini and Ms. S. Varshini, I-M.Sc. Nutrition and Dietetics students gave parents an illustrated explanation of the department's activities and events throughout the academic year 2024-2025. Parents eagerly offered their distinct viewpoints and thoughts throughout the program and also the department's activities. Additionally, parents were also given a feedback form to fill out our academic programs, students and department performance. The national anthem was played to officially end the event following a vote of gratitude from Ms. S. Ragavi, an I-M.Sc. student specializing in nutrition and dietetics.



SPECIAL LECTURE ON "MILLETS-SAFE FOOD" - 26th FEBRUARY, 2025

The Department of Nutrition and Dietetics, Alagappa University, has organized a special lecture on Millets- safe food and food fortification on 26th February 2025. Dr. P. Rameshthangam, Associate Professor & Head i/c, Department of Nutrition and Dietetics, Alagappa University welcomed the gathering and pointed out the importance of food fortification. Mr. R. Thiagarajan, Food Safety Officer, Sakottai & Kannakudi Block, Sivagangai District, Tamilnadu, acted as a resource person and delivered lecture and hands-on training on Food Adulteration and food fortification such as jaggery, tea powder, honey, coriander, ghee & pepper and also highlighted the impact on health & nutrition. Mrs. R. Ramya, Teaching Assistant, Department of Nutrition and Dietetics proposed a vote of thanks. Nearly 35 students of I M.Sc., Nutrition and Dietetics, benefited from this program.



NATIONAL SCIENCE DAY - 8th FEBRUARY 2025

National Science Day is celebrated every year on 28 February to mark the discovery of the 'Raman Effect' by Sir C.V. Raman on 28th February 1928. The "National Science Day-2025" was celebrated under the theme "Empowering Indian Youth for Global Leadership in Science & Innovation for VIKSIT BHARAT". In this connection, the Department of Nutrition and Dietetics has organized the National Science Day under the theme of "Development of Nutritious food products from natural sources". M.Sc.- Nutrition and Dietetics students prepared nutritious food products such as Amala rice mix, Prickly pear burfi, Hibisgram thattai, Morix nutri flakes, Multi-grain oats cookie, Yango muffins, Eleusine seeda, Water melon Ice crèam and also demonstrated about the food adulteration. They were displayed all the food products during the Science Day for school students, college students, teachers, and faculty members.



**NUTRITIONAL AWARENESS PROGRAMME AT SOLAI ANDAVAR VIDHYA SALAI SCHOOL-
KOTHARI, PALLATHUR ON 05th MARCH 2025**

The Department of Nutrition and Dietetics, Alagappa University has organized the Nutritional Awareness programme on 05th March 2025 at Solai Andavar Vidhya Salai School, Kothari, Pallathur. The program was inaugurated with a welcome address by Mrs. Meenal, headmaster of S.A.V school, welcomed the gathering. Dr.P. Rameshthangam, Professor & Head i/c, Department Nutrition and Dietetics, delivered the presidential address. Our students explained about the balanced diet, healthy foods vs junk foods, the importance of nutrition and food adulteration to the students, which is very important for current generations. After that, we provide ragi nut laddoo to the students as a snack. We conduct various games regarding nutrition-rich foods and their benefits for the students and to encourage the students, we gave them a writing kit as a compliment. Finally, we conclude the program with a vote of thanks, delivered by 1st M.Sc., student, S. Ragavi.



DIET COUNSELLING PROGRAMME On 10th MARCH 2025

The Department of Nutrition and Dietetics organized the Diet Counselling Programme on Women's Day, 10th March 2025. Dr.P.Rameshthangam, Professor, Head i/c, Department of Nutrition and Dietetics, welcomed the gathering and pointed out the significance of nutrition about "Special concern for women's health". Nearly 110 members have participated in this Programme. Among the participants, 23 members came under the category of Underweight. 63 members come under the category of normal weight. 21 members come under the category of overweight, 3 members come under the category of obese. Physical activity was recommended daily for all the participants. We also provided special dietary advice on anemia, thyroidism, electrolyte imbalance, PCOS and digestion problems. S.N. Mumtaz, I-M.Sc., Nutrition and Dietetics student, proposed a vote of thanks.



VILLAGE EXTENSION PROGRAMME 14th To 16th MARCH 2025

The Village Extension Programme (VEP) was conducted by the Department of Nutrition and Dietetics, Alagappa University, Karaikudi from March 14–16, 2025, at Illuppaikudi, next to Ariyakudi in Sivaganga District involved by 37 students (boys and girls) enrolled in first- and second-year post-graduate programs of department. The Programme was initiated by the inauguration of village cleaning, a health awareness camp by Apollo Hospital, Karaikudi, Dental Awareness Camp -Prabu Dental, Karaikudi, eye awareness camp - vasan eye care- Karaikudi, Diet Counselling programme by the students of Department of Nutrition and Dietetics, Alagappa University, YOGA AWARENESS PROGRAMME by Prof. D. Maniazhagu, AWARENESS PROGRAM ON HEALTH AND HYGIENE, Tree Plantation Programme and leadership program by Dr. Vairava Sundaram. With a heart full of pride and thankfulness, the Village Extension Program's (VEP) Valedictory Function at Ilupaiyadi united community building, service, and education. In addition to imparting knowledge and skills to the community, the program allowed us to get insight into the values, resiliency, and daily lives of the people. Every action taken throughout this program, from sanitation drives and health awareness campaigns to educational assistance and tree-planting initiatives, was a tiny step towards sustainable development and rural empowerment.



**NATIONAL SEMINAR CUM WORKSHOP ON
“NUTRITIOUS FOOD PRODUCTS FROM NATURAL SOURCES” –
18th and 19th March 2025**

The Department of Nutrition and Dietetics, Alagappa University has organized a National Seminar cum Workshop on “Nutritious food products from natural sources” on 18.03.2025 and 19.03.2025 in the conference hall, 4th floor, Science campus, Alagappa University. In the Inaugural function, Dr. P. Rameshthangam, Professor and Head (i/c) Convener cum Organizing Secretary, Department of Nutrition and Dietetics, Alagappa University, welcomed the gathering and introduced the chief guests and all the resource persons in the Seminar. He also mentioned that the Seminar cum Workshop created awareness of nutritious food products, their nutritional properties, environmental benefits, health benefits, planning and pointed out the nutritious food products prepared in the Department of Nutrition and Dietetics, Alagappa University.

Sr. Prof. G. Ravi, Vice-chancellor, Alagappa University, delivered the presidential address, and he shared his knowledge of the benefits of natural food products in his lifetime experiences from his childhood and he also mentioned the job opportunities related to the nutrition field. Dr. R. Jagan Mohan, Professor and Head, NIFTEM-T, delivered the keynote address. He shared knowledge about natural food products that are used in various countries and their processing in industries. Dr. S. Parameshwari, Professor and Head, Periyar University, Salem, delivered the keynote address. She provided knowledge about the selection of natural sources for food product development. Dr. S.S. Vijayanchali, Professor, Department of Homescience, Gandhigram Rural Institute-Gandhigram, Dindigul District, delivered a thematic address. Mr. Ranjith Kumar, Managing Director, AVKR Moringa Promise Wellness (OPC) Private Limited, C. Pudupatti, Theni District delivered the thematic address. Dr. J.B. Sharmila, Associate Professor & Head, Department of Homescience, Sri Meenakshi Govt. Arts College for Women(A), Madurai delivered a thematic address.



INDUSTRIAL VISIT TO INDIAN COUNCIL OF MEDICAL RESEARCH - NATIONAL INSTITUTE OF NUTRITION (NIN), HYDERABAD – 27th March 2025

The Department of Nutrition and Dietetics, Alagappa University, Karaikudi has organized an Industrial Visit to the Indian Council of Medical Research - National Institute of Nutrition (NIN), Hyderabad for M.Sc.-Nutrition and Dietetics students on 27.04.2025. The National Institute of Nutrition (NIN) is a premier research institute in India, focusing on nutrition and public health. NIN provides evidence-based solutions to combat public health challenges of malnutrition, micronutrient deficiencies, and non-communicable diseases and to ensure food and nutritional security through innovative and impactful research. The knowledge products of NIN serve as a resource for policymakers, researchers, and communities, providing insights that empower individuals to lead healthier lives. All the teaching staff and students of the Department of Nutrition and Dietetics benefited by gaining industrial exposure from NIN- Hyderabad.



RADIO TALK ON “ WOMENS DAY ”2025

The Department of Nutrition and Dietetics celebrated Women’s Day on 8th March 2025 with informative and empowering activities. As part of the event, a few students addressed important women’s health issues like PCOD and PCOS through a special radio talk. The session aimed to create awareness and promote healthy lifestyle practices among young women.



RADIO TALK ON “ POSHAN PAKHWADA WEEK”2025

As part of Poshan Pakhwada Week 2025, students from the Department of Nutrition and Dietetics participated in a special radio talk to spread awareness about nutrition and health. The session highlighted key topics like balanced diets, anemia prevention, maternal and child nutrition, and the importance of locally available foods. This initiative aimed to educate the public and promote the message of “Suposhit Bharat”, making nutrition a community priority. It was a proud moment for the department to contribute meaningfully to national nutrition efforts.



FAREWELL CELEBRATION - NutriZen - 1 (2023 - 2025)
25.04.2025

The department of Nutrition and Dietetics organized its first farewell for the outgoing batch NutriZen - 1 (2023 - 2025), on 25.04.2025. the event was filled with joy, gratitude and warm memories. it celebrated the students' journey and contribution to the department, wishing them success in future endeavors.

