

**JAMAL MOHAMED COLLEGE (AUTONOMOUS)**

(Affiliated to Bharathidasan University)  
Tiruchirappalli - 620 020



**Staff and Students of the Department of  
Nutrition and Dietetics  
&  
B.Voc Food Processing and Safety  
Cordially invite you to**

***Nutritiful 23'***

An Inter- collegiate competition to celebrate  
"NATIONAL NUTRITION MONTH" on  
**SEPTEMBER 27, 2023**

**THEME:  
"HEALTHY DIET GAWING  
AFFORDABLE FOR ALL"**

**President**

HAJEE. M.J. JAMAL MOHAMED BILAL

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**HOD of Nutrition and Dietetics**

Dr. M. GHOUSE BASHA

**ORGANIZING SECRETARY**

S.Basheerunnisa

Asst. Professor

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S.Ashma Banu,Asst. Professor

JP.Jayasri , Asst. Professor

A.Ayisha Sukaina , Asst. Professor

M.Padmapriya , Asst. Professor

K.Priyadharshini , Asst. Professor

**STUDENT REPRESENTATIVES**

**SECRETARY**

S. Jaya Gayathri II M.Sc.,

**ASSISTANT SECRETARY**

S. Aafreen Shanaz III B.Sc.,

**EXECUTIVE MEMBERS**

J. Sumaiya Begum II M.Sc.,

S. Aameena Begum II M.Sc.,

T. Syeda Rabiya I M.Sc.,

J. Amina Afreen I M.Sc.,

A. Rushtha Sameena III B.Sc.,

R. Nasrin Banu II B.Sc.,

R. Farsana I B.Sc.,

P. Arthi III B.Voc .,

A. Aysha Sharlin II B.Voc.,

### 1. NUTRI QUIZ

*No. of participants:* One team per college (2 members)

*Time:* 9.30 am- 10.30 am

*Theme:* Based on Nutrition

*Criteria:*

- Prelims will be conducted.
- Qualified participants will move to the finals.

*Venue:* ROOM NUMBER 142

### 2. MIME

*No. of participants:* One team per college (5 members)

*Time:* 10.30 am- 11.30 am

*Theme:* Awareness on Nutrition

*Criteria:*

- Background Music can be used
- The mime should be in 5-7 minutes.

*Venue:* COMMERCE (SF) SEMINAR HALL

### 3. NUTRI CONNECTION

*No. of participants:* One team per college (2 members)

*Time:* 10.30 am- 11.30 am

*Criteria:*

- Prelims will be conducted.
- Qualified participants will move to the Finals.

*Venue:* ROOM NUMBER 142

### 4. JUST A MINUTE

*No. of participants:* Two members per college

*Topic:* On the spot

*Time:* 11.45 am to 12.45 pm

*Criteria:*

- The speech should not exceed 1 minute and should be relevant to the topic chosen.

*Venue:* HUMAN PHYSIOLOGY LAB

### 5. POSTER PRESENTATION

*No. of participants:* 2 member per college

*Topic:* Based on the theme

*Time:* 11.45 pm to 12.45 pm

*Criteria:*

- Presentation should be done in chart or in flex
- Posters should be done by yourself and displayed.
- Poster size should be 4x6 feet.

### 6. MISS NUTRITION

*No. of participant:* 1 member per college

*Time:* 2.00 pm to 3.30 pm

*Criteria:*

- Round 1: Talent round.
- Round 2: Quiz based on the nutrition will be conducted.
- Round 3: Fashion show will be conducted and the costume of the participants must be explained in front of the judges.
- The costume should be based on the theme.

*Venue:* COMMERCE (SF) SEMINAR HALL.

**REFRESHMENT :- 11.30 AM TO 11.45 AM**  
**LUNCH:- 12.45 PM TO 1.45 PM**

**VALEDICTION**

**TIME: 4.30 PM**

**VENUE: COMMERCE (SF) SEMINAR HALL**

### GENERAL GUIDELINES

- For registration fee Rs.200/-
- Each participant can enroll in maximum **2 events only.**
- **ONLINE REGISTRATION link** is -  
<https://forms.gle/QHUYpRQME9XPX2nm6>
- Last date for registration will be on or before **24/09/2023** via online registration.
- Participants are requested to bring their identity card.
- The decision of the Judges will be final.
- Refreshment and Lunch will be provided.
- Payment should be paid in the given QR scan code.





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**Ms. R. Nasrin Banu II BSc**  
**Ms. R. Farsana I BSc**  
**Ms. P. Arthi III BVoc**  
**Ms. R. Nivatha II BVoc**

We cordially invite you to the **Valediction of Nutriful'23, an Intra & Inter collegiate fest** for the year of 2023-2024 in the august presence of the Honorable Management Committee Members

**HAJEE. M.J. JAMAL MOHAMED BILAL**  
President

**Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt., (USA)**  
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Assistant Secretary

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Member & Honorary Director

**Dr. S. ISMAIL MOHIDEEN**  
Principal  
Will preside

**CHIEF GUEST**

**Dr. A.K. KHAJA NAZEEMUDEEN, D.Litt., (USA)**

**Secretary & Correspondent**  
will deliver the valedictory address  
&  
Distribute the prizes

**Dr. M. GHOUSE BASHA**  
HOD of Nutrition & Dietetics

**Date: 27<sup>th</sup> September 2023**

**Time: 4.30 pm**

**Venue: Commerce SF Seminar Hall**