

**ASSOCIATION
ACTIVITY 2017-2018**

SI.NO	DATE	PROGRAMME
1.	24-07-2017	FRESHERS DAY- LIVE AND LET LIVE
2.	01-08-2017	ISSUES RELATED TO BREAST FEEDING
3.	20-09-2017 & 21-09-2017	AWARENESS PROGRAM ON NATIONAL NUTRITION WEEK CELEBRATION "ISHRANA'17"
4.	23-01-2018 & 24-01-2018	AWARENESS PROGRAM ON PERSPECTIVE VIEW OF ADOLESCENCE HEALTH AND NUTRITION
5.	03-03-2018	SPECIAL LECTURE PROGRAMME ON "KNOW YOURSELF"

PROGRAMME CONDUCTED DURING 2017-2018



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

College with Potential for Excellence
Re-accredited (3rd cycle) with 'A' Grade by NAAC

Affiliated to Bharathidasan University

TIRUCHIRAPPALLI-620 020

PG DEPARTMENT OF NUTRITION & DIETITICS

FRESHER'S DAY - 2017

We cordially invite you to the Fresher's day function to be held
on 24th July 2017 at 3.30 pm in the Hussainudeen Hall.

In the august presence of
the Honourable Management Committee Members

Janab. Dr. A.K. KHAJA NAZEEMUDEEN, D. Litt. (USA)
Secretary & Correspondent

Janab. Hajee. K.A. KHALEEL AHAMED SAHIB
Treasurer

Hajee M.J.JAMAL MOHAMED SAHIB
Assistant Secretary

Motivational lecture programme on "LIVE AND LET LIVE"
By

JAI PARTHEEBAN M.A.,
Pudukottai

DR. S. ISMAIL MOHIDEEN
Principal
Presides.

Felicitation

Janab. Dr. A. K. KHAJA NAZEEMUDEEN, D. Litt. (USA)
Secretary & Correspondent

Janab. Hajee. M. J. JAMAL MOHAMED SAHIB
Assistant Secretary

Dr. A. MOHAMED IBRAHIM
Vice Principal

Dr. K. ABDUS SAMAD
Director (JIM) & Bursar (SF)

DR. K. N. MOHAMED FAZIL
Director - Hostel Administration

&

Dr. M. I. FAZAL MOHAMED
Member-in-charge, Department of N & D

Dr.M.MOHAMED SIHABUDEEN
Additional Vice-Principal

Dr. K. N. ABDUL KHADER NIHAL
Director (SF) & Registrar of Attendance

Prof. M. A. JAMAL MOHAMED YASEEN ZUBEIR
Director - Hostel Administration

All are cordially invited

OFFICE BEARERS

Vice-President

- M.I.Yasmine
(Assistant Professor
Department of N & D)

Secretary

- S. Janapriya II M.Sc., N & D

Joint secretary

- S. Basheerunnisa III B.Sc., N & D

Executive Members

- M. Gayathri II M.Sc., N & D

JP. Jayasri I M.Sc., N & D

M. Kousalya I M.Sc., N & D

G. Sangamithra III B.Sc., N & D

A. Vinisha III B.Sc., N & D

R. Sheerine Banu II B.Sc., N & D

S. Shalin II B.Sc., N & D

S. Irfath Sulthana I B.Sc., N & D

M. J. Rifath Nisha I B.Sc., N & D

FRESHERS DAY- LIVE AND LET LIVE



Honoring the chief-guest



Chief-guest Motivating the students

Motivational Lecture on “LIVE AND LET LIVE”

The Inauguration Function organized on **24/7/2017**. On that day Motivational speech held by Jaipartheeban, M.A., inspiring talks about “LIVE AND LET LIVE”. There are 180 number of students had participated in this programme.

Awareness Program On Issues Related To "BREAST FEEDING" ON 1.8.2017

Events of the day

1. Diet Counselling for pregnant and lactating mothers
2. Distribution of low cost nutritious food for mothers
3. Food exhibits for pregnant and lactating mothers
4. Issue of pamphlet to bring awareness about breastfeeding
5. Essay competition for students

Co-ordinator of the Program
Dr. M.I. Fazal Mohamed

Convenor
M.I. Yasmine
Assistant Professor

Organising Committee
V. Kavitha, Assistant Professor
B. Rajalakshmi, Assistant Professor
J. Priya, Assistant Professor
J. Harine Sargunam, Assistant Professor
Dr. A. Sangeetha, Assistant Professor
D. Bhuvanewari, Assistant Professor
Dr. M. Angel, Assistant Professor

Secretary
S. Janapriya, II M.Sc., N & D

Joint Secretary
S. Basheerunnisa, III B.Sc., N & D

Executive Members
M. Gayathri, II M.Sc., N & D
J.P. Jayasri, I M.Sc., N & D
M. Kousalya, I M.Sc., N & D
G. Sangamithra, III B.Sc., N & D
A. Vinisha, III B.Sc., N & D
R. Sheerine Banu, II B.Sc., N & D
S. Shalin, II B.Sc., N & D
S. Irfath Sulthana, I B.Sc., N & D
M.J. Rifath Nisha, I B.Sc., N & D

JAMAL MOHAMED COLLEGE
(Autonomous)
College with Potential for Excellence
Affiliated to Bharathidasan University
Since 1951 (Re-accredited (3rd cycle) with 'A' Grade by NAAC)
Tiruchirappalli-620 020


ICDS

PG DEPARTMENT OF NUTRITION AND DIETETICS

Invites you to the


**SUSTAINING
BREASTFEEDING
TOGETHER**

Breastfeeding is not a choice it's a responsibility
A One day

BREASTFEEDING AWARENESS PROGRAM
on 1st August 2017

In collaboration with
Integrated Child Development Services (ICDS)
Government of Tamil Nadu



Venue: Er. Abdullah Hall
Jamal Mohamed College, Trichy-20

*We cordially solicit the pleasure of your company
at the awareness program on
breast feeding on 1st August 2017 at Er. Abdullah Hall,
Jamal Mohamed College, Trichy-20*

*In the august presence of
College Management Committee Members*

Janab. M.J. Jamal Mohamed Bilal
President

Janab Dr. A.K. Khaja Nazeemudeen, D.Litt. (USA)
Secretary & Correspondent

Hajee . K.A. Khaleel Ahamed Sahib
Treasurer

Hajee. M.J. Jamal Mohamed
Assistant Secretary

Inauguration - Time : 11.00 a.m

Special Address, Felicitations and Prize Distribution
Time - 3.00 p.m

Hajee. Dr. S. Ismail Mohideen
Principal
Presides over the function

Inauguration of the events and special address by
Janab Dr. A.K. Khaja Nazeemudeen, D.Litt. (USA)
Secretary & Correspondent

Dr. B. Aili, MBBS, DGO
Chief Medical Officer & City Health Officer
Trichy

Dr. K. Senthil Kumar, MBBS., MD., DM
Neonatologist
Annal Gandhi Memorial Government Hospital, Trichy

Mrs. T. Bhuvanewari
The District Program Officer
Integrated Child Development Service Scheme
Government of Tamil Nadu, Trichy

Mrs. P. Rani
Child Development Project Officer
Trichy

Felicitations

Janab. Hajee. K.A. Khaleel Ahamed Sahib
Treasurer

Hajee M.J. Jamal Mohamed Sahib
Assistant Secretary

Dr. A. Mohamed Ibrahim
Vice Principal

Dr. M. Mohamed Sihabudeen
Additional Vice-Principal

Dr. K. Abdus Samad
Director (JIM) & Bursar (SF)

Dr. K. N. Abdul Khader Nihal
Director (SF) & Registrar of Attendance

Dr. K. N. Mohamed Fazil
Director - Hostel Administration

Prof. M. A. Jamal Mohamed Yaseen Zubeir
Director - Hostel Administration

Dr. M.I. Fazal Mohamed
Member in charge,
Department of Nutrition and Dietetics



**Memento by Dr. K. Senthil Kumar, MBBS.,MD.,DM
Neonatologist, Annal Gandhi Memorial Government Hospital,
Trichy. From MID**



**Memento by Dr. B. Alli, MBBS., DGO
Chief Medical Officer & City health Officer, Trichy. From MID.**



Awareness Programme held on **1/8/2017** related to Breastfeeding. The healthy speech about Breastfeeding given by Dr. K. Senthil Kumar, MBBS., MD.,DMNeonatologist, Annal Gandhi Memorial Government Hospital, Trichy.,Dr. B. Alli, MBBS., DGO., Chief Medical Officer & City health Officer, Trichy., and Mrs. P. Rani (Child Development Officer), Trichy., for both UG & PG students of our department, ICDS Staff members and to the public especially to the pregnant women. In this programme the pamphlet has been issued about awareness of Breastfeeding and also organized the essay competition.

Awareness Program On NATIONAL NUTRITION WEEK CELEBRATION "ISHRANA'17" ON 20.9.2017 & 21.9.2017

<p>CONVENOR M.I.Yasmine Assistant Professor Department of Nutrition and Dietetics</p> <p>ORGANISING COMMITTEE V.Kavitha - Assistant Professor B.Rajalakshmi - Assistant Professor J.Priya - Assistant Professor J.Harine Sargunam - Assistant Professor Dr.A.Sangeetha - Assistant Professor D.Bhuvanawari - Assistant Professor Dr.M.Angel - Assistant Professor</p> <p>SECRETARY S. Janapriya - II - M.Sc., N & D</p> <p>EXECUTIVE MEMBERS M. Gayathri - II - M.Sc., N & D JP. Jayasri - I - M.Sc., N & D M. Kousalya - I - M.Sc., N & D S. Basheerunnisa - III - B.Sc., N & D G. Sangamithra - III - B.Sc., N & D R.Sherine Banu - II - B.Sc., N & D S. Shalin - II - B.Sc., N & D S. Irfath Sulthana - I - B.Sc., N & D M. J. Rifath Nisha - I - B.Sc., N & D</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>CONTACT NO: V.KAVITHA : 9443857296 M.I.YASMINE : 9944866966 acfrad2015@gmail.com</p> </div>	<p style="text-align: center;">VALEDICTION</p> <p>Time : 3.30 pm Venue : Hussainudeen Hall</p> <p style="text-align: center;">Hajee. Dr. S. ISMAIL MOHIDEEN Principal presides</p> <p style="text-align: center;">Valedictory Address & Prize Distribution</p> <p>Dr.A.K.KHAJA NAZEEMUDEEN, D.Lit (USA) Secretary & Correspondent</p> <p style="text-align: center;">Felicitation</p> <p>Hajee . K. A. KHALEEL AHAMED SAHIB Treasurer</p> <p>Hajee.M.J.JAMAL MOHAMED Assistant Secretary</p> <p>Dr. A. MOHAMED IBRAHIM, Vice Principal</p> <p>Dr.M.MOHAMED SIHABUDEEN, Additional Vice Principal</p> <p>Dr. K. ABDUS SAMAD, Director (JIM) & Bursar (SF)</p> <p>Dr. K. N. ABDUL KHADER NIHAL, Director (SF) & Registrar of Attendance</p> <p>Dr. K. N. MOHAMED FAZIL, Director Hostel Administration</p> <p>Dr. M. A. JAMAL MOHAMED YASEEN ZUBEIR, Director Hostel Administration &</p> <p>Dr. M.I.FAZAL MOHAMED Member in charge, Department of Nutrition and Dietetics</p>	<p style="text-align: center;">Registration Form</p> <p>Name : _____ (In block letters)</p> <p>Roll.no : _____</p> <p>Class/ department : _____</p> <p>College : _____</p> <p>I intend to participate in the following events:</p> <p><input type="checkbox"/> TRADITIONAL FOOD DISPLAY</p> <p><input type="checkbox"/> RANGOLI</p> <p><input type="checkbox"/> HUNGER HUNT</p> <p><input type="checkbox"/> ACT IN A MINUTE</p> <p><input type="checkbox"/> VEGETABLE CARVING</p> <p><input type="checkbox"/> NUTRI QUEEN</p> <p><input type="checkbox"/> VIDEO SHOW</p> <p>(Please tick the appropriate event which you are willing to participate)</p> <p>Date: _____ Signature of the participant _____</p> <p>Note:</p> <ul style="list-style-type: none"> • Registration fee Rs.100/- per head • If the participant is willing to take part in more than one event she has to pay extra Rs 25/ per event. • Participants are requested to register on or before 14.9.2017 	<p>JAMAL MOHAMED COLLEGE (AUTONOMOUS) College with Potential for Excellence Reaccredited, (3rd Cycle) With 'A' Grade by NAAC Affiliated to Bharathidasan University Tiruchirappalli - 620 020.</p> <p style="font-size: 1.2em; font-weight: bold;">NATIONAL NUTRITION WEEK CELEBRATION</p> <p style="font-size: 1.5em; font-weight: bold;">ISHRANA'17</p> <p>(Inter - collegiate competitions)</p> <div style="text-align: center; margin: 10px 0;">  </div> <p style="font-weight: bold;">ON</p> <p style="font-weight: bold;">21st SEPTEMBER 2017</p> <p>Organized by PG DEPARTMENT OF NUTRITION AND DIETETICS</p>
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<p><i>We Cordially invite you to the ishrana '17, Inter- collegiate Competitions to be held on 21st September 2017 at Nutrition and Dietetics Department between 9:30am and 4:30pm. The following events are scheduled to be conducted in the august presence of the Management Committee Members</i></p> <p>Janab. M. J. JAMAL MOHAMED BILAL President Dr. A. K. KHAJA NAZEEMUDEEN, D.Lit. (USA) Secretary & Correspondent Hajee . K. A. KHALEEL AHAMED SAHIB Treasurer Hajee. M. J. JAMAL MOHAMED Assistant Secretary</p>	<p>Event : TRADITIONAL FOOD DISPLAY</p> <p>No. of participants : One participant Display Duration : 30 minutes Time : 9.30 am - 10.15 am</p> <p>Criteria :</p> <ul style="list-style-type: none"> ❖ Prepared recipes should be relevant to the theme ❖ Required display equipments should be brought by the participants themselves. ❖ Menu card and nutritive value should be prepared <p style="text-align: center;">Event : RANGOLI</p> <p>Topic : Nutritional awareness No. of participants : Two participants Duration : One hour Time : 10.00 am - 11.00 am</p> <p>Criteria:</p> <ul style="list-style-type: none"> ❖ Rangoli art size 4 feet x.5 feet ❖ Participants need to bring all the required materials. <p style="text-align: center;">Event : HUNGER HUNT</p> <p>No. of participants : One participant Time : 11.00 am - 11.30 am</p> <p>Criteria:</p> <ul style="list-style-type: none"> ❖ The given food should be consumed in the stipulated time frame. <p style="text-align: center; border: 1px solid black; padding: 2px;">Tea break : 11.30 am - 12.00 pm</p>	<p style="text-align: center;">Event : ACT IN A MINUTE</p> <p>Topic : Food and Nutrition No. of participants : Two participants Time : 12.00 pm - 12.30 pm</p> <p>Criteria :</p> <ul style="list-style-type: none"> ❖ Participants have to perform related to the theme (on the spot). ❖ Performance should be within the time duration. <p style="text-align: center;">Event : VEGETABLE CARVING</p> <p>No. of participants : One participant Duration : One hour Time : 11.00 am - 11.30 am</p> <p>Criteria:</p> <ul style="list-style-type: none"> ❖ Participants have to bring the required materials <p style="text-align: center;">Event : NUTRI QUEEN</p> <p>Duration : One hour Time : 12.00 pm - 1.00 pm</p> <p>Criteria:</p> <ul style="list-style-type: none"> ❖ Costumes, accessories and catwalk music should be brought by the participant ❖ Participants should have modesty in dressing ❖ Participants should exhibit their talents on the stage ❖ Questions will be asked from the areas of nutrition and general knowledge 	<p style="text-align: center; border: 1px solid black; padding: 2px;">Lunch break : 1.00p.m -2.00p.m</p> <p style="text-align: center;">Event : VIDEO SHOW</p> <p>Topic : Contemporary issues related to nutrition No. of participants : Two participants per team Duration : 3 minutes Time : 2.00 pm - 2.45 pm</p> <p>Criteria :</p> <ul style="list-style-type: none"> ❖ A team leader should be present ❖ Video show should be relevant to the topic and within time limit. ❖ Source of videos should not be copied. <p style="text-align: center;">*****</p>
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ISHRANA'17 was declared by Janab. Hajee. K.A. Khaleel Ahamed Sahib.



Janab. Dr. A.K. KHAJA NAZEEMUDEEN & Dr.K.Abdus Samad

Visiting the food display.



Various competitions conducted during ISHRANA'17

Around 125 students from 9 colleges in and around Trichy participated in the inter-collegiate competition conducted on 21.9.2017

நலையம் இடையே இயந்தரன்யல் பணிகள் மேற்கொள்ளப்பட உள்ளன. இதனால் திருச்சிரிலிருந்து பிற்பகல் 1 மணிக்கு பாலக்காடு டவுனுக்குப் புறப்பட்டுச் செல்லும் ரயில் (வண்டி எண் 56713) வேலையிருந்து மயிலாடுதுறை வரை இயக்கப்படும் பயணிகள் ரயில் (வண்டி எண் 56822) சேவையில் திருச்சி- தஞ்சாவூர் இடையே சேவை நேரம் அறிவிக்கப்பட்டுள்ளது. திருநெல்வேலியிலிருந்து திருச்சி ஜங்ஷனுக்குப் புறப்படும் தஞ்சாவூர்- மயிலாடுதுறை இடையே ஏற்கெனவே அறிவிக்கப்பட்ட நேரத்தின் படி இயக்கப்படும். இந்த பயணிகள் நேர மாற்றம் வியாழக்கிழமை முதல் அமலுக்கு வந்துள்ளது.

ஐமால் முகம்மது கல்லூரியில் ஊட்டச்சத்து வார விழா

திருச்சி, செப். 21: திருச்சி ஐமால் முகம்மது கல்லூரியில் ஊட்டச்சத்து மற்றும் உணவுத்துறை சார்பில் ஊட்டச்சத்து வார விழா வியாழக்கிழமை நடைபெற்றது. சர்வதேச ஊட்டச்சத்து வார விழாவை முன்னிட்டு நடைபெற்ற இந்த விழாவை ஐமால் முகம்மது கல்லூரியின் செயலாளர் காரூர் நசிமுதீன் தொடங்கி வைத்தார்.

இதில், திருச்சி பிஷப் ஹீபர் கல்லூரி, அய்யமான் கலை அறிவியல் கல்லூரி, காவேரி மகளிர் கல்லூரி, கோவை விளப்பி கல்லூரி, காரைக்குடி அழகப்பா பல்கலைக் கழகத்தைச் சேர்ந்த 124 மாணவ, மாணவிகள் பங்கேற்றனர்.

இவர்களுக்கு காய்கறிகளிலிருந்து படைப்புகளை உருவாக்குதல், பாரம்பரிய உணவுகளை



திருச்சி ஐமால் முகம்மது கல்லூரியில் வியாழக்கிழமை நடைபெற்ற ஊட்டச்சத்து வார விழா கண்காட்சியை பார்வையிடும் மாணவிகள் மற்றும் பேராசிரியர்கள்.

காட்சிப்படுத்துதல், ரங்கோலி வரைதல், குறும்படப் போட்டி, நடிப்பாற்றல், சாப்பிடும்போட்டி, காய்கறி உடை அலங்காரப் போட்டி ஆகிய 7 விதமான போட்டிகள் நடத்தப்பட்டது. இதில் திருச்சி காவேரி மகளிர்

கல்லூரி மாணவிகள் முதலிடம் பிடித்தனர். விழாவில், கல்லூரி முதல்வர் இஸ்மாயில் மொய்தீன், துணை முதல்வர் முகம்மது இப்ராஹீம், பேராசிரியர்கள், கல்லூரி மாணவ, மாணவிகள் உள்ளிட்ட பலர் பங்கேற்றனர்.

ஜமால் முகமது கல்லூரியில்
பாரம்பரிய உணவு தயாரிக்கும் போட்டி



திருச்சி ஜமால் முகமது கல்லூரியில் இன்று காய்கறிகளில் பல்வேறு உருவங்கள் வடிவமைக்கும் போட்டியில் மாணவ, மாணவிகள் ஈடுபட்டனர்.

திருச்சி, செப். 21-
சர்வதேச ஊட்டச்சத்து
வார விழாவை முன்
னிட்டு திருச்சி ஜமால்
முகமது கல்லூரியில் ஊட்
டச்சத்து மற்றும் உணவு
முறை துறை சார்பில் கல்
லூரி மாணவிகளுக்கான
பல்வேறு போட்டிகள்
இன்று காலை துவங்கின.
இதில் திருச்சி காவேரி,
பிஷப் ஹீபர், அய்மான்,
கோவை வில்எபி கல்லூ
ரிகள் மற்றும் காரைக்குடி

அழகப்பா பல்கலை கழக
மாணவிகள் 124 பேர்
கலந்து கொண்டனர். கல்
லூரி செயலாளர் காஜா
நஜிமுதீன் தலைமை வகித்
தார். முதல்வர் இஸ்மா
யில் மொய்தீன், துணை
முதல்வர் முகமது இப்ரா
கிம், துறை உறுப்பினர்
பஷில் உள்ளிட்ட பலர்
கலந்து கொண்டனர்.

பாரம்பரிய உணவு
தயாரித்தல், ரங்கோலி,
சாப்பிடும் போட்டி, காய்

கறி உடை அலங்காரம்,
காய்கறிகளில் பல்வேறு
உருவங்கள் வடிவமைக்கும்
போட்டி உட்பட பல்வேறு
போட்டிகளில் மாணவி
கள் கலந்து கொண்டனர்.
இதில் வெற்றி பெறும்
மாணவிகளுக்கு மாலை
நடைபெறும் விழாவில்
பரிசுகள் வழங்கப்பட
உள்ளது. திட்டத்துறை
தலைவர் யாஸ்மீன் இதற்
கான ஏற்பாடுகளை செய்
துள்ளார்.

PAPER CLIPPINGS regarding the inter-collegiate competition



Principal & HOD visiting the stall

FOOD STALL WERE ORGANIZED ON 21.9.2017 EXHIBITING BAKERY & FOOD PRESERVATION PRODUCTS

ISHRANA'17 Conducted on **20/9/17** and **21/9/17**. Inter-Departmental competitions held on 20th September conducted by Nutrition and Dietetics Association. Around **160 students** participated in the competitions. They participated in the following events Traditional Food Display, Rangoli, Hunger Hunt, Act in a Minute, Vegetable Carving. **Inter-Collegiate** competitions were conducted on 21th September. Around **125 students** from **9 colleges** have participated in these events. They participated in the following events Traditional Food Display, Rangoli, Hunger Hunt, Act in a Minute, Vegetable Carving, Nutri Queen, and Video show. And also food stall exhibited about Bakery and Food preservation products.

Awareness Program ON PERSPECTIVE VIEW OF ADOLESCENCE HEALTH AND NUTRITION ON 23.1.2018 & 24.1.2018

MEMBER IN CHARGE	Dr. M. I. Fazal Mohamed PG Department of Nutrition & Dietetics Jamal Mohamed College (Autonomous) Trichy-20.
CONVENOR	M. I. Yasmine Assistant Professor PG Department of Nutrition & Dietetics Jamal Mohamed College (Autonomous) Trichy-20.
ORGANISING COMMITTEE	Dr. V. Kavitha - Assistant Professor B. Rajalakshmi -Assistant Professor J. Priya -Assistant Professor J. Harine Sargunam -Assistant Professor Dr. A. Sangeetha -Assistant Professor D. Bhuvanewari -Assistant Professor Dr. M. Angel -Assistant Professor
SECRETARY	S. Janapriya II M.Sc., N & D
JOINT SECRETARY	S. Basheerunnisa III B.Sc., N & D
EXECUTIVE MEMBERS	M. Gayathri II M.Sc., N & D J.P. Jayasri I M.Sc., N & D G. Sowmiya I M.Sc., N & D G. Sangamithra III B.Sc., N & D A. Vinisha III B.Sc., N & D R. Sheerine Banu II B.Sc., N & D S. Shalin II B.Sc., N & D S. Irfath Sulthana I B.Sc., N & D M. J. Rifath Nisha I B.Sc., N & D

JAMAL MOHAMED COLLEGE (Autonomous)
Affiliated to Bharathidasan University
(Re-accredited (3rd cycle) with A Grade by NAAC)
Tiruchirappalli - 620020.


Since 1951
PG DEPARTMENT OF NUTRITION AND DIETETICS

Invite you to the program on

**PERSPECTIVE VIEW OF
ADOLESCENCE
HEALTH AND NUTRITION**



Time : 2.00 - 4.00 p.m. Date : 23rd January 2018
Venue : Syed Murthuza Govt. Hr. Sec. School

**PG DEPARTMENT OF NUTRITION AND DIETETICS
JAMAL MOHAMED COLLEGE (Autonomous)**

*Cordially invites you to the Nutritional Awareness programme
at Syed Murthuza Govt. Hr. Sec. School
on 23rd January 2018.*

*With the Blessings of College Management
Committee Members*

Janab. M. J. JAMAL MOHAMED BILAL,
President

Janab Dr. A. K. KHAJA NAZEEMUDEEN, D.Litt. (USA)
Secretary & Correspondent

Hajee. M. J. JAMAL MOHAMED SAHIB,
Treasurer

Dr. K. ABDUS SAMAD
Assistant Secretary

Hajee. Dr. S.ISMAIL MOHIDEEN
Principal

Dr. A. MOHAMED IBRAHIM
Vice Principal

Dr. M. MOHAMED SIHABUDEEN
Additional Vice-Principal

Dr. K. N. ABDUL KHADER NIHAL
Director (SF) & Bursar (SF)

Prof. M. A. JAMAL MOHAMED YASEEN ZUBEIR
Director - Hostel & Registrar of Attendance

Dr. K. N. MOHAMED FAZIL
Director - Hostel Administration

Mr. C.VELUSAMY
Head Master
Syed Murthuza Govt. Hr. Sec. School
Will inaugurate the following Events

The events to be conducted in the school premises.

- Pamphlet issue on Importance of Healthy Food during Examination times.
- Food display on Healthy Eating Habits.
- Essay writing on ill Effects of Junk Foods during Adolescence.
- Poster presentation on Health Problems during Adolescence.
- Cultural Programmes on Eating and Faulty Dietary Habit.
- Power Point Presentation on Role of Food in Improving Memory Power and IQ.
- Demonstration on "Rethink your Drink".



Awareness Was Given Through Exhibits & Drama At Syed Murthuza Govt. Hr. Sec. School



**Awareness Was Given Through Exhibits & Drama At Ayesha
Mat.Hr.Sec.School**



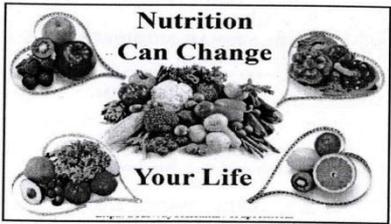
OUR STUDENTS WITH Head Master C.VELUSAMY

MEMBER IN CHARGE	Dr. M. I. Fazal Mohamed PG Department of Nutrition & Dietetics Jamal Mohamed college(autonomous) Trichy-20.
CONVENOR	M. I. Yasmine Assistant Professor PG Department of Nutrition & Dietetics Jamal Mohamed college(autonomous) Trichy-20.
ORGANISING COMMITTEE	Dr. V. Kavitha-Assistant Professor B. Rajalakshmi-Assistant Professor J. Priya-Assistant Professor J. Harine Sargunam-Assistant Professor Dr. A. Sangeetha-Assistant Professor D. Bhuvanewari-Assistant Professor Dr. M. Angel-Assistant Professor
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 Tiruchirappalli – 620020.

PG DEPARTMENT OF NUTRITION AND DIETETICS

Invite you to the program on
**PERSPECTIVE VIEW OF ADOLESCENCE
 HEALTH AND NUTRITION**



Time: 1.30 p.m - 3.30 p.m. **Date:** 24th January 2018

Venue: JMC Ayesha Girls Matriculation Hr. Sec. School

**PG DEPARTMENT OF NUTRITION AND DIETETICS
 JAMAL MOHAMED COLLEGE (Autonomous)**

*Cordially invites you to the Nutritional
 Awareness programme at JMC Ayesha Girls
 Matriculation Hr. Sec. School on 24th January 2018.*

*With the Blessings of College Management Committee
 Members*

Janab. M. J. JAMAL MOHAMED BILAL
 President

Janab Dr. A. K. KHAJA NAZEEMUDEEN, D.Litt. (USA)
 Secretary & Correspondent

Hajee. M. J. JAMAL MOHAMED SAHIB,
 Treasurer

Dr. K. ABDUS SAMAD,
 Assistant Secretary

Hajee. Dr. S.ISMAIL MOHIDEEN
 Principal

Dr. A. MOHAMED IBRAHIM,
 Vice Principal

Dr. M. MOHAMED SIHABUDEEN
 Additional Vice-Principal

Dr. K. N. ABDUL KHADER NIHAL,
 Director (SF) & Bursar (SF)

Prof. M. A. JAMAL MOHAMED YASEEN ZUBEIR,
 Director - Hostel & Registrar of Attendance

Dr. K. N. MOHAMED FAZIL,
 Director – Hostel Administration

Ms. R. Geetha
Principal
 JMC Ayesha Girls Matriculation Hr. Sec. School
 Will inaugurate the following Events

The events to be conducted in the school premises.

- Pamphlet issue on Importance of Healthy Food during Examination times.
- Food display on Healthy Eating Habits.
- Essay writing on ill Effects of Junk Foods during Adolescence.
- Poster presentation on Health Problems during Adolescence.
- Cultural Programmes on Eating and Faulty Dietary Habit.
- Power Point Presentation on Role of Food in Improving Memory Power and IQ.
- Demonstration on "Rethink your Drink".



**M.I.YASMINE (VICE-PRESIDENT)PG Department of Nutrition & Dietetics, JMC.
WITH PRINCIPAL Mrs. GEETHA**

Perspective View of Adolescence Health and Nutrition programme conducted on **23/1/18** and **24/1/18**. Our students were given the awareness on 23/1/18 in **Syed Murthuza Govt. Hr. Sec.School** and 24/1/18 in **Ayesha Mat.Hr.Sec.School**. The awareness was given through Exhibitions, Drama, Food Display, Essay competition, PowerPoint presentation, and issued pamphlet about Adolescence Health and Nutrition. More than 400 students were benefited under this programe.

**SPECIAL LECTURE PROGRAMME ON “KNOW YOUR SELF” BY
DR.A.M. MOHAMED SINDHASHA.
AND VALIDICTION OF THE N&D ASSOCIATION ON 3.3.2018**



**Special Lecture Programme on “Know Yourself” By
DR.A.M. MOHAMED SINDHASHA.**

The Valediction function organized on **3/3/18**. On that day the special lecture was given by **Dr.A.M. MOHAMED SINDHASHA** about “KNOW YOURSELF” and delivers the valedictory addresses.