

## Extension and Co-curricular Activities: “Snapshots”



## Extension Activities - Snapshots

### 2016 - Greens and Herbs Delight

II M. Sc Food and Nutrition students prepared healthy snack recipes with greens and herbs which are generally incorporated less in kid's daily diet.



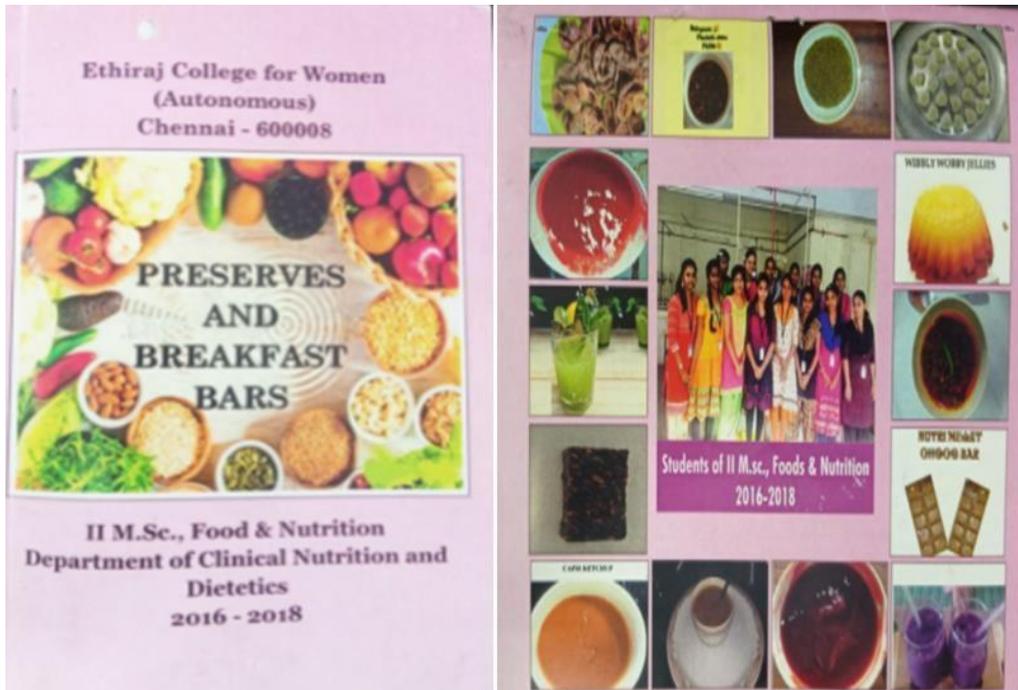
The post graduate students of II M.Sc Food & Nutrition conducted a Nutrition education program for Women aged 30-60 years in SOS Village (East Tambaram) on Feb 19th 2017. A booklet titled "Pungalukana sathana matrum suvaiyana unavu vagaikal" was released and distributed to the beneficiaries. They also assessed the Nutritional status on 28/12/2016 for pregnant women and senior citizens at community level



2017

## Preserves and Breakfast Bars

The usual preserves and breakfast bars available in the market are flooded with additives which causes health hazards. The innovative products developed by the II M.Sc Food and Nutrition students are enriched with nutrients and natural preservatives



The students conducted a nutritional awareness camp on 16<sup>th</sup> February 2018 at Nemilicherry – Ethiraj College Adopted Village on the topic Women’s Health Issues



2018

### Health Fest

Horse gram is a legume which is underutilized. Hence, commercial unavailable instant food products using horse gram were developed based on the motto “Eat right and stay bright”.



2019

### Grandma's Twist

The Trend of the tradition is back with a twist. Traditional recipes were modified to easy and quick to prepare healthy nutritious instant mixes using millets and herbs.



The Madarasapattinam Unavu Thiruvizha (Food Festival) was conducted on Island Grounds. It was a three-day event which was held from 13th- 15th of September 2019. The exhibition featured various stalls and cultural events from different parts of the city to promote the restaurants and the culture of Tamil Nadu. The III B.Sc., II M.Sc. and M.Phil students from the Department of Clinical Nutrition and Dietetics participated in this event, representing the department and college. Samples of healthy and unprocessed foods were shown alongside the models and charts to provide a clear view of the beneficial attributes of traditional food, which have been promising in promoting healthy and endearing culture of South Indian Cuisine.



The students of II M.Sc., Food and Nutrition assessed the nutritional status of 100 girl students aged 13-16years at Government Higher Secondary School, Padiyanallur, Chennai on 08th January 2020. A Nutritional Awareness Programme was conducted to the same children on 10th January 2020. Peanut chikki was distributed to the school children.



The Final year undergraduate students of the Department of Clinical Nutrition and Dietetics visited Rashtriya Madhyamik Shiksha Abhiyan – Thiruvallur District Government High School, Nemilichery and conducted a Nutrition Education Programme for 6th and 7th standard students on 19th February, 2020



2020

## Immune Boosters

“Thy food be medicine, Medicine be food”. To combat the Covid '19 pandemic, innovative immune boosting recipes were developed by the students of II M.Sc Food and nutrition.



The postgraduate students of II MSc Food and Nutrition, created awareness on health issues among adolescent girls through an Online Nutrition Education Programme via Google meet on 26<sup>th</sup> March 2021



2021

### Down Home Elements

The term 'Down Home' means 'Traditional' and 'Elements' means 'Ingredients'. Using the traditional ingredients, nutritional dense innovative products were developed.

