



Queen Mary's College, Chennai

Department of Home Science



Nourish & Flourish

DECEMBER 2024 VOL. 1



STUDENTS INITIATIVE MAGAZINE

BY THE STUDENTS, FOR THE STUDENTS

Compiler

Madhumitha. S (II - PG - FSM&D)

Editor

Dr.A. Ananthalakshmi, Associate Professor in Home Science



Department of Home Science

Nourish & Flourish

DURING THE WINTER SEASON

***"Let food be thy medicine,
and medicine be thy food "***

-Hippocrates

As the winter chill sets in and daylight shortens, it's common for our mood to dip along with the temperature. However, winter offers a unique opportunity to nourish and strengthen the body, especially through seasonal eating, which can help boost immunity, maintain energy and keep you healthy during these colder months.

The Importance of Seasonal Eating

Seasonal eating aligns us with nature's cycles, providing fresh, local produce that's packed with nutrients. In winter, focus on foods that provide warmth, energy and essential vitamins to keep your body strong and resilient.

Foods to Boost Immunity in winter :

1. **Root Vegetables:** Carrots, sweet potatoes, and beets are rich in vitamins and antioxidants and are perfect for boosting immunity.
2. **Leafy Greens:** Kale, spinach, and mustard greens provide beta-carotene and vitamin C, strengthening the immune system.
3. **Citrus Fruits:** Oranges and lemons are packed with vitamin C which is essential for fighting off colds.
4. **Whole Grains and Pulses:** Oats, barley, lentils, and chickpeas provide fiber and protein, keeping you energized.
5. **Dried Fruits and Nuts:** Dates, figs, almonds, and walnuts are nutrient-dense, offering energy and essential vitamins.
6. **Animal Proteins:** Lean meats, dairy & bone broths help maintain body temperature and support immunity.

Spices to give warmth in winter

Spices like turmeric, ginger, cumin, and garlic have anti-inflammatory and immune-boosting properties. Incorporating them into your meals can improve digestion and help maintain warmth.



Recipes to enhance Warmthness

- Homemade Vegetable soup: Packed with winter vegetables and warming spices.
- Roasted Root Vegetables: Sweet potatoes, carrots & beets, roasted for a comforting meal.
- Gajar Ka Halwa: A traditional dessert made with grated carrots & cardamom, offering a sweet, nourishing treat.
- Other delicious Indian foods like pongal, aloo-gobhi, masala chai, vegetable pulao, kicadi.

Tips to Stay Healthy in Winter

- Stay hydrated with warm beverages like herbal teas and broths.
- Incorporate healthy fats like avocado and nuts to maintain energy.
- Stay active with indoor exercises or winter sports.
- Get adequate sleep (7-9 hours) to support your immune system.
- Protect your skin by using moisturizers and oils to keep skin hydrated.

- Review Article by **Joshini. S** (II - PG. FSM&D)

MYTHS AND FACTS ABOUT WINTER

Myth 1 : *You don't need as much water in winter as in summer*

Fact : Hydration is just as important in winter because the dry, cold air can cause dehydration. You may not feel thirsty but your body still loses water through respiration and skin evaporation



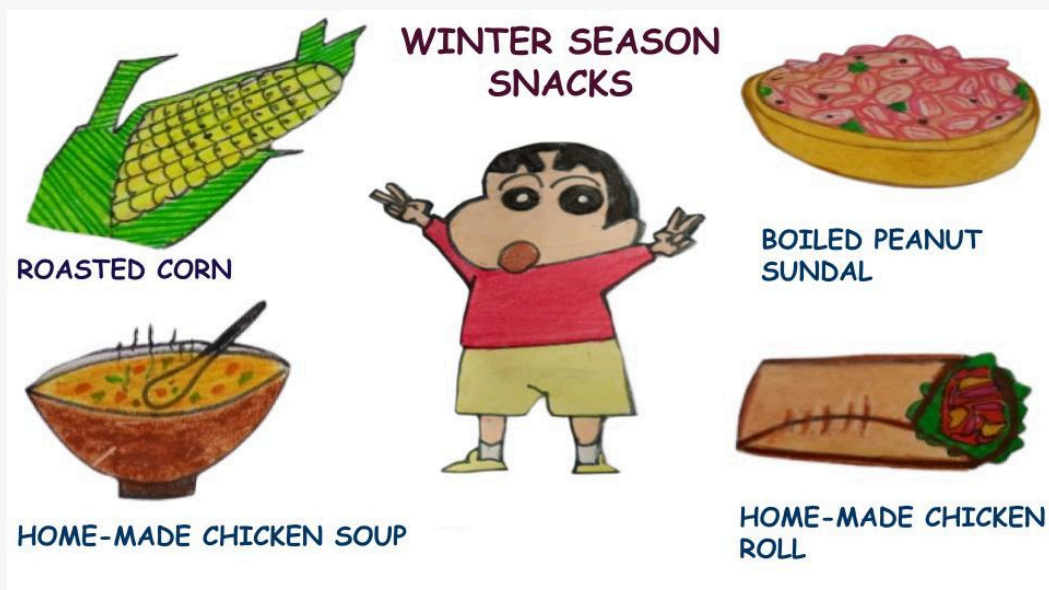
Myth 2 : *Spicy food can prevent winter illness.*

Fact : Spices like ginger, turmeric and black pepper can boost immunity, improve digestion and provide warmth, but they don't prevent illness. They support immune system rather than act as a cure.



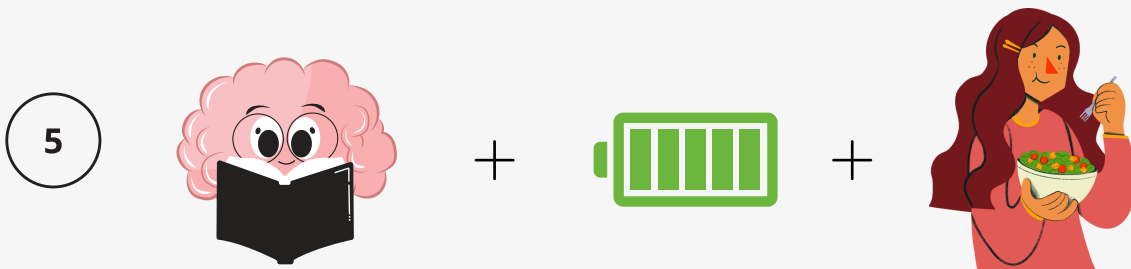
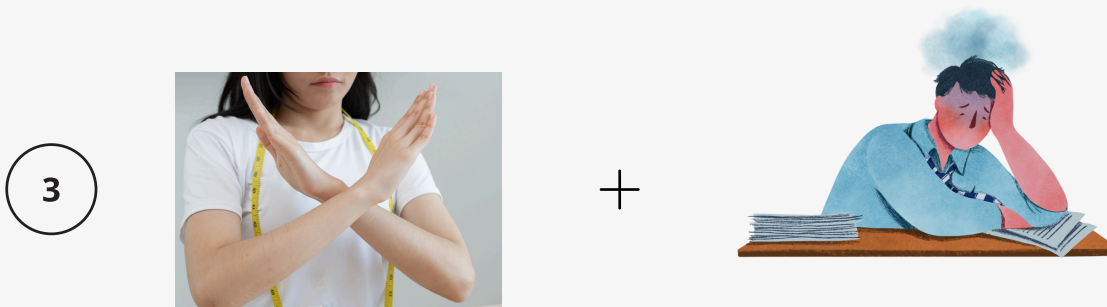
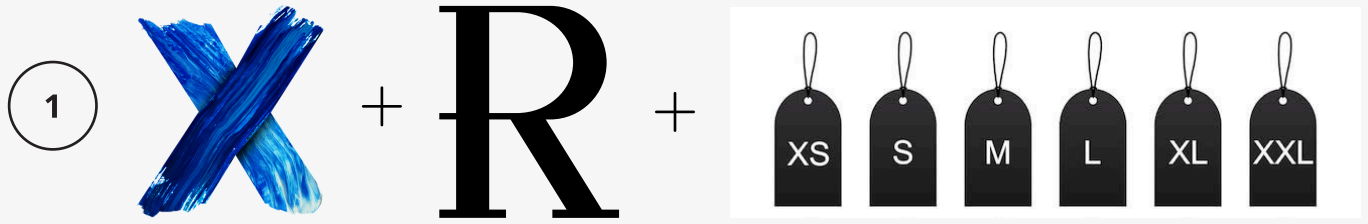
- Review by **Gayathri. G** (II- PG - FSM&D)

CARTOON CORNER



- Cartoon by **Padmapooja. P** (II- PG - F&N)

Concept : Healthy lifestyle



1) exercise 2) good hygiene 3) avoid stress
4) 8 hours sleep 5) mindful eating

- Connection game by
Swathy & Semba devi (II - PG - F&N)

Recipe 1

Thuthuvalai rasam



INGREDIENTS :

- 1 cup of thuthuvalai leaves
- 1 teaspoon of black pepper
- 1 teaspoon of cumin
- 5 garlic cloves
- 2 teaspoons of rasam powder
- 2 tomatoes
- Gooseberry-sized tamarind
- Handful of coriander leaves
- Salt to taste
- Water as required

PROCEDURE:

1. Dry roast the whole spices on a low flame. Blend to make a powder.
2. To a preheated pan, add oil along with shallots, garlic and ginger. Cook until the shallots soften and the mixture becomes aromatic, around 6 minutes on a moderate flame. Add curry leaves and let them splatter. Add the Thuthuvalai leaves and saute them until they wilt. Blend the mixture into a smooth paste along with the previously made powder.
3. Mix the paste with the tamarind water. Add the salt and turmeric powder and mix to combine.
4. In a kadai, add ghee along with hing. Once hot, add cumin seeds and mustard seeds. Let them splatter. Right at the end, add your torn dry red chillies. Once the tempering is aromatic and toasted, pour in your paste and tamarind water mixture. Bring the entire mixture to one boil and immediately turn it off. Serve it with a bowl of hot steamed rice.

BENEFITS:

Digestive Benefits:

- *Relieves indigestion and bloating*
- *Soothes stomach ulcers*
- *Supports gut health*

Immune system Benefits :

- *Boosts immunity*
- *Reduces fever*

Respiratory Benefits :

- *Relieves cold and cough*
- *Soothes sore throat*

Other Benefits :

- *Reduces stress and anxiety*
- *Supports skin health*

Recipe 2

Mudakathan Keerai Panniyaram



INGREDIENTS :

- Mudakathan keerai - 1 handful
- Green chilli - 2
- Cumin seeds - 1 tsp
- Dosa batter - 2 cups
- Oil - 2 tbsp
- Mustard seeds - 1/2 tsp
- Cumin seeds - 1/2 tsp
- Urad dal - 1/4 tsp
- Curry leaves
- Onion - 1, chopped
- Salt - to taste

PROCEDURE:

1. Wash and clean the balloon vines leaves.
2. Add it in a mixee jar, along with it add green chillies and cumin seeds. Add little water and grind to smooth paste.
3. In another bowl, take 2 cups of dosa batter. Add the ground balloon vine leaves paste to the batter. Add salt and mix well.
4. Heat a small saucepan and heat oil. Add mustard seeds, cumin seeds, urad dal, hing and curry leaves.
5. Then add chopped onion and saute till it becomes golden brown.
6. Add this onion to the batter, add some coriander leaves too. Mix well.
7. Grease panniyara pan with oil and pour in the batter. Cover and cook for 6-8 mins.
8. Then flip and cook for another minute and remove. Serve with chutney.

BENEFITS:

Nutritional Benefits :

- Rich in Antioxidants:
- Good Source of Vitamins and Minerals
- High in Fiber

Health benefits :

- Anti-Inflammatory Properties
- Antibacterial and Antiviral Properties
- Supports Eye Health
- May Help Lower Cholesterol
- Supports Bone Health

Recipe 3

Sweet Potato Noolappam



INGREDIENTS :

- Sweet potato- 1kg
- Rice flour - 1/2 kg
- Salt -1 tsp
- Grated coconut - 250g
- Banana leaves
- Oil - 2 tsp

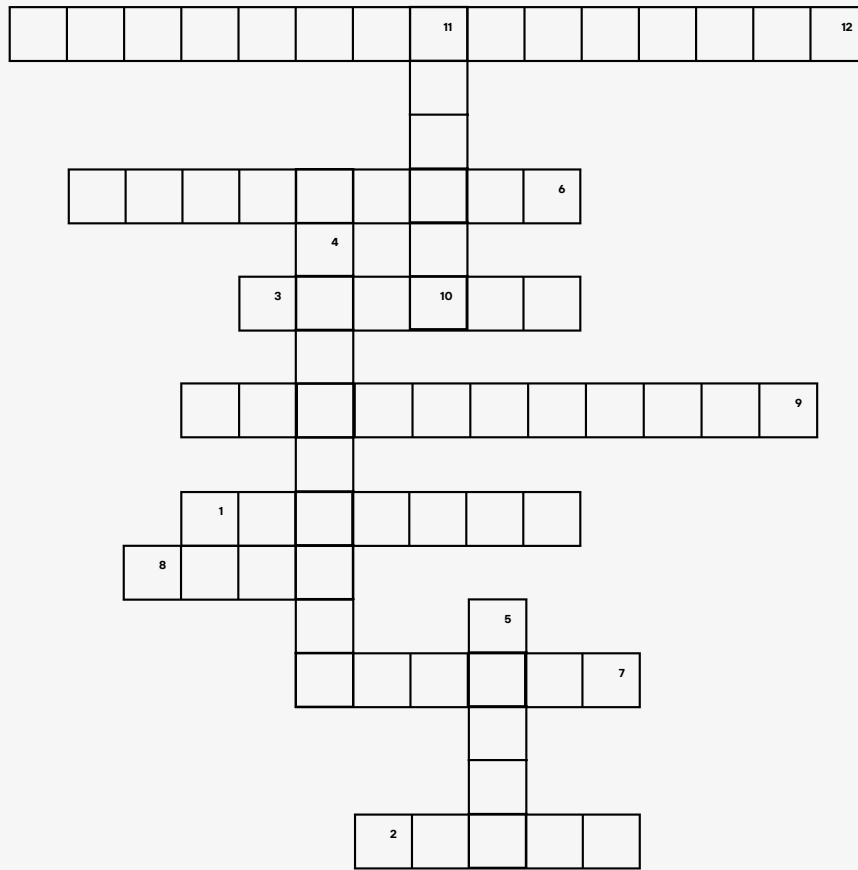
PROCEDURE:

1. Wash and cut sweet potatoes.
2. Keep it in a steamer and steam.
3. Then remove from fire now peel and smash the sweet potato.
4. Then add rice flour in to it and add a pinch of salt then smash it with hand and make a dough.
5. Then take banana leaves and make it in cut square pieces.
6. Then spread oil on them take a idiyappam presser and fill it with the dough.
7. Then close it and spread it in the banana leaves and spread grated coconut above it .
8. Then preheat the steamer open the steamer and put it in the steamer and close it.
9. By that time make coconut milk by smashing grated coconut by hand and drain it.
10. Then open the steamer and remove all the noolappam from the steamer and place it in a plate and pour the coconut milk over it.

BENEFITS:

- *Promote gut health*
- *Support healthy vision*
- *enhance brain function*
- *help prevent constipation*
- *help reduce inflammation*
- *help lower the risk of cancer*

(Title : Anti-Congestive foods)



ACROSS:

I) left to right

1. a spicy powder that makes you sneeze and can help with congestion, sneezing and stuffy nose .
2. this golden , sticky sweetner is often paqired with tea to soothe throats.
3. These golden roots are used in tea to calm your throat as it has anti –inflammatory properties.
8. Warm, liquid dish often made with chicken or vegetables often infused with herbs to ease congestion
9. it is a seed which contains omega 3 fatty acid and magnesium which can reduce sinus swelling .

II) Right To Left

6. Protein-rich legume used in traditional remedies for cold, cough and congestion
7. A citrus fruit that is often squeezed or peeled and rich in vitamin c which can reduce inflammation and boost your immunity.
11. A spice from bark, known for warming and easing congestion
12. A root spice that is bright yellow and used in golden milk as it has anti- inflammatory properties that help open up congested nasal passage.

DOWN

III) Top to bottom

4. A tropical fruit with spiky skin but sweet and yellow inside and helps break down mucus
5. This yellow fruit is known for its potassium and creamy texture which helps soothe a sore throat

IV) Bottom to top

10. A smelly white bulbs that your immune system loves

1. Pepper 2. Honey 3. Ginger 4. Pineapple
5. Banana 6. Horse gram 7. Orange 8. Soup
9. Pumpkinseed 10. Garlic 11. Cinnamon 12. Turmeric

GLIMPSES OF DEPARTMENT ASSOCIATION ACTIVITIES



Quiz Time, Japanese style of flower arrangement



Sincere thanks to Dr.K.Kasthuri, Associate Professor and K.Bhuvaneswari, Guest faculty for organising Association activities every year with innovative ideas for the past 9 years to encourage students participation to reap joy and relieve stress 🌸



Collage display on Sustainable health



Our Principal appreciating the students and staff

PRIZE WINNERS OF THE COMPETITIONS

1. FLOWER ARRANGEMENT



SUDHA .E (III UG - CND)



ARSHIYA FATHIMA M (I PG - FSMD)



DIVYABHARATHI. D (I PG - FSMD)

2 . COLLAGE MAKING



DIVYABHARATHI. D (I PG - FSMD)



JACINTH RACHAL (I PG - FSMD)



ABINAYA SHREE (III- UG - NFSM&D)

LAURELS RECEIVED BY II PG STUDENTS



SUBATHRA. G
II - PG - FSM&D

Won ₹10000 in the
Oratorical competition -
என் உயிரினும்
மேலான, கலைஞர்
பேச்சுப்போட்டி
and honored to speak in a
DMK - Party's meeting as
கழக பேச்சாளர்

Won the **1st Prize** in the Poetry competition
conducted by the Anna Centenary library,
Kotturpuram on the title:
பெண்ணியம் (Feminism)

பெண் சுதந்திரம்

ஆசையாய் வந்தமர்ந்தேன்
அலங்காரம் செய்வார்கள் என்று ஆனால்
அவர்களோ
அகலக் கால் வைக்காதே
அனைத்திலும் கை வைக்காதே
அடக்கமாய் இரு என ஆணையிட்டார்கள்
அண்ணணாய் இருந்தாலும் அருகில்
செல்லாதே
ஆனந்தமாய் இருந்தாலும் சத்தமாய்
சிரிக்காதே
மாதம் ஐந்து நாள் தள்ளியே இரு
மற்றவர்கள் காதுபட சொல்லாமல் இரு
வீட்டில் விளக்கேற்றாதே
வெளியில் தலை காட்டாதே
சாப்பிடும் தட்டு முதல்
சடங்குகள் அனைத்திலும் தள்ளி இரு
என்றார்கள்
கேள்வி கேட்டால் சம்பிரதாயம் என்பார்கள்
இவைகள் சடங்குகள் அல்ல
எங்களுக்கென்று எழுதப்பட்ட சாப
சான்றுகள்...

- SUBATHRA. G
II - PG - FSM&D
1ST PRIZE POEM



MADHUMITHA. S
II - PG - FSM&D

Got **Special Mention Prize**
in the Poetry competition
conducted by the Anna
Centenary library,
Kotturpuram on the title:
பெண்ணியம்
(Feminism)

பெண்பிறப்பு வரம் தானா?

மாதராய் பிறந்திட மாதவம் செய்திட வேண்டும்
என்றார்கள் ,
சிரிப்பதற்கும் வரைமுறைகள் வைத்தார்கள் !
இயற்கையையும் மண்ணையும்
பெண்ணாக்கினார்கள்
இயற்கையோடு இணைந்து வர்ணித்தார்கள்,
பெண்ணை நிறம்பார்த்து விலைபேசுகிறார்கள் !
தெய்வம் என்பார்கள், தேவதை என்பார்கள்,
பெண்கள் அணியும் ஆடைவைத்து
அவள் ஒழுக்கத்தை கேள்விகேட்பார்கள்!
தாய்மை வரம் என்பார்கள்,
தாயாக முடியாதவளை ஒதுக்கிடுவார்கள்!
பெண் மென்மையானவள் என்பார்கள் ,
மாதத்தின் வலியில் இருக்கும்போது
தீண்ட தகாதவள் ஆகிவிடுகிறாள் !
உயரம் கொஞ்சம் இருந்திருக்கலாம்,
இடை கொஞ்சம் சிறுத்திருக்கலாம்,
அவள் உடலுக்கு அவர்கள் அளவு வரம்பு
வகுத்தார்கள் !
உயிருக்கு உயிரான நண்பர்கள், விழிப்பில் கண்ட
கனவுகள்,
எல்லாம் திருமணம் வரைதான்.
அவள் திருமண முடிவுகளும் அவள் கைவசம்
இல்லை
திருமணத்திற்கு பின் அவள் வாழ்க்கையும் அவள்
கையில் இல்லை !
பெண்கள் வரம் பெற்றவர்கள் ஆயின்
சமவுரிமை பெற்றிட ஏன் இத்தனை போரட்டம்?
பெண்பிறப்பு வரம் தானா !?

- MADHUMITHA . S
II - PG - FSM&D
SPECIAL MENTIONS MEDAL POEM



KANIKA SRI. R. S , II - PG - FSM&D

Won the **1st Prize** in the State Level **CM - trophy** Cricket
Tournament and received a cash price of ₹ 75000.

Won the **3rd Prize** in the A - zone Cricket Tournament
conducted by the University of Madras

LAURELS RECEIVED BY II PG STUDENTS



JAYALAKSHMI.G
II - PG - F&N

Won the **2nd Prize** in the Interdepartment Maths Olympiad, conducted in Queen Mary's College



AYSHA.S
II - PG - F&N

Won the **2nd Prize** in the online Slogan writing competition conducted by Women's Christian College, commemorating "WORLD BREASTFEEDING WEEK "

CREATIVITY IS THE MOTHER OF INVENTION

Logo Design ideas for the Department of Home Science by PG students



JACINTH RACHAL.S
I - PG - FSMD



DIVYABHARATHI.D
I - PG - FSMD



SAFNI JEBA.J
I - PG - FSMD



ARSHIYA FATHIMA.M
I - PG - FSMD



KEERTHIKA.B
I - PG - FSMD