

**QUEEN MARY'S COLLEGE (AUTONOMOUS)**  
**DEPARTMENT OF HOME SCIENCE**  
**HOME SCIENCE ASSOCIATION INAUGURATION 2022-2023**  
**(25/01/2023)**







The Department of Home Science organized two lectures as part of Association Activity on 25.1.2023. The programme began with a prayer song, followed by a warm welcome address by Dr. C. Kalaivani Ashok, Head of the Department. The Principal Dr. B. Uma Maheswari, addressed the student gathering and appreciated the efforts of the Home Science Department in organizing meaningful lectures that could benefit the students both in their academic progress and personal development.

The first Lecture by Mr. P. Krishnamurthy, President IDA, Chennai Chapter, and Senior Consultant Dietician, Venkateswara Hospitals dealt with Nutritional Management of the Critically Ill patients. Mr. Krishnamurthy detailed the roles and responsibilities of a dietician right from the time a patient is admitted into the hospital, till the time he gets discharged. The methods of assessment, the routes of nutritional support, the quantity and quality of the

nutrients to be provided were discussed by him at great length. He also presented to students the various avenues such as Critical Care Nutritionist, Clinical Dietician, Sports Nutritionist, Fitness Nutritionist etc., which were available to aspring students as future prospects.

The next Lecture on upholding values in life was a mesmerizing session by Mr. Sridhar Ranganathan, CEO and Co-founder Helyxon Healthcare Solutions. The talk titled Varisu-Thunivu names of recent blockbusters, caught the attention of all instantaneously. The speaker humorously inspired the students to reflect on their position in life while motivating them to aim for the highest. The trajectory to success and happiness was skillfully drafted through key phrases – **V**alue your strengths, **R**ight association of people, **S**urpass and excel (VARISU); **T**hankfulness, **U**nimaginable faith and **V**ulnerables need support (THUNIVU). He explained these phrases very interestingly and made the students repeat the phrases time and again to drive home the point he presented. Students were charged and participated with great enthusiasm. The first two letters of the value phrases coined to make the words Varisu and Thunivu which ensured that both the speaker and the values taught remained unforgettable on the young, pliable minds.

The Programme concluded with the vote of thanks by Dr. S. Prema Asst Professor in Home Science followed by the National Anthem.