

QUEEN MARY'S COLLEGE (AUTONOMOUS)
DEPARTMENT OF HOME SCIENCE
REPORT ON NATIONAL WEBINAR ON FOOD PRODUCT DEVELOPMENT
(09/06/2020)

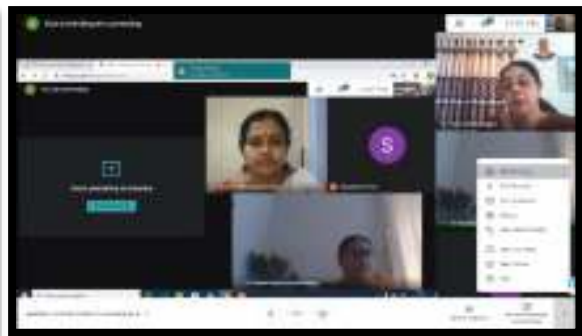
A National Webinar on Food Product Development was organized by the Postgraduate Department of Home Science, on 9th June 2020. The webinar was aimed at providing deeper knowledge in utilizing food product development as a research theme and offering greater exposure to students with regard to entrepreneurial prospects in food product development.

Within two hours after the release of the invite for the webinar the maximum limit of 299 candidates had registered. Repeated enquiries from interested candidates compelled us to open the webinar to a wider audience utilizing you tube live streaming option.

The webinar included two speakers. In the first session Dr. Haripriya, Associate Professor, Dept of Food Science and Technology, Pondicherry University, gave an indepth lecture on Food Product Development as a Research Theme, citing the innovative food products developed by the research team at the Pondicherry University. She elaborated on the criterion for choosing innovation with respect to raw material, processes and technical procedures involved. Audience found the session to be informative and revealing.

The second session was on Developing and Packaging of Ready to eat food products using natural preservatives, by Mrs. Kala Amirthalingam, Managing Director, KA Global Pvt Ltd, Colombo. Mrs. Amrithalingam, gave a methodical explanation of the various packaging procedures adopted commercially to preserve food naturally, devoid of added preservatives. The presentation was supported by suitable picturesque power points. Participants indicated that the session was both useful and informative.

The total number of viewers in the you tube channel within 24 hours was 968, with 263 feedback forms filled out and equivalent number of e certificates issued. The overall feedback of the webinar indicated that a majority of the participants found the webinar to be useful and informative.



NATIONAL WEBINAR ON FOOD PRODUCT DEVELOPMENT

QUEEN MARY'S COLLEGE (AUTONOMOUS)
DEPARTMENT OF HOME SCIENCE
INTERNATIONAL WEBINAR ON ROLE OF NUTRIENTS IN IMMUNE HEALTH-
SPECIAL FOCUS ON COVID 19

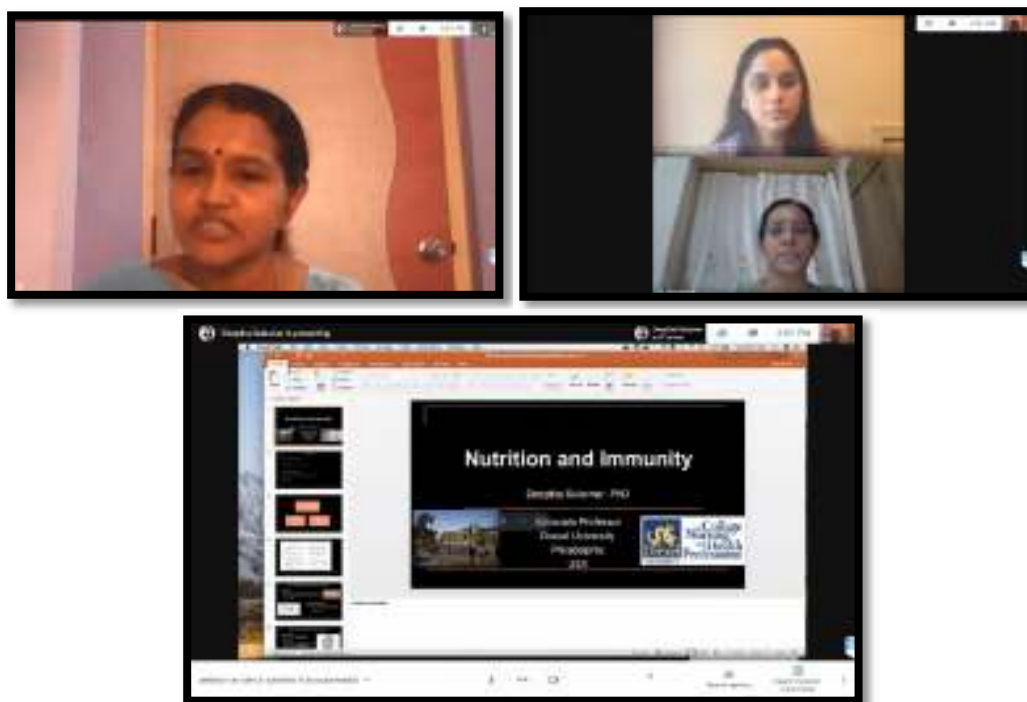
REPORT

(15/06/2020)

An International Webinar on Role of Nutrients in Immune Health- Special focus on Covid 19 was organized by the Postgraduate Department of Home Science, on 15th June 2020 at 3pm IST. The speaker was Dr. Deeptha Sukumar, Associate Professor, Drexel University, Philadelphia, USA.

Dr. Deeptha, very systematically built her lecture beginning with the fundamentals of human defense mechanism, then described the relationship between nutrients and the immune system that culminated on the current status of Covid 19, with researched evidence and take home messages for the viewers. Following the brilliant lecture, Deeptha answered a volley of questions from the viewers with scientific clarity and precision. Participants unanimously agreed that the webinar was excellent.

Within 19 hours of the live streaming, the webinar had 891 viewers and all 300 feedback forms received expressed that the webinar was informative, useful and excellent.



INTERNATIONAL WEBINAR ON ROLE OF NUTRIENTS IN IMMUNE HEALTH-
SPECIAL FOCUS ON COVID 19

QUEEN MARY'S COLLEGE (AUTONOMOUS)
DEPARTMENT OF HOME SCIENCE
REPORT CAREER COUNSELING BY ALUMINI
(18/06/2020)

A video on Career Counseling by Alumini was presented to all students of the Home Science Department via Google classroom on 18.6.2020. Four well placed, recently passed out students of the Department of HomeScience, Queen Mary's College, discussed their career and prospects available to future home scientists, with an aim to inspire and provide a sense of direction to aspiring students of the Department. This included a Dietitian, a freelance Nutrition Consultant, an Assistant Professor and a Research Scientist. Each one detailed the eligibility criteria, the means to fulfill it, nature of the current position held, their future plans and motivational messages to the students. The response from all students who watched the video was very positive, all students found the video to be inspiring and useful. Uploading in the classroom, also facilitated watching the video at a time convenient to each one and with repetition if desired.



CAREER COUNSELING BY ALUMINI

QUEEN MARY'S COLLEGE (AUTONOMOUS)
DEPARTMENT OF HOME SCIENCE
REPORT ON NUTRITION MONTH CELEBRATIONS
(11/09/2020)

To commemorate Nutrition Month Celebrations a Webinar was jointly organized by the Department of Home Science, Queen Mary's College, Chennai and Global Society of Health, Safety Professionals (GSHP) on the 11th of September 2020. The Welcome address was delivered by Dr. C. Kalaivani Ashok, Head, Department of Home Science, Queen Mary's College. She welcomed the gathering and stated the purpose of the webinar as being two fold, one to address the theme of the National Nutrition Month : Focus on Nutrition in the first 1000 days of life and second to seal an MOU between the Department of Home Science and GSHP with an intent to benefit students in the Department. The Presidential address was presented by Dr. Varalakshmi Anandkumar Principal (In charge) Queen Mary's College, Chennai. She outlined the initiatives taken by the Government of India namely the Rashtriya Poshan ma which concentrated on the nutrition of pregnant mothers and infants as the foundation to ward off malnutrition in later life. She also lauded the efforts of the Department of Home Science in attempting to give wider exposure to students and affording them a link to industry, which was the need of the hour in higher education. The Key note address was given by Dr. Jitu Patel, Chairman, GSHP, who deliberated on the role of nutrition in health and in particular the promising role of micronutrients in the prevention and treatment of several cancers. The first technical session was on the findings from research conducted on Nutritional Supplementation to pregnant mothers and infants, by Dr. Jothy Lakshmi, Sr. Scientist , CFTRI, Mysore. She elaborated on the efficacy of formulations made by her research team, which included rice milk, energy mix, mango bar fortified with Calcium and Zinc, spirulinachikki, sesame based bar and micronutrient sprinkles, which were found to be highly effective in improving the iron and general nutritional status of pre- school children and pregnant mothers. In the next session, Prof Dr. Sandeep Kumar gave deep insights on emerging micro pollutants in water and its nexus with food and health. While micropollutant contamination of waste water and thereby soil and food grown on it revealed an impending danger, great relief and reassurance was experienced when his indigenously constructed waste water treatment plant using ozonization was introduced as an optimal solution. Next the office bearers of GSHP highlighted the objectives of GSHP. Mr Ashok Galrapati Vice Chairman, gave a crisp presentation on the vision and mission of GSHP, while Dr. Kamal Soi, President of GSHP detailed the benefits of membership in GSHP. The benefits in student membership ranged from connect to industry, scholarship and

exposure to world class education and technology for deserving candidates. A waiver in membership fee was also accorded to Queen Mary's Students. Finally, the MOU between the Department of Home Science and GSHP, duly signed by authorities from both sides were displayed to the audience. The webinar ended with the vote of thanks by Dr. Regi Fernando, Associate Professor, Dept of Home Science. The Master of Ceremonies who flawlessly steered the event was Mrs. Keerthi D' Souza, Executive Chairperson, GSHP.

QUEEN MARY'S COLLEGE (AUTONOMOUS),
DEPARTMENT OF HOME SCIENCE
EXTENSION ACTIVITY REPORT
PUBLIC HEALTH NUTRITION

17/03/2021

As a part of the subject *Public Health Nutrition*, Dr. K. Kasthuri M.Sc., M. Phil., Ph.D., Associate Professor planned and organized extension activity, Nutrition Education Programme - "BONE HEALTH & PREVENTION OF OSTEOPOROSIS, IMMUNE BOOSTERS AND PREVENTION OF COVID-19" on 17.03.2021, along with the students of 2nd M.Sc. Home Science - Foods and Nutrition and Food Service Management & Dietetics.

The programme was presided by Dr. B.Uma Maheshwari M.Sc., M. Phil., Ph.D., Principal, Queen Mary's College, Chennai, and Dr. Mrs C.Kalaivani Ashok, M.Sc., M. Phil., Ph.D., Associate Professor and Head of Department of Home Science, Queen Mary's College, Chennai welcomed the principal, Dr.A.Ananthalakshmi M.Sc.,M.Phil.,Ph.D., Controller of Examination, non-teaching staffs and students. Dr. K. Kasthuri M.Sc., M. Phil., Ph.D., Associate Professor (subject faculty), gave a brief description and emphasized on the importance of bone health and wellbeing of Women & focused on immune boosting nutrition to combat COVID-19 infection.

The Nutrition Education Programme was for the non-teaching staffs & menial staffs of Queen Mary's College. The programme accentuated on the Importance of bone health to prevent osteoporosis among women and consumption of homemade recipies rich in iron, protein and calcium to enhance the health of women.

The nutrition education was through skit and power point presentations, knowledge among the women was assessed before and after the programme.

Dr .B.Uma Maheshwari M.Sc., M. Phil., Ph.D., Principal, Queen Mary's College, Chennai, appreciated for the implementation and cherished the persevering act of students for the nutrition education programme. The students acquired insight in planning, execution and comprehend practical approach to contrive nutrition education programme.

Students gained knowledge to plan and implement Nutrition reach programme and helped them to develop team spirit and work as a group. Refreshments were provided for the participants. Expenditure was met by the Subject Staff Dr. K. Kasthuri.

No of Staff participated: 4

No of Students participated: 34



**NUTRITION EDUCATION PROGRAMME ON BONE HEALTH & PREVENTION OF
OSTEOPOROSIS, IMMUNE BOOSTERS AND PREVENTION OF COVID-19**