

**QUEEN MARYS COLLEGE (AUTONOMOUS), CHENNAI-4**

**DEPARTMENT OF HOME SCIENCE**

**2024-2025**

**INDUCTION PROGRAMME REPORT**

**08/07/2024**

The Department of Home Science organized a three-day Induction Programme from 8<sup>th</sup> to 10<sup>th</sup> July 2024, for the newly admitted first-year undergraduate students.

Dr. C. Kalaivani Ashok, Head of the Department of Home Science, warmly welcomed the students and provided an overview of the college's rules and regulations, emphasizing the diverse learning and development opportunities available on campus. She introduced the faculty members, and each of them, addressed the students, highlighting the values and traditions upheld at Queen Mary's College.

The first session of the induction programme, titled "Mental Health and the Challenges of Transition from School to College," was conducted by Ms. Abirami, UGC-SRF, PhD Research Scholar, Department of Psychology, University of Madras. Ms. Abirami showcased her expertise in Positive Psychology and Adolescent Psychology through an engaging interactive session. She involved all the students in brief, interesting activities, including an outdoor activity, which the students thoroughly enjoyed. These activities underscored the importance of positive psychology and good mental health.

Overall, the programme was highly beneficial and enlightening for the new students. Mrs. Nisha Solomon, Associate Professor, Department of Home Science, delivered the vote of thanks for the session. Student feedback was collected through a Google form link to form (<https://forms.gle/zsL2pwzXLoHDeat57>).

Number of Participants: 42

Number of faculty Attended: 11





**QUEEN MARYS COLLEGE (AUTONOMOUS)**

**DEPARTMENT OF HOME SCIENCE**

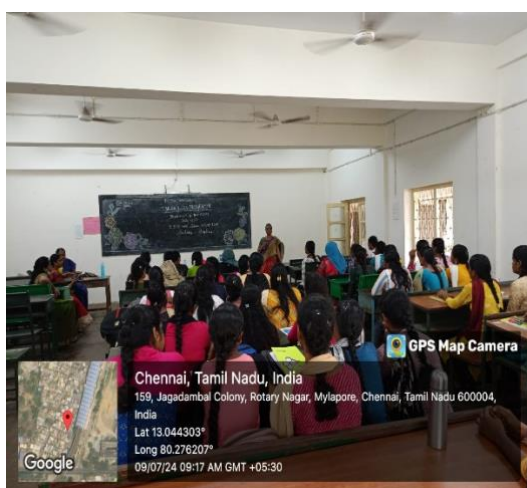
**INDUCTION PROGRAMME – DAY II**

**09/07/2024**

The induction programme for first-year students was conducted from 08/07/24 to 10/07/24 with the aim of familiarizing new students with our institution, its culture, resources, and academic expectations. The Second day schedule was tailored to provide information about college life and their personnel health.

The first session for Day II was delivered by Dr.K.Kasthuri, Associate Professor, Dept of Home Science, who provided a comprehensive perspective of life at Queen Mary's College for first-year students. Her engaging presentation focused on highlighting the differences between school and college, offering insights into the rich history and merits of our institution. She provided a brief but impactful overview of the college's history, emphasizing its achievements and the opportunities it offers to students. underscored the importance of academic excellence and shared strategies for effective studying, including note-taking techniques and utilizing campus resources optimally. By showcasing examples of successful alumni from the department who have made significant contributions globally, she motivated students to aim high and pursue excellence in their chosen fields. Addressing the importance of integrity, Dr.K.Kasthuri cautioned students against academic malpractice, stressing the principle that "zero is better than copy." This ethical stance aimed to instill a culture of honesty and integrity among students. Recognizing the challenges faced by students who travel long distances, she provided practical tips on effective time management, ensuring that students balance their academic commitments with personal and commuting responsibilities. Dr.K.Kasthuri orientation session would have undoubtedly left a lasting impression on the first-year students, equipping them with essential knowledge and skills to navigate college life successfully.





## Induction programme Day II

### Session on “College Education- A Transforming Journey to Future achievement” presented by Dr.K.Kasthuri

The second session was conducted by our college physician Dr.P.Shobana Rani, Gynaecologist, on Menstruation and Menstrual Hygiene. Students were briefed about the biological basis of menstruation, its role in women's health, and the significance of practicing good menstrual hygiene. She highlighted the risks associated with poor hygiene during menstruation and discussed effective methods for maintaining cleanliness and comfort. The session was highly interactive, with students actively participating in discussions and asking questions. This engagement helped clarify doubts and deepen understanding on the topic. She also discussed the potential health risks and complications that can arise from improper

menstrual hygiene practices. Students gained valuable insights on menstrual health and pregnancy.



## Induction programme Day II

Session on Menstruation and Menstrual Hygiene by Dr. P. Shobana Rani

Overall, the induction programme was well-received by the students and they instantly expressed their appreciation for the knowledge gained through the induction programme.

No ; of student participants -42

No: of faculty :6

## **QUEEN MARYS COLLEGE (AUTONOMOUS)**

### **DEPARTMENT OF HOME SCIENCE**

### **INDUCTION PROGRAMME – DAY III**

**10/07/2024**

The third day of the Induction Programme, held on July 10, 2024, featured a special session on career guidance led by Miss S. Meena, an alumna of our department and a Project Fellow at the MS Swaminathan Research Foundation.

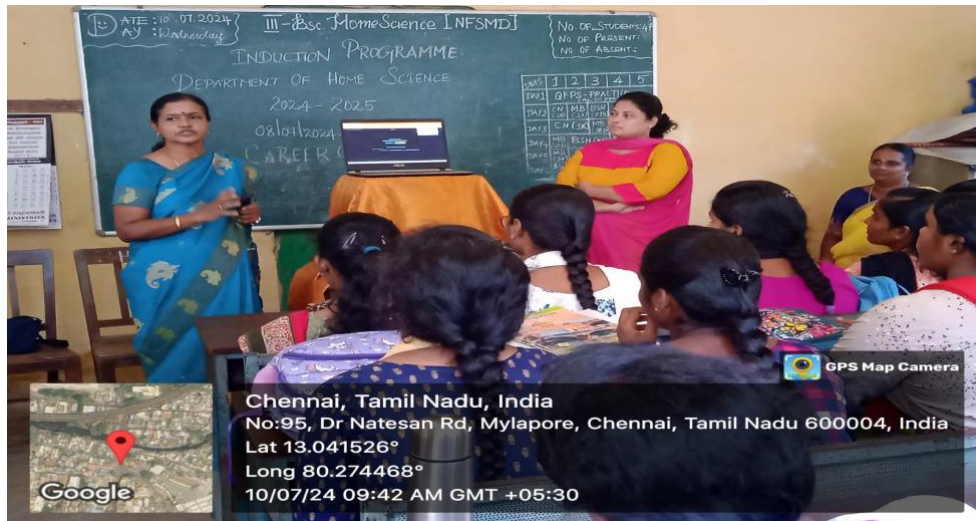
Miss Meena presented a broad range of career options available to students graduating from the Department of Home Science, including roles such as clinical nutritionist, public health nutritionist, sports nutritionist, and careers in the food industry (e.g., food product development, quality assurance). She also discussed research opportunities and nutritional counseling. She emphasized the value of specializing in specific areas like sports nutrition, pediatric nutrition, gerontological nutrition, clinical nutrition, or public health nutrition, noting that specialization can help students stand out in the job market and focus on their areas of passion.

Miss Meena highlighted the importance of building relationships with professionals in the field through conferences, seminars, professional organizations (e.g., Academy of Nutrition and Dietetics), and online platforms like LinkedIn. She suggested that networking could open doors to job opportunities and mentorship. Additionally, she stressed the importance of developing strong communication skills, crucial for employment as a dietitian or nutritionist.

She also touched upon careers in food safety, food policy analysis, food blogging, food entrepreneurship, sports nutrition, and research, among several other cross-cutting roles. Overall, the students gained a comprehensive view of the opportunities available to them



upon graduating in the field of Home Science, particularly at Queen Mary's College, Chennai.



### Induction programme Day III

Session on career guidance by Miss. S. Meena, Research Fellow, MSRF



Students were given access to a feedback link: <https://forms.gle/r9SsFcU1pkUfyjSNA> and their evaluations of the induction program were computed.

No of participants: 41

No of faculty : 3