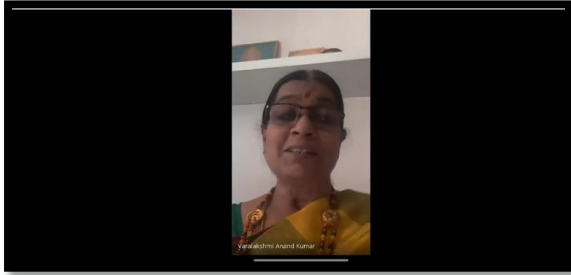


QUEEN MARY'S COLLEGE (AUTONOMOUS)
DEPARTMENT OF HOME SCIENCE
DEPARTMENT ACTIVITIES
2021-2022

BREAST FEEDING WEEK CELEBRATIONS 2021-2022- The Department of Home Science, celebrated the world breast feeding day on 04/08/2021 through a webinar on Breast feeding Awareness. The programme began with the Tamizhthai vazhthu followed by a Welcome address by Dr. C. Kalaivani Ashok, HOD, Dept of Home Science, wherein she stress the need for breastfeeding to be a natural behavior without a choice or need for promotion as it is the birthright of every infant. Dr. Varalakshmi Anandkumar Principal – in charge, Queen Mary's College, highlighted the nutritive value and the inherent advantages of breast feeding.

The guest speaker Dr.Jyoti Shinde, Lactation Consultant, spoke on Overcoming Barriers to Breast feeding. The students presented a series of items on breast feeding awareness. These included a power point presentation, an animated cartoon film, skit and video presentation of recipes for lactation which won the appreciation of the guest speaker and the audience alike.



PRESIDENTIAL ADDRESS BY DR.VARALAKSHMI ANANDKUMAR
PRINCIPAL IN CHARGE, QMC



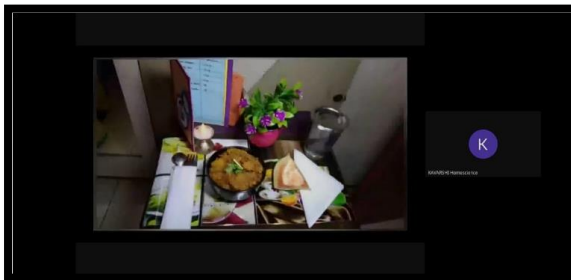
DR.JYOTI SHINDE,
LACTATION CONSULTANT



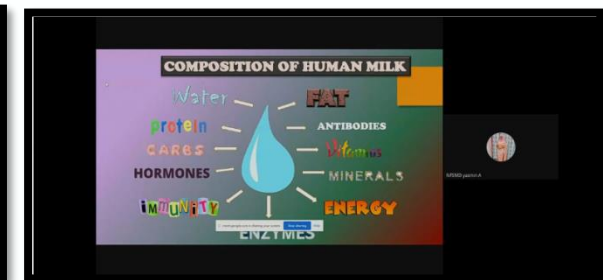
PRESENTATION - OVERCOMING BARRIERS TO BREAST FEEDING



ANIMATED CARTOON VIDEO ON BREAST FEEDING AWARENESS
BY STUDENTS

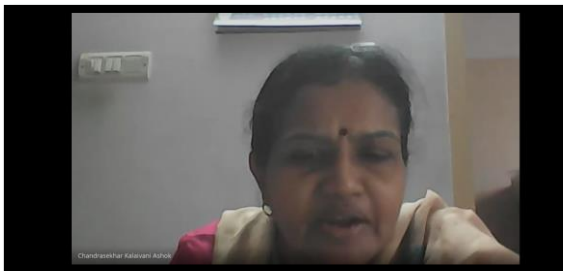


VIDEO PRESENTATION OF RECIPES FOR LACTATION BY STUDENTS



SLIDE SHOW ON ADVANTAGES OF BREAST FEEDING BY STUDENTS

WORLD BREAST FEEDING AWARENESS PROGRAMME FOR PREGNANT AND LACTATING ICDS BENEFICIARIES- World breastfeeding week is celebrated in the first week of August every year across the globe and in the Department of Home science, Queen Mary's College. Despite the constraints imposed by the pandemic situation an awareness programme on Breast Feeding was conducted for pregnant and lactating mothers through a virtual meet on 06.08.2021. The programme was organised by ICDS Mylapore block and the Department of Home Science, Queen Mary's College. Final year students of both B.Sc. Nutrition, Food Service Management and Dietetics and B.Sc. Clinical Nutrition and Dietetics provided an array of entertainment cum educative programmes to the 105 pregnant and lactating mothers who were ICDS beneficiaries.



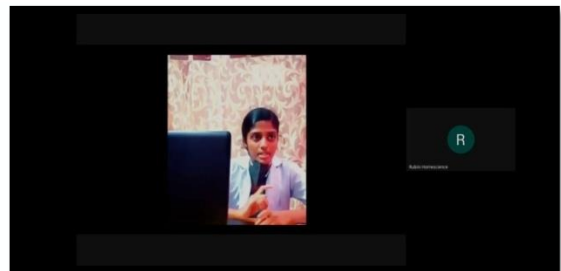
**WELCOME ADDRESS BY C. KALAIVANI ASHOK,
HEAD OF THE DEPARTMENT ,
DEPARTMENT OF HOME SCIENCE QMC**



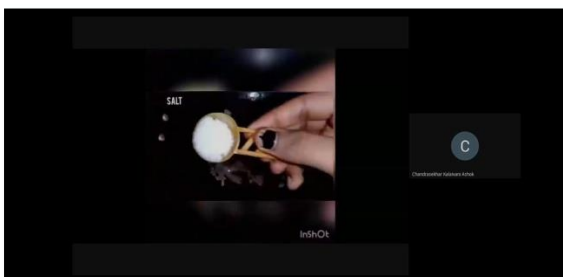
ANIMATED CARTOON VIDEO ON BREAST FEEDING AWARENESS BY STUDENTS



**COMPARING BY MRS. S. RUBINI
GUEST LECTURER, DEPARTMENT OF HOME SCIENCE, QMC**



BREAST FEEDING AWARENESS SKIT BY STUDENTS



VIDEO PRESENTATION OF RECIPES FOR LACTATION BY STUDENTS



VIDEO PRESENTATION OF RECIPES FOR LACTATION BY STUDENTS

NUTRITION MONTH CELEBRATIONS 2021 - NATIONAL WEBINAR ON SUSTAINABLE FOOD SYSTEMS FOR NUTRITION AND HEALTH - The Post graduate Department of Home Science and Nutrition Society of India (NSI) Chennai Chapter jointly organized a National Webinar on **Sustainable Food Systems for Nutrition and Health** in connection with Nutrition Month Celebrations on 23rd September 2021 at 11.30 a.m.

The webinar was relayed on Google platform with live streaming of the event through the NSI You tube Channel. Dr. C. Kalaivani Ashok, Head of the Home Science Department, Queen Mary's College, welcomed the gathering. Dr. B. Uma Maheswari, Principal, QMC, delivered the Presidential address, wherein she stressed the need for protecting and promoting breast feeding. In the first technical session, Dr. Sidharth Waghalkur, Deputy Head of Nutrition and School Feeding programme in UN World Food Programme, spoke on Decentralized Models for Take Home Rations under the ICDS scheme. In the next session, Dr. Hariharan, Senior Scientist, M.S. Swaminathan Research Foundation, highlighted the need for the use of Nutrigardens, which ensured availability and accessibility of micronutrients to the community and was considered to be an effective way of implementing availability of sustainable food systems.

In the final session, Dr. MallikaBadrinath, culinary expert, in her narrative on Millet Recipes- listed a volley of recipes and methods for preparing nutritious recipes using a variety of millets.



**WELCOME ADDRESS BY C. KALAIVANI ASHOK,
HEAD OF THE DEPARTMENT ,
DEPARTMENT OF HOME SCIENCE QMC**



**PRESIDENTIAL ADDRESS BY DR. B. UMAMAHESWARI
PRINCIPAL QMC**



**COMPARING BY DR. K. KASTHURI,
ASSOCIATE PROFESSOR,
DEPARTMENT OF HOME SCIENCE, QMC**



**DR. SIDHARTH WAGHALKUR |
DEPUTY HEAD OF NUTRITION AND SCHOOL FEEDING PROGRAMME
IN UN WORLD FOOD PROGRAMME**



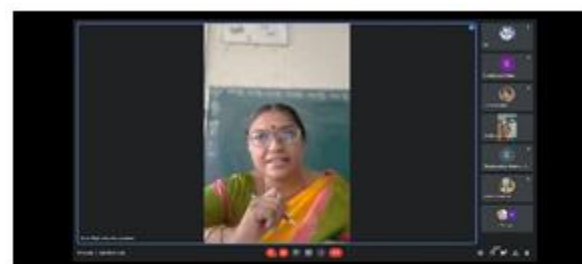
PRESENTATION BY DR. SIDHARTH WAGHALKUR



**DR. HARIHARAN,
SENIOR SCIENTIST, M.S. SWAMINATHAN RESEARCH FOUNDATION**



**DR. MALLIKABADRINATH,
CULINARY EXPERT**



**DR. S. VIJAYAPRIYA
ASSISTANT PROFESSOR
DEPARTMENT OF HOME SCIENCE, QMC**



DR. S. PREMA
ASSISTANT PROFESSOR
DEPARTMENT OF HOME SCIENCE, QMC

WORLD FOOD DAY CELEBRATION- PUBLIC AWARENESS ON THE SIGNIFICANCE OF FOOD SCIENCE, PROFESSIONAL AGRICULTURISTS AND FOODPRENEURS - World Food Day is celebrated annually on 16th October to raise public awareness on the problem of hunger, malnutrition and poverty, as well as focus attention on agriculture and food production. In connection with world food day, Millet leaf a Startup food based company hosted a major event to raise public awareness on the significance of food science, professional agriculturists and foodpreneurs. Millet Leaf had organized several competitions to commemorate World Food Day, which were open to students, homemakers and public.



Srivarshini. C.M from II PG (FN) receiving first prize trophy for Doodle it yourself competition ORGANISED BY MILLET LEAF with the theme "Nutrient Rich Food" from Dr.A.AnanthaLakshmi , COE, QMC, CHENNAI



Muthamizselvi.S from II UG (ND) receiving first prize trophy for Yum yum Mum mum foods competition ORGANISED BY MILLET LEAF with the theme "Nutrient Rich Food" from Dr.A.Anantha Lakshmi , COE, QMC, CHENNAI



S.Vijayalakshmi I UG (ND) receiving first prize trophy for Passionate Speaker competition ORGANISED BY MILLET LEAF with the different themes relates to "Nutrient Rich Food" from Dr.A.Anantha Lakshmi , COE, QMC, CHENNAI



Head of the department and staff members receiving overall trophy prize for the competitions organized by Millet Leaf

HOME SCIENCE ASSOCIATION ACTIVITIES 2021– 2022- The Department of Home science organized and conducted the Home Science Activities for the year 2021-2022 on 28/12/2021. The Department planned various competitions - Flower Arrangement and Rangoli competition where students actively participated.

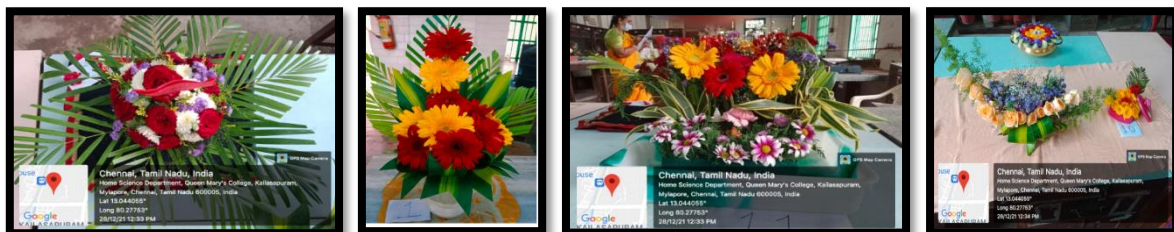


INTERNAL AND EXTERNAL JUDGES JUDGING RANGOLIES

RANGOLI BY STUDENTS



INTERNAL AND EXTERNAL JUDGES JUDGING FLOWER ARRANGEMENTS



BEAUTIFUL FLOWER ARRANGEMENT DONE BY STUDENTS

STRESS MANAGEMENT WORKSHOP - A stress management workshop was organised by the post-graduate Department of Home Science on December 30, 2021 for administrative and other non - teaching staff of Queen Mary's College. In the first session of the programme, students enacted skits, role plays and mimes to drive home the point that adopting the right attitude while discharging one's duties, making the right choices with respect to life style- particularly food and rest were key factors in eliminating stress and leading robust life. Enamoured by the students display, Mrs. Vasanthibabu (Counsellor) and Ha Ho Siripananda (S. Sampath) conducted sessions on Stress Management.



STRESS MANAGEMENT WORKSHOP



**PRESIDENTIAL ADDRESS BY DR. B. UMAMAHESWARI
PRINCIPAL QMC**



**COMPARING BY DR. S. VIJAYAPRIYA
ASSOCIATE PROFESSOR, QMC**



**MRS. VASANTHIBABU
COUNSELLOR**



HA HO SIRIPANANDA (S. SAMPATH)



LAUGHTER EXERCISES



VIDEO CLIPS OF GAMES



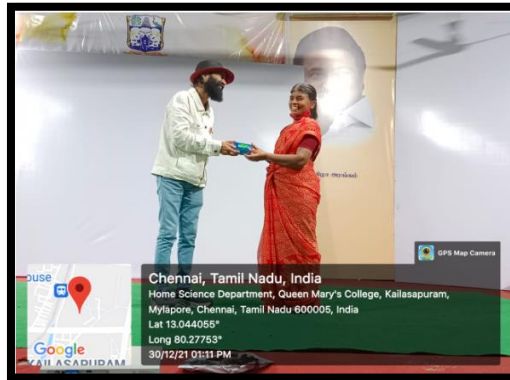
**FEEDBACK BY
DR. ANANTHALAKSHMI
COE, QMC**



STRESS MANAGEMENT DRAMA BY STUDENTS



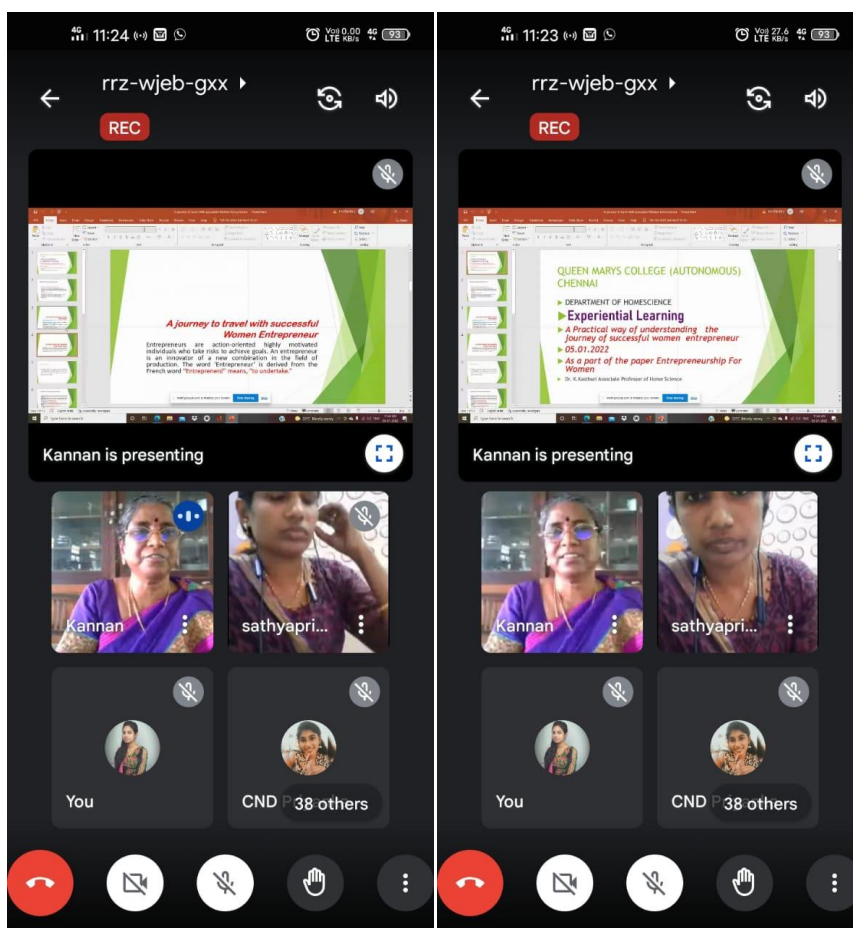
STRESS MANAGEMENT SKIT BY STUDENTS



PRIZE DISTRIBUTION FOR THE STRESS MANAGEMENT GAMES

EXPERIENTIAL LEARNING PROGRAMME 2021-2022 - To enhance the quality of learning an experiential learning opportunity was planned for the II PG students in the Department of Home Science. The programme was titled *Experiential Learning - A journey of Successful Budding Women Entrepreneurs* was conducted on 05.01.2022. Dr. C. Kalaivani Ashok, Head of the Home Science Department, welcomed the speaker Mrs. K. Sathya correspondent of Sri Sai Vidya Mandir Play School for Excellence.

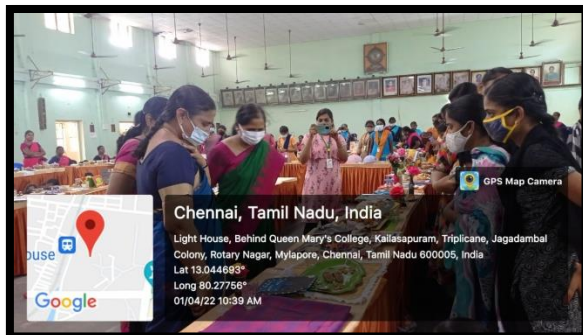
The guest speaker, Mrs. K. SathyaPriya is an alumini of Queen Mary’s College. A brief overview on Entrepreneurship was given by Dr.K.Kasthuri, Associate Professor of Home Science on core factors essential for successful Entrepreneurship. It was an interesting experiential learning programme for the students which was both informal and interactive. The programme ended with a thank you note by Dr. Kasthuri, who thanked Madam Principal for her constant guidance and the HOD for encouraging innovative ideas.



DR. K. KASTHURI
ASSOCIATE PROFESSOR,
DEPARTMENT OF HOME SCIENCE, QMC

MRS. K. SATHYA
CORRESPONDENT
SRI SAI VIDYA MANDIR PLAY SCHOOL FOR EXCELLENCE

The Postgraduate Department of Home Science, Queen Mary's College, and Integrated Child Development Services, Chennai had jointly organized an exhibition titled "" PARMBARIYA UNAVU VIZHA on 1/04/2022, at Queen Mary's College. The event was conducted to create awareness on traditional food recipes that could be valued for their contribution to health and nutrition. Students were also invited to participate in a fireless cookery contest.



PRINCIPAL VISITING FIRELESS COOKING RECIPES AND PARAMBARIYA UNAVU THIRUVIZHA EXHIBITION



STAFF AND STUDENTS OF QMC ENJOYING PARAMBARIYA UNAVU



JUDGES JUDGING FIRELESS COOKING CONTEST RECIPES

EXTENSION ACTIVITIES 2021-2022 -As a part of extension activity for the year 2021 – 2022, Nutritional knowledge on consumption of fruits and on cooking methods to enhance nutritional value of foods was planned and coordinated by Dr. K Kasthuri, Associate Professor and executed by II M.Sc. Home Science - Foods and Nutrition and II M.Sc. Home Science - Food Service Management and Dietetics students. The programme was held on 22.04.22 in Seminar Hall, QMC for the SSL school students (QMC).

The programme began with an invocation song, followed by the welcome address by Dr.(Mrs).C.Kalaivani Ashok, Head Of the Department of Home Science. Dr.K.Kasthuri Associate Professor and Subject faculty outlined the significance of the extension activity. Principal Dr.(Mrs) B. Uma Maheswari gave the presidential address. Students imparted nutritional knowledge of fruits through a song (Nutripacks song-written by Dr. K Kasthuri) followed by explanations through PPT and flash cards. At the end of the programme, refreshments (Biscuits and fruit juices) sponsored by Dr. K. Kasthuri was distributed to all the participants.



