



# MOHAMED SATHAK COLLEGE OF ARTS AND SCIENCE

(A Muslim Minority Institution) An ISO 9001:2015 Certified Institution  
Affiliated to University of Madras, Recognized By UGC & AICTE  
Sholinganallur, Chennai- 600119, Tamil Nadu, India

Sponsored by Mohamed Sathak Trust



## DEPARTMENT OF HOME SCIENCE- CLINICAL NUTRITION AND DIETETICS

In Association with IQAC

CORDIALLY INVITES YOU TO THE

Intercollegiate Workshop on  
**"Eat right stay fit"**  
Focusing on the Sustainable  
Development Goal



23<sup>rd</sup> SEPTEMBER  
2025



9:00 AM  
TO  
2:30 PM



ALHAJ SHEIK  
ABOBACKER  
SHAIB  
AUDITORIUM  
MSCAS

Registration fee – ₹ 150

WORKSHOP KIT, CERTIFICATE, SNACKS & LUNCH  
PROVIDED

Name: MSCAS MISC FEE  
Pay Directly to: mscasmiscfee@indianbk



CLICK REGISTRATION LINK

<https://forms.gle/73ZLEXuN5rmJLgN6A>

FOR PAYMENT SCAN QR CODE

### CHIEF PATRON

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### CONVENOR

Dr. M.Syed Ali  
IQAC Coordinator

### ORGANIZING SECRETARY

Dr.S.Padma Priya, HOD, HSCND

### ORGANIZING MEMBERS

Staffs and Students, HSCND

# EAT RIGHT STAY FIT

## PROGRAM AGENDA

REGISTRATION	9:00 AM TO 10:00 AM
INAUGURATION 10:00 AM TO 10:30 AM	QIRAT TAMIL THAI VAZHTHU WELCOME ADDRESS FELICITATION
SESSION 1 10:30 AM TO 11:15 AM	INTEGRATING NUTRITIONAL CARE PROCESS WITH LOCAL FOOD DIVERSITY <b>DR.MALARKODI</b> DIETITIAN - KAUVERY HOSPITAL RADIAL ROAD
BREAK	11:20 AM TO 11:35 AM
SESSION 2 11:40 AM TO 12:25 PM	SMART SWAPS : SUGAR ALTERNATIVES FOR A HEALTHIER YOU <b>MS.ATCHAYA V S</b> NUTRITIONIST - DEEPAM HOSPITALS
SESSION 3 12:30 PM TO 1:15 PM	NUTRITION UNPLUGGED : FUN, FACTS, CALCULATIONS & FOOD (INDIVIDUAL CALORIE CALCULATION, BALANCED DIET, GLIMPSE OF THERAPEUTIC DIET & COMMON FACTS & MYTH) <b>MS.ANITHA M</b> DIETITIAN AND DIABETIC EDUCATOR - KARTAVYA HEALTHEON PVT. LTD.
1:15 PM TO 2:00 PM	VALEDICTION
2:00 PM TO 2:30 PM	LUNCH

MOHAMED SATHAK COLLEGE OF ARTS AND  
SCIENCE

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FOR MORE DETAILS  
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