



Greetings of the day!



National Nutrition Month 2025 – Day 1



Intercollegiate Workshop – “Eat Right Stay Fit” As part of **National Nutrition Month 2025**, the Department of Home Science – Clinical Nutrition & Dietetics (in association with IQAC) organized a vibrant workshop on **23rd Sept 2025**.



60+ participants from various colleges’



Expert sessions by:

- Dr. Malarkodi (Dietitian, Kauvery Hospital)
- Ms. Atchaya V. S. (Nutritionist, Deepam Hospitals)
- Ms. Anitha M. (Dietitian & Diabetic Educator, Kartavya Healtheon Pvt. Ltd.)



Topics covered: Nutritional care, sugar alternatives, calorie calculation & therapeutic diets.



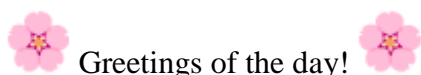
Participants received kits, certificates, and refreshments.
Overwhelmingly positive feedback for the interactive sessions!



We extend our sincere gratitude to our Management, Director, IQAC, HoDs & faculty for their constant support.

#EatRightStayFit #PoshanMaah2025 #NationalNutritionMonth #HealthyLiving #HomeScience #NutritionAwareness





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National Nutrition Month 2025 – Day 2

The Department of Home Science – Clinical Nutrition and Dietetics, in association with the NSS Unit and Extension Activity Club, conducted an Outreach Program at Semmancheri Government Higher Secondary School as a part of **National Nutrition Month 2025**.



The event was inaugurated by Headmaster Mr. Shakthivel.



Our students created awareness on healthy eating habits, My Plate, junk food facts, and simple low-cost nutritious drinks through charts, models, songs, and dance.



As part of “Ek Ped Maa Ke Naam”, a medicinal plant sapling was gifted to the school.



Information about the Clinical Nutrition and Dietetics program at MSCAS was also shared, along with pamphlet distribution.



The session received great appreciation from the students and teachers, who invited us again for a follow-up program for Class XII students.



We extend our sincere gratitude to the Management, Director, and IQAC Coordinator for their continuous encouragement and support.

With regards,

Dr. S. Padma Priya

Head, Department of Home Science – Clinical Nutrition and Dietetics

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National Nutrition Month 2025 – Day 3



Rashtriya Poshan Maah 2025

The **Dept. of Home Science – Clinical Nutrition & Dietetics** hosted **Fun Physical Fitness Challenges** at **Mohamed Sathak College of arts and science students.**



Activities included:

Balloon Air Transfer – Balance & coordination

Balloon Toss with Stretching – Reflexes & agility

Full-Body Stretching – Flexibility & healthy habits



Students had a blast staying active while learning simple ways to stay fit!



We extend our sincere gratitude to the Management, Director, and IQAC Coordinator for their continuous encouragement and support.

With regards,

Dr. S. Padma Priya

Head, Department of Home Science – Clinical Nutrition and Dietetics

#StayFit #HealthyLifestyle #PhysicalActivity #MohamedSathakCollege #PoshanMaah2025

