

Mohamed Sathak College of Arts and Science

(Sponsored by Mohamed Sathak Trust)

Approved by AICTE | UGC | Affiliated to University of Madras
(A Muslim Minority Institution), An ISO 9001:2015 Certified Institution
Sholinganallur, Chennai - 600 119.



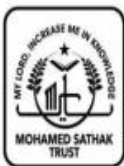
NATIONAL NUTRITION MONTH (POSHAN MAAH 2026)

DAY-I REPORT

NAME OF THE EVENT : National Nutrition Month (Poshan Maah) Day-I report
CONDUCTED BY : UG Department of Home Science - Clinical Nutrition and Dietetics In association with IQAC
DATE : 18th SEPTEMBER 2026.
VENUE : MSCAS Lounge
PARTICIPANTS : MSCAS Professors and Students

ABOUT THE EVENT:

The Department of Home Science – Clinical Nutrition and Dietetics, in association with the (IQAC), successfully organized Day 1 of Poshan Maah 2026 on 18th September 2026. The Day 1 programme commenced with the **distribution of invitations and slogans** to all the participants from 10.00 AM to 11.00 AM. This activity helped create awareness about the upcoming Poshan Maah celebrations and encouraged participation among the students. The “**Theme of Poshan Maah 2026**” was revealed at 12.45 PM, marking the formal introduction of the theme “**Dietary diversity and adequate protein**” for the celebrations. Following the theme reveal, a series of theme-related cultural presentations were organized at **12.50pm**, a **Silambam performance** was presented, showcasing the traditional martial art form while conveying the message of the programme. This was followed by a **Villu Pattu** presenting the importance of protein and sources of protein, using the traditional storytelling art form to communicate the importance of nutrition and awareness. A **dance performance** showcasing the importance of traditional foods and avoiding junk food intake was presented at **1.00 PM**, adding a creative and engaging dimension to the programme. The session concluded with a nutrition-related messages through an interactive and easily understandable form of communication.



Mohamed Sathak College of Arts and Science

(Sponsored by Mohamed Sathak Trust)

Approved by AICTE | UGC | Affiliated to University of Madras
(A Muslim Minority Institution), An ISO 9001:2015 Certified Institution
Sholinganallur, Chennai - 600 119.

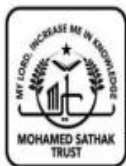


PROGRAMME OBJECTIVES

- To create awareness about dietary diversity and encourage the inclusion of a variety of foods from different food groups in the daily diet.
- To promote adequate protein intake by educating students about the importance of protein for growth, development, muscle maintenance and overall health.
- To encourage the consumption of locally available and seasonal foods as nutritious, affordable and sustainable choices for daily meals.
- To promote the concept of Poshan Vatika and encourage growing vegetables, herbs and other nutritious foods for fresh consumption.
- To familiarize students with protein-rich foods such as pulses, legumes, milk and milk products, eggs, fish, meat, nuts and seeds.
- To encourage students to reduce junk-food intake and replace it with nutritious, locally available and protein-rich food choices.
- To disseminate the message of “Healthy Food Today, Healthy Tomorrow” by encouraging dietary diversity, adequate protein intake and healthier food practices.

OUTCOME:

The programme enhanced the participants’ understanding of the importance of dietary diversity and adequate protein intake for maintaining good health and overall well-being. The participants gained awareness about including a variety of foods from different food groups and consuming adequate amounts of protein-rich foods such as pulses, legumes, milk and milk products, eggs, fish, meat, nuts and seeds in their daily diet. The programme also created awareness about Poshan Vatika and encouraged the cultivation and consumption of fresh, locally available and seasonal foods as nutritious, affordable and sustainable food choices. Participants were motivated to choose healthier and wholesome foods while reducing the intake of junk foods that are high in sugar, salt and unhealthy fats. Overall, the programme encouraged the adoption of healthy eating habits and



Mohamed Sathak College of Arts and Science

(Sponsored by Mohamed Sathak Trust)

Approved by AICTE | UGC | Affiliated to University of Madras
(A Muslim Minority Institution), An ISO 9001:2015 Certified Institution
Sholinganallur, Chennai - 600 119.



empowered participants to make informed food choices by incorporating diverse, locally available and protein-rich foods into their daily meals.

PROGRAMME CONCLUSION:

The programme successfully highlighted the importance of dietary diversity and adequate protein intake in promoting good health and nutritional well-being. It emphasized the inclusion of a variety of locally available and seasonal foods in daily meals and encouraged participants to make better use of Poshan Vatika for growing and consuming fresh, nutritious foods. The programme also increased awareness about protein-rich foods such as pulses, legumes, milk and milk products, eggs, fish, meat, nuts and seeds, and their role in maintaining a healthy diet. Participants were encouraged to choose wholesome and nutritious foods while limiting the consumption of junk foods high in sugar, salt and unhealthy fats. Overall, the programme motivated participants to adopt healthier eating practices, increase the intake of diverse and protein-rich local foods, and make informed food choices for a healthier lifestyle. The event was informative, interactive, and culturally enriching, providing a meaningful platform for experiential learning and nutrition advocacy.

EVENT COORDINATOR : Dr. S.PADMA PRIYA, HoD &

Department of Home Science-Clinical Nutrition and Dietetics

COORDINATING MEMBERS : Ms. Syeda Thaiyeba Fathima.

Mrs. R. Sandhiya.

EVENT SCHEDULE : 18th SEPTEMBER 2026.