



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.



NUTRI LECTURE SERIES WORKSHOP AND POSTER PRESENTATION COMPETITION

DAY 4 –NATIONAL NUTRITION MONTH

NAME OF THE EVENT : Nutri Lecture Series Workshop along with Poster Presentation Competition

DATE : 25th September 2026.

VENUE : Seminar Hall

PARTICIPANTS : Intercollege Students & Mscas Professor's & Students.

ABOUT THE EVENT :

The Department of Home Science – Clinical Nutrition and Dietetics, in association with (IQAC), organized a **Nutri Lecture Series Workshop along with Poster Presentation Competition** on **23rd September 2026**. The programme was conducted at Room No. 6 and consisted of three structured sessions. The programme commenced with an Inauguration Ceremony, which included Qirat, Tamil Thai Vazhthu, Lighting of Kuthuvilakku, Introduction to the Nutri Lecture Series Workshop, Welcome Address, Honouring of the Chief Guest and Principal's Address. The second session featured three expert guest lectures. Ms. S. Riyas Fathima, Assistant Professor, Department of Postgraduate Studies and Research in Home Science, JBAS College for Women, Teynampet, delivered a session on "Nutrition in Action – Who Owns Change? From Nutritional Awareness to Meaningful Change." This was followed by a session on "Nutrition and Early Stimulation for Childhood Development" by Ms. Sadiqa Farheen, Pediatric Dietitian, Rainbow Children's Hospital. The third session, "Hands-on Experience on Product Development," was handled by Ms. Kanmani K Murugan, Food Entrepreneur and Nutrisight, Madurai. A lunch break was provided following the guest sessions. The third session featured a Poster Presentation Competition on Pradhan Mantri Matru Vandana Yojana, providing students with an opportunity to present their knowledge and ideas through creative visual communication.



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A total of 119 students from six institutions actively participated in the programme, contributing to its grand success. The participating institutions included Ethiraj College for Women, Queen Mary's College, Quaid-E-Millath Government College for Women, SRM Allied Health Sciences, CSI Ewarts College, and New Prince Shri Bhavani Arts & Science College. The programme concluded with the Valedictory Ceremony and Vote of Thanks, followed by the National Anthem and refreshments. Overall, the event provided a comprehensive platform for students to gain knowledge from subject experts, understand practical applications of nutrition, explore product development, and demonstrate their creativity and communication skills through poster presentation.

PROGRAM OBJECTIVES

- To enhance knowledge on maternal nutrition, pediatric nutrition and entrepreneurship opportunities in the field of food and nutrition.
- To provide a platform for students from various colleges to interact with experts from academia, clinical and entrepreneurial backgrounds.
- To provide practical exposure to food product development through hands-on learning.
- To enhance students' creativity, communication, presentation and knowledge-sharing skills.
- To promote awareness of the Pradhan Mantri Matru Vandana Yojana through the poster presentation activity.
- To encourage creative learning and critical thinking through Poster Presentation Competition.
- To promote inter-institutional collaboration and student participation as part of Poshan Maah celebrations. .



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OUTCOME

- Students gained valuable insights from experienced professionals in the fields of nutrition, paediatric dietetics and food entrepreneurship.
- The interactive sessions helped participants connect theoretical knowledge with practical applications in nutrition and health.
- The programme encouraged intercollegiate participation, knowledge exchange and professional interaction among students and faculty members.
- The Poster Presentation Competition provided students with a platform to demonstrate their creativity, subject knowledge, communication and presentation skills based on PMMY
- A total of 119 participants benefited from the workshop and related activities, contributing to the successful celebration of Poshan Maah 2026.

CONCLUSION

Day 4 of the POSHAN MAAH – 2026 celebrations was successfully conducted by the Department of Home Science – Clinical Nutrition & Dietetics with enthusiastic participation from students and staff. The intercollegiate competitions provided a vibrant platform for students to demonstrate their creativity, nutrition knowledge, communication skills, and competitive spirit through a diverse range of on-stage and off-stage events.

As part of the Poster Presentation Competition, the First Place was secured by Mother Teresa Women's University, the Second Place by Prof. Dhanapalan College of Science & Management, and the Third Place by a SRM Institute of Science and Technology. The competitions provided an excellent platform for students to showcase their creativity, nutrition knowledge, communication skills, and competitive spirit.



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DIGNITARIES

: Dr. M.S. MOHAMED JAABIR, Principal

Dr. M. SYED ALI, Vice Principal

MS. S. RIYAS FATHIMA, Assistant Professor, Department
of Postgraduate Studies and Research in Home Science, JBAS
College for Women, Teynampet

Ms. SADIQA FARHEEN, Pediatric Dietitian, Rainbow
Children's Hospital

Ms. KANMANI K MURUGAN, Food Entrepreneur and
Nutrisight, Madurai

EVENT COORDINATOR : Dr. S.PADMA PRIYA, Dean, School of Physical Science & HoD,
Home Science-Clinical Nutrition and Dietetics

COORDINATING MEMBERS : Ms. Syeda Thaiyeba Fathima. Mrs. R. Sandhiya.

EVENT SCHEDULE : 25rd SEPTEMBER 2026