

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.



WORLD CHOCOLATE DAY

REPORT

NAME OF THE EVENT : World Chocolate Day Intercollegiate Online Quiz
CONDUCTED BY : UG Department Of Home Science - Clinical
Nutrition and Dietetics
In association with IQAC
DATE : 7th July 2026.
VENUE : Mohamed Sathak College of Arts and Science, Sholinganallur, Chennai.
NO. OF PARTICIPANTS: 60 students

ABOUT THE EVENT:

The Department of Home Science – Clinical Nutrition and Dietetics, Mohamed Sathak College of Arts and Science, successfully celebrated World Chocolate Day on 7th July 2026 by organizing an Intercollegiate Online Quiz on the theme: "**Savor the Goodness: Health Benefits of Chocolate.**"

The programme aimed to create awareness about the nutritive value and health benefits of cocoa and dark chocolate by encouraging students to enhance their knowledge and share informative facts and scientific evidence on the health benefits of chocolate with the higher officials of the institution.

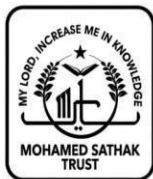
60 students from various colleges enthusiastically participated, including:

- SDNB Vaishnav College for Women
- Dr. MGR Educational and Research Institute
- S.A. College of Arts and Science
- Dhanalakshmi Srinivasan Arts and Science (Co-Ed) College
- Prof. Dhanapalan College of Science & Management

E-certificates were provided to all participants.

PROGRAMME OBJECTIVES

- To create awareness among students about the nutritional composition and health benefits of cocoa and dark chocolate.
- To enhance students' knowledge of the role of chocolate antioxidants, especially flavonoids, in promoting heart health and overall well-being.
- To encourage students to identify the difference between healthy consumption of dark chocolate and excessive intake of sugar-rich chocolate products.
- To promote intercollegiate learning, participation, and the sharing of scientific information related to the health benefits of chocolate.



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OUTCOME:

- Participants gained improved knowledge about the nutritional value of cocoa
- The quiz enhanced participants' knowledge, analytical thinking, and interest in evidence-based nutrition information.
- The intercollegiate competition encouraged active participation, healthy academic competition, and knowledge sharing among students from different institutions.

PROGRAMME CONCLUSION:

The competition created awareness among students about the nutritional value and health benefits of cocoa and dark chocolate. It also enhanced their understanding of the role of antioxidants and flavonoids in promoting health and well-being.

The active participation of students from various colleges made the online quiz meaningful and successful. The quiz encouraged healthy academic competition, intercollegiate interaction, and the sharing of scientific knowledge related to nutrition. E-certificates were provided to all participants as a token of appreciation for their enthusiastic involvement.

EVENT COORDINATOR: Dr. S. Padma Priya, HoD, Department of Home Science -
Clinical Nutrition and Dietetics, MSCAS.

COORDINATING MEMBER: Ms. Syeda Thaiyeba Fathima HSCND
Mrs. R. Sandhiya HSCND
Ms. Gracelin Christiana. H HSCND

EVENT SCHEDULE : 07th July 2026, MSCAS, Chennai.