

DIET COUNSELING CELL

Year of establishment: 2014

MOTTO - "EAT HEALTHY, BE NUTRITION WEALTHY"

OBJECTIVES:-

- To assess the nutritional status.
- To determine the nutritional needs.
- To impart nutritional awareness.
- To promote nutritional knowledge and healthy eating habits.

ACTIVITIES

2014-2015

S.NO	DATE	TOPIC	RESOURCE PERSON	BENEFICIARIES
1.	19.09.2014	Nutritional Advances in paediatric care	Dr.Suresh Chelliah MD.,DCH Chief Paediatrician, Kauvery Speciality Hospital, Trichy.	Students from Cauvery College for women, Trichy and Govt Arts college, Kulithalai.
2	19.09.2014	Nutritional care for Hospitalized Patients	Dr.Irene Light., M.Sc (Nursing) Dr.G.Sakunthala college of Nursing, Trichy.	Students from Cauvery College for women, Trichy and Govt Arts college, Kulithalai.
3	19.09.2014	Scope and Career Advancement in Nutrition and Dietetics.	Dr.S.Parameshwari.,M.Sc.,M.Phil.,Ph.D Thanjavur Medical college Hospital, Thanjavur	Students from Cauvery College for women, Trichy and Govt Arts college, Kulithalai
4	18.02.2015	Diet Counselling for Healthy food choices	Ms R.Athilakshmi, Head, Asst professor, Dept of FSM&D, Cauvery College for Women, Trichy -18	Zonal Railway Training Institute, Southern Railway, Trichy

2015-2016

S.NO	DATE	TOPIC	RESOURCE PERSON	BENEFICIARIES
1	28/08/2015	Lecture on Health and good eating habits.	Dr.R.Athilakshmi,Head Department of Food Service Management and Dietetics Cauvery College for Women, Trichy	100 Vidiyal Catering College Staffs and students.
2.	31/08/2015	Assessment of BMI for the participants of Miss Nutrition.	Students of Food service Management and Dietetics, Cauvery College for Women, Trichy	28 students of Cauvery College for Women, Trichy
3.	03/09/2015	Lecture on exercise – Smile when you have pain.	Dr.Balachander, BPT Physiotherapist, The Spastic Society of Trichy.	50 Students of food service Management and Dietetics.
4.	7/09/2015	Lecture on management of polycystic Ovaries	Dr.A.Charmila MD.,DGO.,DFP.,FICOG., Parvathy Ayyavoo fertility centre, Aditi Hospital,Trichy..	50 Students of Food Service Management and Dietetics and 70 students of maths.

2016-2017

S.NO	DATE	TOPIC	RESOURCE PERSON	BENEFICIARIES
1	30.08.2016	Millets in Prevention of Malnutrition	Ms R.Athilakshmi, Head, Asst professor, Dept of FSM&D, Cauvery College for Women, Trichy -18	Inner Wheel Club Members, Trichy.
2	15.09.2016	Millets and their health benefits	Students of Dept of FSM & D	250 students from Cauvery College for women.
3	22.09.2016	Dietitians, Nutrition Screening and Nutrition Support	Ms. G.Kohilarani, M.Sc., M.Phil, Senior Dietitian, Apollo Hospital, Trichy.	Students from department of Food Service Management and Dietetics
4	27.08.2016 to 30.09.2016	Screening For Malnutrition (Underweight, Overweight,	Ms.C.Roselin & Ms.J.Sudharshini, Asst professor, Dept of FSM&D, Cauvery College for Women, Trichy -18	All I UG students of Cauvery College for women.

2017-2018

S.NO	DATE	TOPIC	RESOURCE PERSON	BENEFICIARIES
1.	01.08.2017	Importance of Nutrition during pregnancy and lactation	Ms.S.Fathima & Ms.E.Agalya, Assistant Professors, Department of Food Service Management and Dietetics, Cauvery College for Women, Trichy-18	Teaching and Non Teaching Pregnant and Lactating women of Cauvery College for Women.
2.	02.08.2017	Assessment of BMI	Ms.J.Sudharshini Assistant Professor, Department of Food Service Management and Dietetics, Cauvery College for Women, Trichy-18	I B.Sc Nutrition and Dietetics Students.
3.	28.08.2017	Nutrition for Healthy life	Ms.J.Sudharshini & Ms.S.Preethi, Assistant Professors, Department of Food Service Management and Dietetics, Cauvery College for Women, Trichy-18	NSS Students of Cauvery College for women.
4.	06.09.2017	Optimal Infant and Young child feeding practices Better child Health.	Dr.Padmashini MBBS.DCH.,MRC PCH (UK), Consultant pediatrician and Neonatologist, Poornhaa's Clinic, Woraiyur, Trichy.	Students of Department of Food Service Management and Dietetics.
5.	19.09.2017	Diet Counselling Skills	Ms.G.Kohilarani M.Sc.,M.Phil, Clinical Dietitian, Apollo Hospitals, Trichy.	Students of Department of Food Service Management and Dietetics.