

INTER-COLLEGE COMPETITION

THEME: "EAT RIGHT, BITE BY BITE"

SLOGAN WRITING

1. Slogans must be written on the given specific theme.
2. It should be concise and not more than 15-20 words.
3. It should be original and relevant to the theme.
4. One slogan per participant.

POSTER MAKING

1. Poster must be made on A₄ size sheet with margins drawn.
2. Acceptable tools for drawing/painting include pencils, sketches, crayon, water colour and oil paint.
3. Photographs, Objects, Print-outs are not accepted.
4. It should be original, hand made and relevant to the theme.
5. Poster should not be framed.
6. Posters can have texts, numbers/slogans comprising only 30% of total space.
7. One poster per participant.

CARICATURE DRAWING

1. Participants are asked to draw in an A₄ size sheet.
2. Text or Captions, if any can be included.
3. It should be in black and white. (No colors, glitters, paints should be used)
4. It should be original and relevant to the theme.
5. One drawing per participant.

COMIC STRIPS

1. The submission can be composed of a series of 4 to 6 boxes with story suitable for the theme.
2. The story's font should be legible and logically coherent from left to right.
3. Pictures should be drawn by the participants.

VIDEO MAKING

1. Participants have to submit the original video for 1-2 minutes.
2. Video should be relevant to the theme.
3. One video per participant.

NOTE:

1. Submit on or before 9 September 2020 by 4:00 pm at fnutrifest2020@gmail.com
2. Remember to register in the link <https://forms.gle/xmELZbpQWNiK7dPB9> for participating in all the competitions.
3. All participants and prize winners will be appreciated with e-Certificate.
4. For queries, contact:
 - Ms.S.Pradeepa 7904269242
 - Ms.R.Yami 9626133392



FATIMA COLLEGE (AUTONOMOUS)

Re-Accredited with 'A' grade by NAAC (3rd Cycle)
College with Potential for Excellence (2004 - 2019)
94th Rank in India Ranking 2019 (NIRF) by MHRD
Mary Land, Madurai - 625 018, Tamil Nadu

Research Centre of Home Science

NUTRIFEST 2020

"EAT RIGHT, BITE BY BITE"

SEPTEMBER 11, 2020

TIME : 4:00 PM - 6:00 PM



RESOURCE PERSONS

Dt. Uma Maheshwari
Freelance Dietician

Happy Living Diet Clinic, Vietnam
"INVISIBLE INGREDIENT-BITE BY BITE"



Mrs. Ramya Sivaselvi
Subject matter Specialist (Home Science)
ICAR-KVK, Theni
"EAT RIGHT-NUTRI-SENSITIVE INNOVATIVE,
VALUE ADDED PRACTICES"

Presided By

Dr. Sr. G. Celine Sahaya Mary
Principal, Fatima College

Dr. Sr. M. Francisca Flora
Secretary, Fatima College

- No registration fee
- e-certificate will be provided to all the participants



Fatima College

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101 – 150 Rank Band in India Ranking 2021 (NIRF)
Mary Land, Madurai – 625018, Tamil Nadu



Annual Quality Assurance Report (AQAR)

2020 – 2021

REPORT

NUTRIFEST - 2020

Name of the Activity : Commemoration of National Nutrition Week Celebration

Mode of the Activity : Virtual Mode

Date of the Activity : September 11, 2020

No. of Participants : 186

Aim of the Activity : To Commemorate National Nutrition Week

Beneficiaries of the Activity : Students (Fatima College & Other Colleges - UG, PG & Research Scholars)

Activities Carried Out

- : 1. Organized Intercollegiate Competitions (Slogan writing, Caricature drawing, Poster making, Comic Strips and Video making)
2. Organized Virtual Seminar
 - i) **Session I**
Topic: “Invisible Ingredient – Bite By Bite”
Resource Person Profile:
Dr. Uma Maheshwari, Freelance Dietician, Happy Living Diet Clinic, Vietnam
 - ii) **Session II**
Topic: “Eat Right – Nutri – Sensitive Innovative, Value Added Practices”
Resource Person Profile:
Mrs. Ramya Sivaselvi, Subject Matter Specialist (Home Science), ICAR-KVK, Theni & Alumnus

Programme Outcome : 1. Opportunity to showcase the skills and talents of the students
2. Awareness on the different varieties of plastics and their harmful effects in human body



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3. Motivation to take up innovative research
4. Exposure to the various thrust areas of research in food processing

PHOTO GALLERY



Dr. Vasantha Esther Rani, Head – The Research Centre of Homescience, Fatima College inaugurate the programme



The Resource person address the students about Nutri value foods

Vasantha Esther Rani
Signature of the HOD

