



FATIMA COLLEGE

(Autonomous)

Affiliated to Madurai Kamaraj University
Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)
Mary Land, Madurai - 625018, Tamil Nadu

Title : Eat for Today: Live for Tomorrow

Date : 14.9.2021

Resource Person/s : Dr. Anto Cordelia Tanislaus Antony Dhanapal, Assistant Professor,
Department of Chemical Science, Universiti Tunku Abdul Rahman, Malaysia.

No. of Participants : 160

Focus on : Right nutrition and healthy lifestyle

Outcome

:

- Provide an insightful session on health and well-being
- Create awareness among the youngers about the significance of healthy eating practices.

Report

:

In commemoration of National Nutrition Week, the Research Centre of Home Science organizes a Webinar on “Eat for Today: Live for Tomorrow” on 14 September 2021. The invited speaker was Dr. Anto Cordelia Tanislaus Antony Dhanapal, Assistant Professor, Department of Chemical Science, Universiti Tunku Abdul Rahman, Malaysia. She highlighted about the proper dietary behaviours that our young generation should adopt to ensure healthy lifestyle. The webinar paves way to identify appropriate strategies to manage nutrition transition.

Invitation



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FATIMA COLLEGE (AUTONOMOUS)
MADURAI - 18

THE RESEARCH CENTRE OF HOME SCIENCE
Cordially invites you for National Nutrition Week Celebration

Webinar on
EAT FOR TODAY: LIVE FOR TOMORROW
Resource Person
Dr. Anto Cordelia Tanislaus Antony Dhanpal
*Assistant Professor,
Department of Chemical Science,
University Tunku Abdul Rahman,
Malaysia.*

Date: 14th September, 2021
Time: 3 to 4 pm

Registration link:

Certificates will be awarded for all the participants

NUTRIFEST - 2021
Intercollegiate Competitions
Theme: **FEEDING RIGHT FROM THE START**



POSTER MAKING

Handmade innovate drawing based on the theme
Individual Participation
Size - A3 sheet
Pencil, Crayon, Water colour, Poster colour can be used.
Print out and 3D objects not allowed
File - JPEG format
Send to: postermakingcontest2021@gmail.com

ANIMATED VIDEO MAKING

Timing - 3 minutes
File size - 25 MB
Group Participation - 2 members per team
Video should be based on the theme
Should not be taken from any e-resources
like Google or YouTube
Language - English or Tamil
Send to: fcnutrifestanimationvideo@gmail.com

**NUTRI-COOKING CONTEST
(VIDEO MAKING)**

Theme: Supplementary Food
Timing - 2 to 3 minutes
File size - 25 MB
Individual Participation
Language - English or Tamil with Subtitles
Send to: nutricookingvideocontest@gmail.com



NUTRI PHOTOGRAPHY

Photography related to theme
File format: JPEG
Photograph along with Geotag
Single participant - One poster per each
Should not be taken from any e- resources
like Pinterest
Send to: nutriphotographyfc2k21@gmail.com

13th September, 2021
Time: 9 am to 6 pm

Prizes and Certificates will be awarded

Screenshot of the Webinar



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RECONNECT
Nutrition Transition

Hunter Gatherer/Paleolithic Traditional Diet Modern Diet DNA Diet

9/14/2021

Nutrition Week Celebration, Research Centre for Home Science, Fatima College

Request to speak 121 00:33:36

Dr. Anto Cordelia Tanislaus Antony Dhanapal, Assistant Professor, Department of Chemical Science, Universiti Tunku Abdul Rahman, Malaysia delivering the lecture on
“Eat for Today: Live for Tomorrow”



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Participants List



FATIMA COLLEGE (AUTONOMOUS), MADURAI-18

DEPARTMENT OF HOME SCIENCE

Title : Nutrifest 2021 Webinar – “Eat for Today : Live for Tomorrow”
Date : 14.9.2021

Name list of Participants

S. No.	Reg. No	Name (Full name with Initials)
1.	2019N01	AARTHI P
2.	2019N02	ABIRAMI S
3.	2019N03	ADAMMAL SUSHMITHA R
4.	2019N04	AMIRTHAVARSHINI H
5.	2019N05	BAKTHI PATEL B
6.	2019N07	BHUVANESHWARI S
7.	2019N08	DAYANA BHARATHI M
8.	2019N09	DHARANI S
9.	2019N11	GAJA LAKSHMI S
10.	2019N12	HARINI G
11.	2019N13	HEMALATHA M
12.	2019N14	JASMINE HAJIRA J
13.	2019N15	JAZEELA M
14.	2019N16	JEYASHREE K
15.	2019N17	JOYCE J
16.	2019N18	JOYS MARIA ADISHAYA F
17.	2019N20	KARPAGAM A
18.	2019N21	KAYALVIZHI M
19.	2019N22	NANDHINI J



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20.	2019N23	NILOFAR NISHA S
21.	2019N24	NIVETHA A
22.	2019N25	PAVITHRA K L
23.	2019N26	POOJAA K
24.	2019N27	PRATHICSHA A
25.	2019N28	PRIYADHARSHINI K
26.	2019N29	PRIYADHARSHINI M
27.	2019N30	PRIYADHARSHINI R
28.	2019N31	RAJESHWARI G
29.	2019N32	RAVINA C
30.	2019N33	RUBALA B
31.	2019N34	SANTHAMARY J
32.	2019N35	SHANMUGA PRIYA C
33.	2019N37	SIVAPRIYA D
34.	2019N38	SOWMIYA P
35.	2019N39	SOWMYASRI S V
36.	2019N40	SUMITHRA R
37.	2019N41	SWATHY V
38.	2019N42	VIDYASRI B
39.	2019N43	VIJAYALAKSHMI B
40.	2019N44	RITHIKA M S
41.	2020N01	AARTHY K
42.	2020N02	AFRIN J
43.	2020N03	ANUSUYA N
44.	2020N04	ASMAA SABREEN B
45.	2020N05	BRINDHA R
46.	2020N06	DIVYA POOJA K
47.	2020N07	GOWSALYA M



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48.	2020N08	HARINI R
49.	2020N09	HEMAMALINI M
50.	2020N10	ISWARYA V
51.	2020N11	JANAPRIYA B
52.	2020N12	KAVI PRIYA D
53.	2020N13	KAVYA A
54.	2020N14	LATHA M
55.	2020N17	MIRUDHULAA S
56.	2020N19	NISHA S
57.	2020N20	NITHYASRIHARITA R
58.	2020N22	PRAVEENA G
59.	2020N23	RASHIHA M
60.	2020N25	SALMA ZAHAN A
61.	2020N26	SAMIHA S
62.	2020N27	SARANYA M
63.	2020N28	SARANYA M
64.	2020N30	SHENBAGA MALLIKA S
65.	2020N31	SHERLIN SHILVIA A
66.	2020N33	SUBBULAKSHMI S
67.	2020N34	SUREKA
68.	2020N36	VASUKI B
69.	2020N37	VENNILA M
70.	2020N38	VETRISSELVI S
71.	2020N40	VIJAYASHRIMATHI AD
72.	2020N41	YALINI S
73.	2020N43	SIVASANKARI S
74.	2020N44	S. SWETHA RACHEL
75.	2021N01	ABIRAMI S



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	2021N02	AKSHAYA N
77.	2021N03	AMIRTHAVARSHINI R
78.	2021N04	ANITHA B
79.	2021N05	AROCKIA VINCY M
80.	2021N06	ASHIMA GEO A
81.	2021N07	BARGANA S
82.	2021N11	HEMA PRAMEELA R
83.	2021N12	JASILIYA QUEEN M
84.	2021N13	JEYAVEERALAKSHMI K
85.	2021N15	LINCY S
86.	2021N16	MAHALAKSHMI P
87.	2021N17	NAGA SHREE S
88.	2021N18	NALINAJOTHI S
89.	2021N19	NASRIN SARIFA S
90.	2021N20	GNANA SUJA P
91.	2021N21	PRADEEPA M
92.	2021N23	RAJALAKSHMI M
93.	2021N24	RENUKHA B E
94.	2021N25	SIVASAKTHI R
95.	2021N26	THIRISHA K
96.	2021N27	YUREKHA SOWNDARIYA V
97.	2021N29	HEMALATHA T
98.	2021N30	NIVETHA K
99.	2021N31	SATHYA PRIYA C
100.	2021N32	SWATHI V
101.	2021N33	THAHIRA S
102.	2021N34	KEERTHIGA R
103.	2021N36	VIJAYA PRIYA S



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104.	2021N37	VINOTHINI S
105.	2021N39	FARGANA THASLIMA S
106.	2021N40	KEERTHANA V
107.	2021N41	AYESHA NAUFA A S
108.	2020MSCN01	AFROSE BEEMA R
109.	2020MSCN02	AGALYA S
110.	2020MSCN03	AKILANDESWARI M
111.	2020MSCN04	ARUNA ABIRAMI D
112.	2020MSCN05	BUVANESWARI C
113.	2020MSCN06	CATHRIN SHEEBA A
114.	2020MSCN07	GOPIKHA DEVI R
115.	2020MSCN08	HANEESHA FATHIMA A
116.	2020MSCN09	ISHWARYALAKSHMI M
117.	2020MSCN10	JAYANTHI SELVA SUNDARI W
118.	2020MSCN11	K ATCHAYA
119.	2020MSCN12	K SOWMIYA DEVI
120.	2020MSCN13	MAHALAKSHMI M
121.	2020MSCN14	MAHALAKSHMI R
122.	2020MSCN16	NIRAIMATHI R
123.	2020MSCN17	NITHYA A
124.	2020MSCN19	PAVITHRA G
125.	2020MSCN20	RUFINA A
126.	2020MSCN21	SIVA RANJINI P
127.	2020MSCN22	SORNALATHA J
128.	2020MSCN26	SWETHA SP
129.	2020MSCN27	THILOTHAMA JS



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	2020MSCN28	VASANTHI S
131.	2020MSCN29	YAMI R
132.	2020MSCN30	YAMUNA VALLI S
133.	2021MSCN01	AISHWARYA K S
134.	2021MSCN02	BHAVADHARANI P
135.	2021MSCN03	DEVAYANI M
136.	2021MSCN04	DIVYADHARSHINI B
137.	2021MSCN05	HARINI P
138.	2021MSCN06	HARITHA M
139.	2021MSCN07	JAISY THANGAM K
140.	2021MSCN08	KAVYA SRI K K
141.	2021MSCN09	KOKHILA VANI V
142.	2021MSCN10	MOHANA PRIYA R
143.	2021MSCN11	NANDHINI DEVI K B
144.	2021MSCN12	NISHA D
145.	2021MSCN13	PREETHI K
146.	2021MSCN14	PRIYADHARSINI V
147.	2021MSCN15	RAGAVI R
148.	2021MSCN16	RAMYA J
149.	2021MSCN17	RATHI DEVI O S
150.	2021MSCN18	RATHI PREETHA P
151.	2021MSCN19	SARUMATHI P
152.	2021MSCN21	SUBASHINI M
153.	2021MSCN22	SUBASHINI S
154.	2021MSCN23	SUBHASHINI M
155.	2021MSCN24	SUVETA P




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	2021MSCN25	SWEAKHA R
157.	2021MSCN26	SWETHA T
158.	2021MSCN27	VAISHNAVI R
159.	2021MSCN28	DHIVYASRI A
160.	2021MSCN29	SNEHA MAGLIN G T


Signature of HOD

Dr. Vasanthia Esther Rani
Associate Professor & Head
The Research Centre of Home Science
Fatima College (Autonomous)
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