

## Coordinators

Mrs. C. Helen, M.Sc., M.Phil., Ph.D

Mobile No: 9840675390

Mrs. J. Josephine Jesintha, M.Sc., M.Phil.,

Mobile No: 9994782780



## Registration Details

- \* Registration Fee per participant - Rs. 150/-
- \* Registration form should be sent to [fcnutrifest2018@gmail.com](mailto:fcnutrifest2018@gmail.com)
- \* Last Date for sending the filled-in registration form is 12<sup>th</sup> Sep, 2018.
- \* Refreshment and Lunch will be provided.
- \* Certificate will be issued.
- \* Participants should not enroll in more than one competition.

## Programme Schedule

Registration : 9.00 - 9.30 am

Inauguration : 9.30 - 10.00 am

\* Dr. Sr. M. Fransica Flora, Secretary,  
Fatima College.

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

Fireless cooking : 10.00 - 10.30 am

Nutrinews : 10.00 - 10.30 am

Refreshment : 10.30 - 11.00 am

Adact : 10.00 - 10.45 am

Quiz : 10.00 - 10.45 am

Group dance : 12.00 - 1.00 pm

Lunch : 01.00 - 2.00 pm

Miss. Nutri Fest : 02.00 - 2.30 pm

Valediction : 03.00 - 4.00 pm

\* Chief Guest:

Mrs. Krishnakumari Jayakumar, Chef,  
Aarokiya Unavu, Jaya TV

Designed by: S.Pradeepa and R.Swaathi III UG HSC With FBT

## Fatima College (Autonomous)

College with Potential for Excellence  
Re-Accredited with 'A' Grade by NAAC  
65<sup>th</sup> Rank in India Ranking 2018 (NIRF)  
Mary Land, Madurai - 18



**NUTRIFEST 2018**

BETTER NUTRITION - A KEY TO FUTURE HEALTH



*September 24, 2018*

Organized by  
Research Centre of Home Science

## *About the Department*

Fatima College (College with Potential for Excellence, Re-accredited with 'A' grade by NAAC -3rd cycle, 65th Rank in India ranking 2018 - NIRF by MHRD) is an Autonomous College affiliated to Madurai Kamaraj University. It is a minority institution established and run by St. Joseph's Society of Madurai (of the congregation for the sisters of St. Joseph of Lyons). The college renders its service with the vision of empowering women through quality education based on Christian values and the objective of giving priority to the rural and economically backward women of its surroundings.

The Dept. of Home Science is one of the pioneering Home Science departments down south, was established in 1961. Ever since its inception it has grown to higher heights rendering valuable service to the students community. To keep pace with current trend, in addition to the courses B.Sc., Home Science with Food Biotechnology, Advanced Diploma in Fashion Designing and Garment Construction, the Dept., made a big leap into M.Sc., Human Nutrition and Nutraceuticals under the UGC innovative programme. At present, the department has been upgraded into a Research Centre of Home Science. By offering these courses the department empowers women to become Entrepreneur and researchers in the field of Food and Nutrition.

## *About the theme*

The Research Centre of Home Science organizes "NUTRIFEST 2018 - An Inter collegiate meet" in commemoration of National Nutrition Week celebrations on 24 September 2018, with the theme "BETTER NUTRITION - A KEY TO FUTURE HEALTH". The focus of this meet is to unveil the creative ideas of Z-gen about the concepts of health and nutrition to bring about a transition in the approach of nutrition towards enhancement of the health and well-being of future generation.

# NUTRIFEST 2018

The following competitions are organized based on the theme.

## Theme : Better Nutrition -A Key to Future Health

### 1. MISS NUTRIFEST

No. of participants: 1 per college

#### Criteria:

Duration: 3 minutes

- \* Required items (background music) should be brought by the participants.
- \* Commentary and music allowed
- \* Round I - Body Mass Index (Height Weight and Hemoglobin test will be done to assess the Nutritional status) .
- \* Round II - Question round on nutrition.

### 2. NUTRITION QUIZ

No. of participants: 1 team per college  
(2 students in a team)

#### Criteria :

- \* Finalist for the quiz will be selected after the preliminary round.

### 3. NUTRINEWS:

No. of participants: 1 per college

#### Criteria:

- \* Display in the form of newspaper format
- \* Size: length- 33cm; width- 27cm  
(both front and back)
- \* Components- News related to Nutrition, crossword, puzzle corner, food facts, fun notes & advertisements

### 4. FIRELESS COOKING

No. of participants: 1 per college

#### Criteria:

- \* Participants are expected to bring the needed ingredients and display materials.
- \* Copy of the recipe should be submitted. (Ingredients, Method of preparation and Nutritive value)

### 5. GROUP DANCE

#### Criteria:

Duration: 3 minutes

- \* Group dance 1 team per college (4 to 6 persons per team).
- \* Only music is allowed.
- \* Music should be copied in both CD and pen drive.
- \* Participants should wear decent costumes and conform to the rules of modesty.

### 6. ADACT

No. of participants: 1 team per college  
(4 to 6 participants per team)

#### Criteria:

Duration: 2 minutes

- \* Background music is allowed.