

FATIMA COLLEGE (AUTONOMOUS)

(Re- Accredited with 'A++' by NAAC (Cycle - 4)
Mary Land, Madurai - 625018.



Staff and Students of
The Research Centre of Home Science
Cordially invite you for

Nutrifest 2023

An Inter - Collegiate Meet to commemorate
National Nutrition Week - 2023

**Theme: Healthy Diet Gawing
Affordable For All**



SEPTEMBER 21, 2023

INAUGURATION

Presidential Address

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

Chief Guest

Mr. C. Ganesh Prabhu,
Executive Director,
Pandian Foods Pvt. Ltd.,
Madurai.

Venue: Jubilee Hall: Time: 9:00am

VALEDICTION

Felicitation

Dr. Sr. G. Jenita Rani,
Vice Principal,
Fatima College,
Madurai.

Chief Guest

Mrs. Kavitha Arivazhagan,
Founder,
Grainy Foods,
Salem.

Venue: Jubilee Hall: Time: 3:00pm.

Convenors

Mrs. D. Mouna
Mrs. J. Josephine Jesintha
Assistant Professors

Organising Committee

Dr. S. Santhi, Associate Professor & Head
Dr. K. Karthiga
Dr. P. Magdalene Virjini
Dr. C. Priyalatha
Dr.M. Angel
Dr. C. Helen
Mrs.K. Nandini Priya
Ms.A. Mabel Esther Paripurna
Assistant Professors,
The Research Centre of Home Science

COMPETITIONS



Nutri Quiz



Poster



Group
Dance



Amazing
Food Facts



Nutri Cooking



Food Memes



Miss. Nutrifest

Nutri Quiz

- No. of. Participants: 1 team per college (2 students in a team)
- Venue : Smart Room
- Time: 10:30- 11:30am

Poster

- No. of. Participants: 1 per college
- Poster Size : Full chart size
- Venue: Textiles Lab
- Time: 10:30-11:30 am

Group Dance

- No. of. Participants: 1 team per college (6 students in a team)
- Duration : 4 minutes
- Participants should wear modest costumes.
- Song /music should be brought in pen drive
- Venue: Jubilee Hall
- Time: 11:00-12:00 noon

Nutri Cooking

- Basic vessels will be provided
- Display crockeries should be brought by the participants
- Pre- prepared food will not be permitted
- Theme: Low cost nutritious snacks.
- Only one dish should be prepared
- No. of. Participants: 1 per college
- Venue: Food science lab
- Time: 10:30-11:30am

Food Memes

- Topic will be given on the spot.
- No. of. Participants: 1 per college
- Venue: Textile lab
- Time: 10:30-11:30am

Amazing Food Facts

- PowerPoint Presentation can be used (Max 3 slides); explanation must be given
- No. of. Participants: 1 per college
- Duration: 1 Minute
- Venue: Smart Room
- Time: 11:30am-12:30pm

Miss Nutrifest

- No. of Participants: 1 per College
- Duration: 3 min
- Background music is permitted
- Round 1:IBW & Hb level (Biochemistry lab 11:30am-12:00noon)
- Round 2 :Ramp walk & Question session
- Venue: Jubilee Hall
- Time: 2:00-3:00pm

General Guidelines

- Registration fee of Rs 130/- will be collected from each participant.
- Participant list to be sent to the following email ID: fcnutrifest2023@gmail.com.
- Last date to send the participant list is 16.09.2023.
- Participants are requested to bring their identity card.
- Refreshments & lunch will be provided to the participants.
- Each participant can be enrolled in only one competition.
- The decision of the judges is final.
- Registration time is 8: 30am.
- Participant should adhere to the theme- "Healthy Diet Gaving Affordable For All."

SPONSORED BY



Designed by

K. Jeyashree & K. Reshmabanu
II M.Sc Human Nutrition & Nutraceuticals