



SANKAGIRI  
**VIVEKANANDHA**  
ARTS AND SCIENCE COLLEGE FOR WOMEN  
Veerachipalayam, Sankagiri, Salem



# Department of Nutrition and Dietetics

*We make lives healthy..!*



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”Transforming  
lives  
through nutrition.”



## About the Department

The Department of Nutrition and Dietetics, established in 2017, offers undergraduate and postgraduate programs with modern infrastructure, well-equipped laboratories, and the Healthy Hive Studio (Diet Counseling Centre). Supported by qualified staff, the department emphasizes academic excellence, evidence-based practices, and holistic education. Through diverse activities like health programs, industrial visits, and research, it prepares students to excel in clinical, community, and food service roles while addressing global nutritional challenges.

## Domain in Focus

The domain of Nutrition and Dietetics focuses on the science of nutrition and its application to health and disease. Professionals in this field work to promote healthy eating habits, prevent disease, and improve overall health outcomes. Key areas of focus include clinical nutrition, community nutrition, sports nutrition and public health nutrition. They assess nutritional needs, develop personalized plans, and provide education on healthy eating habits. By applying evidence-based practices, nutrition and dietetics professionals aim to enhance quality of life and reduce the risk of chronic diseases.



## Chairman's message

The Department of Nutrition and Dietetics at VIAAS is dedicated to promoting health awareness and scientific learning. It emphasizes practical skills along with strong academic foundations. The department equips students to meet the demands of the healthcare and food industry. Faculty members work with commitment, and students participate with enthusiasm. I am confident the department will continue to achieve greater success in the future.



**Prof. Dr. M. Karunanithi, B.Pharm., MS., PhD., D.Litt.,  
Chairman & Secretary  
Vivekanandha Educational Institutions & Hospitals  
Tiruchengode & Sankagiri**



**Dr. V. Padmanabhan, M.Com., M.Com (CA), MBA., PhD., NET.,  
Principal,  
Vivekanandha Arts and Science College for Women,  
Sankagiri, Salem**

## Principal's message

The Department of Nutrition and Dietetics plays a vital role in shaping professionals dedicated to community well-being. It upholds academic excellence, innovative research, and hands-on training. Students gain both theoretical knowledge and practical skills to face real-world health challenges. The faculty's commitment and students' enthusiasm are truly commendable. I encourage them to continue striving for excellence in building a healthier future.

## IQAC - Director's message

The Department of Nutrition and Dietetics at VIAAS integrates scientific knowledge with practical training to prepare students for real-world health challenges. With its focus on research, innovation, and community outreach, it fosters professional competence and social responsibility. I appreciate the efforts of faculty and students and am confident the department will continue to achieve greater milestones.



**Dr. B. T. Suresh Kumar, M.Sc., M.Phil., Ph.D.,  
Director - IQAC,  
Vivekanandha Arts and Science College for Women,  
Sankagiri, Salem**

## Faculty achievements

- Attended a one day training on “ The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 Inclusive of UGC and AICTE Regulation on 02.08.2025.
- Participated in the World Lung Cancer Day Quiz , Science and Innovation Quiz and Mera Desh and Meri Shan on 01.08.2025, 11.08.2025 & 15.08.2025.
- Attended one day National level E-Workshop on “Effective AI Tools for Research and Academic Writing on 24.08.2025
- Attended one day FDP on “Interactive and Immersive Learning with AR/VR for Next Gen Classrooms” on 25.08.2025
- Addressed as Speaker in Government Girls Higher Secondary School entitled as Unlock the Potential on 05.08.2025 to 13.08.2025.



**Dr. A. Shanmugapriya,**  
**Assitant professor & Head**



**Mrs. M. Sudha,**  
**Assitant professor**

- Organized an MoU Signing Ceremony with Moon Foods and an EDC Programme on “Innovative Ideas for Budding Entrepreneurs in Food Processing” on 13.08.2024
- Participated in the World Lung Cancer Day Quiz on 01.08.2025.
- Attended one day FDP on “Interactive and Immersive Learning with AR/VR for Next Gen Classrooms” on 25.08.2025

- Published a chapter entitled “A Schematic Review on Therapeutic Effects of Prebiotics on Constipation, A Symptom of Inflammatory Bowel Disease” in the edited book “Elevating Hands, Empowering Hearts: A Quality Path in Midwifery Excellance” on 31.07.2025.
- Organized a Two days Workshop entitled “Taste the Treat” on 11.08.2025 & 12.08.2025
- Organized a Club activity entitled Kitchen Gardening on 19.08.2025



**Ms. B. Dhanusha Devi,**  
**Assitant professor**

## Faculty achievements



**Ms B.Megha**  
Assitant professor

- Organized club activities entitled E-Poster Making Competition and Guess the Nutrients on 01.08.2025 & 20.08.2025
- Participated in the World Lung Cancer Day Quiz and Science and Innovation Quiz on 01.08.2025 & 11.08.2025.
- Attended one day National level E-Workshop on “Effective AI Tools for Research and Academic Writing” on 24.08.2025
- Attended one day FDP on “Interactive and Immersive Learning with AR/VR for Next Gen Classrooms” on 25.08.2025

- Organized club activity entitled Nutrition One Word Story on 19.08.2025
- Organized Entrepreneurship activities through food stalls on 01.08.2025 & 22.08.2025
- Participated in the World Lung Cancer Day Quiz on 01.08.2025.
- Attended one day FDP on “Interactive and Immersive Learning with AR/VR for Next Gen Classrooms” on 25.08.2025



**Ms. S.Kavipriya,**  
Tutor

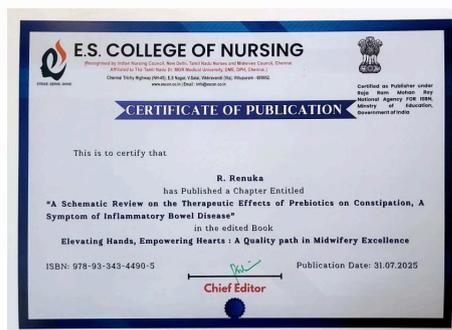
## Student achievements



**Ms. R.Renuka**  
II M.Sc. Nutrition and Dietetics

### Publication

PG Student has published a chapter entitled “A Schematic Review on Therapeutic Effects of Prebiotics on Constipation, A Symptom of Inflammatory Bowel Disease” in the edited book.



01.08.2025

## Highlights



### Craves Zilla - Food stall

The food stall event offered students practical experience in menu planning, cooking, and stall management while promoting healthy eating. It enhanced their teamwork, creativity, and communication skills, contributing to both academic and personal growth.

### World Breastfeeding Week Club Activity - E-Poster Making Competition

The poster-making competition organized for World Breastfeeding Week encouraged creativity and awareness among students. It enhanced knowledge on the importance of breastfeeding, promoted health education through visual expression, and motivated participants to spread positive messages on maternal and child health.



08.08.2025

### Erode Book Fair visit



The I UG students' visit to the Erode Book Fair broadened their knowledge and exposure to diverse books and resources. It encouraged reading habits and inspired creative and critical thinking. The event also enhanced their awareness of current trends in literature and learning materials.

11.08.2025

**TASTE THE TREAT**  
Confectionary & Food product Making: A  
hands on Workshop (Day 1)

The session provided students with practical exposure to confectionery techniques. It enhanced their culinary skills, creativity, and understanding of food product preparation. It fostered experiential learning and boosted confidence in applying theoretical knowledge.



12.08.2025

**TASTE THE TREAT**  
Confectionary & Food product Making: A  
hands on Workshop (Day 2)



Day 02 of the workshop enabled students to refine their skills through advanced practical sessions. Participants gained confidence in product preparation and presentation. The event concluded with certificate issuance, recognizing their active learning and achievement.

13.08.2025



### MoU Signing Ceremony

The MoU signing ceremony with Moon Foods established a collaborative partnership, creating opportunities and exposure. It strengthened academia-industry linkage and opened pathways for student skill development and future career prospects.



### Entrepreneurship Development Program

The EDC Programme fostered creativity and innovation among budding entrepreneurs in food processing. It provided insights into business planning, product development, and market opportunities. The event motivated students to transform ideas into viable entrepreneurial ventures.

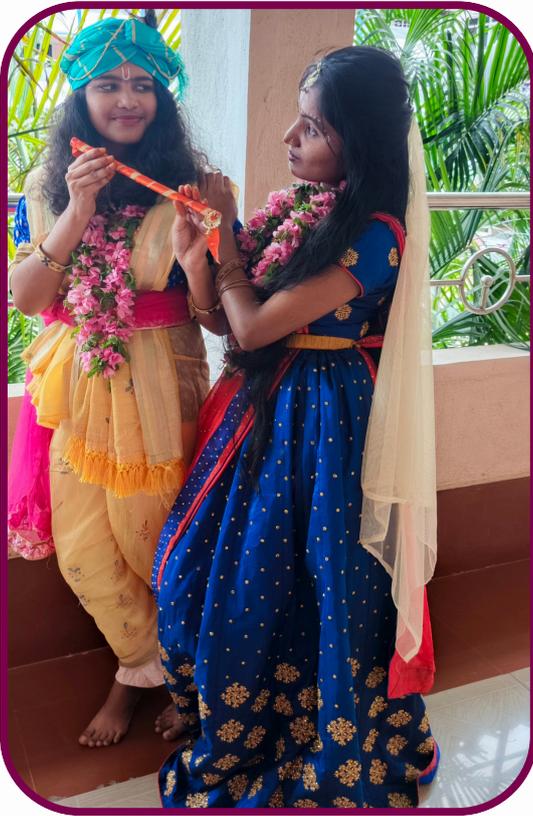


### Club activity - Guess the Nutrient

The Guess the Nutrient club activity made learning interactive and engaging by testing students' knowledge of nutrients. It improved their recall, critical thinking, and subject understanding. The activity also encouraged active participation and peer learning in a fun way.

14.08.2025

## Krishna Jayanthi Celebration



The Krishna Jayanthi celebration was marked with great cultural enthusiasm and joy. Students dressed as Krishna, Radha, and Gopiyars, bringing a vibrant and devotional atmosphere to the occasion. The event beautifully reflected the spirit of tradition, with students showcasing their creativity through costumes, performances, and active participation. As part of the celebration, a variety of traditional dishes were prepared, highlighting the culinary skills, teamwork, and collaborative spirit of the students. Beyond the festivities, the program served as a platform to promote cultural values, artistic expression, and unity among the student community, making the day both memorable and meaningful.



19.08.2025



### Club Activity - Nutrition One Word Story

The Nutrition One Word Story club activity encouraged creativity and quick thinking among students. It enhanced their knowledge of nutrition concepts in a fun and engaging way. The activity also promoted teamwork, communication, and active participation.



### Club Activity - Kitchen Gardening

The Kitchen Gardening club activity provided students with hands-on experience in growing vegetables and herbs. It promoted awareness about sustainable practices and the importance of fresh, homegrown produce. The activity also encouraged responsibility, teamwork, and healthy living.

22.08.2025

### Craves Zilla - Modak delights

The food stall event offered students practical experience in menu planning, cooking, and stall management while promoting healthy eating. It enhanced their teamwork, creativity, and communication skills, contributing to both academic and personal growth.



### Letter Writing Competition

The Letter Writing Competition enhanced students' creative expression and writing skills. It encouraged clear communication and thoughtful articulation of ideas. The event also nurtured language proficiency and confidence in written expression.



# Vivekanandha Educational Institutions

## Tiruchengode campus

- Swamy Vivekanandha Medical College Hospital and Research Institute
- Vivekanandha Dental College for Women
- Swamy Vivekanandha College of Pharmacy
- Vivekanandha College of Nursing
- Vivekanandha School of ANM
- Swamy Vivekanandha Physiotherapy College
- Vivekanandha Allied Health Science (Co- Ed)
- Krishna Institute of Optometry & Research
- Vivekanandha Institute of Health Science & Research (Boys)
- Krishna Institute of Health Science (Boys)
- Vivekanandha College of Engineering for Women ( Autonomous)
- Vivekanandha College of Technology for Women
- Vivekanandha Institute of Information and Management Studies
- Vivekanandha College of Arts & Sciences for Women ( Autonomous)
- Vivekanandha College for Women
- Vivekanandha College of Education for Women
- Krishna College of Education For Women
- Krishnasree College of Education For Women
- Vivekanandha Vidhya Bhavan Matric Higher Secondary School
- Vivekanandha Medical Care Hospital (VMCH)

## Sankagiri campus

- Swamy Vivekanandha Naturopathy and Yoga Medical College
- Vivekanandha Pharmacy College for Women
- Vivekanandha Nursing College for Women
- Vivekanandha Arts & Science College for Women
- Vivekanandha ANM SchoolRabindranath Tagore College of Education for Women
- Viswabharathi College of Education for Women

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