



SANKAGIRI VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN



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Chairman & Secretary

Affiliated to Periyar University, Salem
Veerachipalyam, Sankagiri - 637303, Salem.



DEPARTMENT OF
NUTRITION AND DIETETICS

NEWSLETTER

VOLUME 4, OCTOBER 2025



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LABORATORIES



**Food Science & Dietetics
Laboratory**



**Food Analysis
Laboratory**



Diet Counselling Center



ICT Classrooms



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EDITORIAL DESK

Ms. B.Dhanusha Devi, AP/ N & D
Ms. B. Megha, AP/ N & D



About the College...

Vivekanandha Arts and Science College for Women is situated at Veerachipalayam, Sankari west post, Sankagiri Taluk, Salem District of Tamil Nadu adjoining Coimbatore – Salem National Highway. The Campus is 8kms away from Sankagiri, 25 kms from Erode, 50kms from Salem and 110 kms from Coimbatore. On entering the campus, one would be gripped by the gorgeousness of the college. The natural atmosphere maintained in the campus is pleasant, healthy and stimulating in every sense. Spreading over 2,00,000 sq.ft. of building space, the classrooms, library, laboratories, separate seminar hall for Arts and Science Department, smart auditorium and learning centers of Vivekanandha Arts and Science College for Women have been designed with meticulous attention, making it truly a world class. The Vibrant interiors and exquisite finishing lends the college an ambience that is as delightful and inspiring.

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About the Department..

The Department of Nutrition and Dietetics, established in 2017, is committed to academic excellence and professional development in the field of health and nutrition. It offers undergraduate and postgraduate programs supported by modern infrastructure, advanced laboratories, and the Healthy Hive Studio (Diet Counseling Centre). With guidance from qualified faculty, students gain knowledge in evidence-based practices and holistic education. The department provides practical exposure through health awareness programs, industrial visits, research projects, and community outreach. These initiatives help students bridge theory with practice, enhancing their competence in clinical nutrition, community nutrition, research, and food service management. By addressing global nutritional challenges and promoting innovation, the department nurtures skilled professionals dedicated to improving individual and community well-being.

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NUTRITION AND DIETETICS

FACULTY ACHIEVEMENTS



Dr. A. Shanmugapriya,
Assistant professor & Head

- Participated in the 1 Day National Level FDP on "Generative AI in Teaching" held on 27.09.2025.
- Participated in the International Webinar on "Eat Right Revolution: Eat Right for a Better Life" held on 12.10.2025.



Mrs. M. Sudha,
Assistant professor

- Participated in the 1 Day National Level FDP on "Generative AI in Teaching" held on 27.09.2025.
- Participated in the 1 Day National Level IPR e-Workshop on "From Idea to Granted Patent" on 30.09.2025.
- Participated in the International Webinar on "Eat Right Revolution: Eat Right for a Better Life" held on 12.10.2025.



Ms. B. Dhanusha Devi,
Assistant professor

- Participated in the 1 Day National Level FDP on "Generative AI in Teaching" held on 27.09.2025.
- Participated in the International Webinar on "Eat Right Revolution: Eat Right for a Better Life" held on 12.10.2025.



Ms. B. Megha
Assistant professor

- Participated in the 1 Day National Level FDP on "Generative AI in Teaching" held on 27.09.2025.
- Participated in the International Webinar on "Eat Right Revolution: Eat Right for a Better Life" held on 12.10.2025.



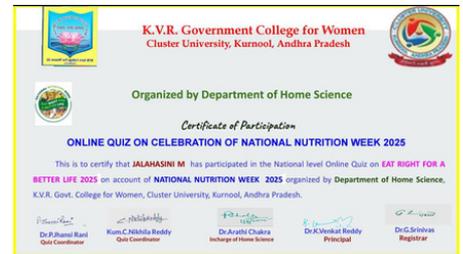
Ms. S. Kavipriya,
Tutor

- Participated in the 1 Day National Level FDP on "Generative AI in Teaching" held on 27.09.2025.
- Participated in the International Webinar on "Eat Right Revolution: Eat Right for a Better Life" held on 12.10.2025.

NUTRITION AND DIETETICS

STUDENTS ACHIEVEMENTS

20 students from our department has participated in the National level Online Quiz on EAT RIGHT FORA BETTER LIFE 2025 on account of NATIONAL NUTRITION WEEK 2025 organized by Department of Home Science, KV.R. Govt. College for Women, Cluster University, Kurnool, Andhra Pradesh on 28th September 2025.



Ms. S. Sabitha, II M.Sc. Nutrition and Dietetics has participated in the meme poster creation competition conducted by Elite Diet Studio to celebrate National nutrition week 2025 on 29th September 2025.

18 students from our department has participated in the INTERNATIONAL WEBINAR on "Eat Right Revolution: Eat Right For A Better Life" as part of the Celebration of National Nutrition Month of India 2025 organized by Healthy Association, World Health Services, Malaysia on 12th October 2025.



18 students from our department has has successfully completed the course "The Art of Food & Beverage: Service, Sales, and Control" provided by TIMESPRO on 26th October 2025.

Aayudha Pooja Celebration - 2025



The Department of Nutrition and Dietetics joyfully celebrated Aayudha Pooja with devotion and enthusiasm. The department was beautifully decorated with flowers, kolams, and traditional offerings. Faculty members and students gathered to honor the tools and instruments that support their academic journey — symbolizing gratitude, harmony, and prosperity.



The celebration concluded with a traditional pooja, prayers for success and wellbeing, and the sharing of festive sweets, creating a joyful and spiritually uplifting atmosphere.

“From lab tools to ladles, every instrument tells a story of service.”



“May this Aayudha Pooja bless us with wisdom, good health, and strength to serve humanity through the science of nutrition.”



Club Activity - Foundations of Baking: From Ingredient to Product 16.10.2025

This activity enhanced the students understanding on the roles of core ingredients, measure accurately, follow a simple recipe from mixing to baking, appreciate how process influences texture and flavour, evaluate their finished product, and gain confidence to experiment by tweaking one variable. They have produced a simple baked item, evaluated its texture and flavour, understand how process affects outcome, and be confident to tweak one element to experiment and innovate.

"Exercise not only changes your body, it changes your mind, your attitude, and your mood."

Club Activity - Mind-Body Fitness Fusion 22.10.2025

The students developed a deeper awareness of how breath, movement and posture were interconnected. They completed a series of strength, mobility and yoga-based flows with improved control, balance and alignment. Many reported that tension and stiffness in their shoulders and back decreased and that they felt more relaxed yet invigorated afterwards. They discovered that combining exercises with mindful yoga enriched both physical and mental fitness. By the end, each person identified a personal breathing or mobility strategy to integrate into their regular routine.



"Baking is the perfect blend of science and creativity."

FACILITIES OF THE INSTITUTION



Free Transportaion



24*7 Hospital



Hostel



Canteen



Beauty Palace



Auditorium



Library



Digital Library



Sports ground



Turf



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

COURSES OFFERED

UG Courses

School of Arts and Humanities

B.A. Tamil

B.A. English

B.Sc. Mathematics

School of Sciences

B.Sc. Nutrition and Dietetics

B.Sc. Costume Design & Fashion

B.Sc. Physics

B.Sc. Chemistry

B.Sc. Biochemistry

B.Sc. Biotechnology

B.Sc. Microbiology

School of Commerce

B.Com.,

B.Com. (Computer Applications)

B.Com (Business Analytics)

B.Com (E-Commerce)

School of Computing

B.Sc. Computer Science

Bachelor of Computer Applications

B.Sc. CS (Information Technology)

B.Sc. Cyber Security

B.Sc. Artificial Intelligence & Data Sciences

PG Courses

School of Arts and Humanities

M.A. Tamil

M.A. English

M.Sc. Mathematics

School of Sciences

M.Sc. Nutrition and Dietetics

M.Sc. Costume Design & Fashion

M.Sc. Physics

M.Sc. Chemistry

M.Sc. Biotechnology

M.Sc. Microbiology

School of Commerce

M.Com.,

School of Computing

M.Sc. Computer Science

PhD Programme

PhD in Biotechnology

PhD in Microbiology

UG Courses - 3 Years

PG Courses - 2 Years

PhD - Part time & Full time

