



SANKAGIRI VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN



Prof. Dr. M. Karunanithi, B.Pharm., M.S., Ph.D., D.Litt.,
Chairman & Secretary

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



DEPARTMENT OF
NUTRITION AND DIETETICS

NEWSLETTER

VOLUME 3, SEPTEMBER 2025



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www.viasrvt.ac.in

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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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., M.S., Ph.D., D.Litt.,
Chairman & Secretary
Vivekanandha Educational Institutions & Hospitals,
Sankagiri, Salem**



**Dr. V. Padmanabhan, M.Com., M.Com(CA), MBA., Ph.D., 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**

NEWSLETTER, SEPTEMBER 2025



NUTRITION AND DIETETICS

FACULTY ACHIEVEMENTS

- Participated in the 5 Days National Level FDP on "Advanced Techniques Used in Research and Funding Proposal Writing" from 25.08.2025 to 30.08.2025.
- Participated in the One Day National Level e-Workshop on "Content Development and Creative Writing" held on 30.08.2025.
- Participated in the National level Online Quiz on EAT RIGHT FOR A BETTER LIFE 2025 on account of NATIONAL NUTRITION WEEK 2025 on 01.09.2025.
- Participated in the One Day National Level e-Workshop on "Best Practices in Teaching and Learning Process" held on 03.09.2025.
- Participated in the One Day Online FDP on "Generative AI for Teaching" on 13.09.2025.



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



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

- Participated in the National level Online Quiz on EAT RIGHT FOR A BETTER LIFE 2025 on account of NATIONAL NUTRITION WEEK 2025 on 01.09.2025.
- Participated in the One Day National Level e-Workshop on "Best Practices in Teaching and Learning Process" held on 03.09.2025.
- Participated iin the 2 days National Level Faculty Workshop (viritual) on "Innovative Teaching Learning Methods" on 04.09.2025.
- Participated in the Quiz on "Fuel for Life: Test Your Knowledge on Nutrients" of Eating Healthy Food on 11.09.2025
- Participated in the One Day Online FDP on "Generative AI for Teaching" on 13.09.2025.
- Participated in the One day Online Workshop on "Build Your Financial Security: A Workshop for Professors and Students" On 17.09.2025.

- Participated in the One Day National Level e-Workshop on "Content Development and Creative Writing" held on 30.08.2025.
- Participated in the National level Online Quiz on EAT RIGHT FOR A BETTER LIFE 2025 on account of NATIONAL NUTRITION WEEK 2025 on 01.09.2025.



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

NUTRITION AND DIETETICS

FACULTY ACHIEVEMENTS



Ms B.Megha
Assitant professor

- Participated in the 5 Days National Level FDP on "Advanced Techniques Used in Research and Funding Proposal Writing" from 25.08.2025 to 30.08.2025.
- Participated in the National level Online Quiz on EAT RIGHT FOR A BETTER LIFE 2025 on account of NATIONAL NUTRITION WEEK 2025 on 01.09.2025.
- Participated in the One Day National Level e-Workshop on "Best Practices in Teaching and Learning Process" held on 03.09.2025.
- Participated in the One Day National Level Research e-Workshop on "Strategies and Techniques To write and Publish Books and Chapters" on 10.09.2025.
- Participated in the Quiz on "Fuel for Life: Test Your Knowledge on Nutrients" of Eating Healthy Food on 11.09.2025
- Participated in the One Day Online FDP on "Generative AI for Teaching" on 13.09.2025.
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Ms. S.Kavipriya,
Tutor



FSSAI FoSTaC Training Advanced Manufacturing Level 2

The FSSAI FoSTaC Training on Advanced Manufacturing (Level 2) on 26th August 2025. The training was conducted to enhance participants' knowledge of food safety practices, quality standards, and regulatory compliance. Expert sessions were delivered by Dr. T. Poongodi Vijayakumar and Dr. S. Manohar, focusing on advanced manufacturing processes. The event, held at the N&D Smart Classroom, provided valuable insights and practical learning for students and professionals.

Club Activity - Eco-Friendly Idol Making: A Sustainable Approach

The Eco-Friendly Idol Making activity encouraged students to adopt sustainable practices by creating clay idols without harmful materials. It enhanced creativity, cultural awareness, and teamwork while promoting environmental responsibility. Participants gained hands-on skills and understood the importance of eco-friendly celebrations, fostering awareness of sustainability in traditional practices.



10, SEPTEMBER, 2025

Craves Zilla - Food Stall



The Craves Zilla food stall provided students an excellent platform to exhibit their culinary talents and entrepreneurial spirit. Through innovative dishes, they learned teamwork, food presentation, and customer service. The activity also emphasized hygiene, quality, and time management. It offered practical exposure to food service operations while enhancing confidence, creativity, and understanding of consumer needs. Overall, it bridged classroom learning with real-world application and inspired students to explore career opportunities in food and nutrition-related ventures.

National Nutrition Month Celebration - 2025



The Department of Nutrition and Dietetics celebrated National Nutrition Month 2025 with diverse activities promoting health awareness and balanced diets. Events included seminars, competitions, and awareness drives, emphasizing the importance of nutrition in daily life. The theme of the National Nutrition Month 2025 is "Eat Right for a Better Health". The program fostered knowledge, healthy practices, and student participation towards creating a nutritionally conscious community.

Cultivating Wellness: The Organic Kitchen Garden

The "Cultivating Wellness: The Organic Kitchen Garden" event enhanced participants' understanding of sustainable nutrition and organic farming practices. Attendees learned practical skills in growing chemical-free fruits, vegetables, and herbs, emphasizing the health and environmental benefits of organic produce. The program fostered awareness about self-sufficiency, mindful eating, and reducing dependency on processed foods. Participants gained hands-on experience in soil preparation, planting, and maintenance, promoting holistic wellness. Overall, the event encouraged healthier lifestyle choices, environmental responsibility, and community engagement in nutrition and gardening.



National Nutrition Month Celebration - 2025

Inter-department Competitions

The inter-department competitions was organized on September 22, 2025, to celebrate Nutrition Month. Events included Nutri-Quiz, Face Painting, One Answer-One Shot, Healthy Snack Display, and Fireless & Wireless Cooking. Students enthusiastically participated, showcasing creativity, teamwork, and knowledge on health and nutrition. The competitions promoted awareness of healthy practices, innovation in cooking, and experiential learning. Overall, the celebration fostered wellness, critical thinking, and active engagement, making the occasion both educational and memorable.



One Answer - One Shot



Healthy Snacks Display



Fireless & Wireless Cooking



Nutri Quiz

National Nutrition Month Celebration - 2025



Community Outreach Program - Paramarikum Karangal (Orphanage Home)

The Community Outreach Program organized by the Department of Nutrition and Dietetics at Paramarikum Karangal Orphanage home, as part of National Nutrition Month 2025, created a meaningful impact. Students actively engaged with children, spreading awareness on healthy eating, balanced diets, and hygienic practices. Nutritious meals and snacks were shared, fostering the importance of wellness in daily life. The program built empathy, social responsibility, and service-mindedness among students while bringing joy and valuable learning to the children, making the initiative impactful and memorable.



Give your hands to
serve and your
hearts to love

National Nutrition Month Celebration - 2025

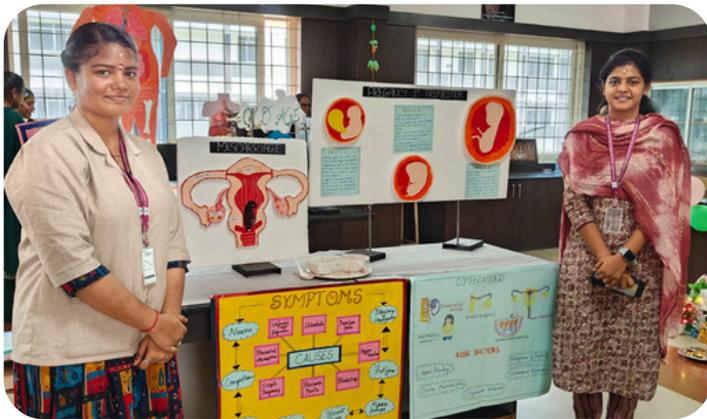
Expo on "Nourish Across Ages"

The Expo on Nourish Across Ages, organized as part of Nutrition Month 2025, successfully highlighted the importance of nutrition for every stage of life, from infancy to old age. Participants displayed informative charts, models, and innovative diet plans that emphasized age-specific dietary needs. The event created awareness on balanced meals, preventive health, and lifestyle-related nutrition care. It encouraged creativity, teamwork, and communication skills among students while educating visitors on practical dietary solutions. Overall, the expo promoted lifelong wellness through nutrition awareness.



Everytime you eat or drink, either you feeding disease or fighting it.

Highlights of Expo



National Nutrition Month Celebration - 2025

International Symposium

The International Symposium on **“Nutritional Frontiers: Data Driven Diet for a Healthier Planet”** created a global platform to share insights on sustainable nutrition and evidence-based diets. Engaging events such as One Answer-One Shot, Quick Buzzer, E-Poster, Guess the Calories, and Follow the Steps added an interactive dimension. With more than 200 participants from various colleges, the symposium highlighted the role of data-driven nutrition in addressing global health and sustainability challenges, fostering collaboration, innovation, and practical learning among students and professionals.



"Nutritional Frontiers:
Data Driven Diet for a
Healthier Planet "

National Nutrition Month Celebration - 2025

Ms. Nutrition Contest

The Ms. Nutrition Contest organized by the Department of Nutrition and Dietetics at Vivekanandha Arts and Science College for Women provided a vibrant platform for students to showcase their knowledge, creativity, and confidence in the field of nutrition. Participants demonstrated their skills through interactive rounds, highlighting dietetics concepts, healthy lifestyle practices, and communication abilities. The event encouraged leadership, teamwork, and critical thinking while promoting nutritional awareness among peers. Overall, it successfully nurtured talent, boosted student morale, and created an engaging, knowledge-sharing experience.



"True beauty begins with nourishment of the body, mind, and soul."

Navaratri Celebration 2025

The department celebrated Navaratri with devotion and creativity by setting up a traditional Golu display. Students and faculty contributed beautifully arranged dolls and thematic displays that reflected cultural heritage, spirituality, and social messages. The festive ambience was enhanced with devotional songs, lighting, and traditional decorations. The celebration provided an opportunity for students to showcase their artistic talents, learn about traditions, and foster a sense of unity and cultural appreciation within the department.



“Celebrating traditions is the best way to keep them alive for generations.”

FACILITIES OF THE INSTITUTION



Free Transportaion



24*7 Hospital



Hostel



Canteen



Beauty Palace



Auditorium



Library



Digital Library



Sports ground



Turf



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 School

Rabindranath Tagore College of Education for Women

Viswabharathi College of Education for Women

