



**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

AFFILIATED TO UNIVERSITY OF CALICUT | NAAC (FOURTH CYCLE) WITH A+ GRADE |  
78<sup>TH</sup> NIRF RANKING 2025 | 6<sup>TH</sup> KIRF RANKING 2024 | DBT STAR COLLEGE



## **DEPARTMENT OF HOME SCIENCE**

*Celebrates*

### **NUTRITION WEEK**

**17<sup>TH</sup> SEPTEMBER – 22<sup>ND</sup> SEPTEMBER 2025**

*as part of*

**NATIONAL NUTRITION MONTH 2025  
(POSHAN MAAH -2025)**

*“Eat Right for a Better Life”*

**17-09-25 (WEDNESDAY)**

**INAUGURATION AND INVITED TALK**

**18-09-25 (THURSDAY)**

**NUTRIGIRL - PRELIMINARY ROUND**

**19-09-25 (FRIDAY)**

**NUTRITION CLASSES FOR DIFFERENT AGE GROUPS**

**20-09-25 (SATURDAY)**

**E-POSTER AND VIDEO RELEASE**

**21-09-25 (SUNDAY)**

**ONLINE QUIZ COMPETITION**

**22-09-25 (MONDAY)**

**NUTRI-DELIGHT: A FLAMELESS COOKING COMPETITION  
VALEDICTORY FUNCTION**

Sr. Jolly T T  
Mrs. Sowmyamol K C  
Dr Nivya E M  
Dr Rosmia Paulson  
Dr Athira K A  
Faculty Coordinators

Dr Thomas Ruby Mariamma  
Head of the Department

Dr Sr Beena Jose  
Principal

Aiswarya Haridasan  
Basma Jamal  
Aleena Babu  
Nadha K T  
Niranjana P Shaji  
Student coordinators



## IMPORTANCE OF NUTRITION MONTH CELEBRATION



National Nutrition Month 2025 is observed in September with the theme “Eat Right for a Better Life,” encouraging individuals and communities to embrace balanced diets and healthy eating habits for lifelong well-being. This nationwide campaign highlights the importance of mindful food choices, nutrition education, and prevention of malnutrition and lifestyle diseases while engaging people of all ages through interactive activities such as workshops, competitions, and health camps. By supporting initiatives like POSHAN Abhiyaan and the Mid-Day Meal Scheme, National Nutrition Month strives to foster a culture of wellness and collective action, empowering everyone to build a brighter, healthier future.

**Fuel Your Future with  
Nutritious Choices!**



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

AFFILIATED TO UNIVERSITY OF CALICUT | NAAC (FOURTH CYCLE) WITH A+ GRADE |  
78<sup>TH</sup> NIRF RANKING 2025 | 6<sup>TH</sup> KIRF RANKING 2024 | DBT STAR COLLEGE



## INAUGURATION



### Chief guest

**Dr Karuna M S**

**Consultant in Clinical Nutrition and Research,  
Dr Karuna Diet Care Centre  
Former HoD of the Department of Home Science,  
Vimala College**

### Speaker

**Sasirekha N**

**Research Scholar**

**Avinashilingam Institute for Home Science and  
Higher Education for Women  
Coimbatore**



### TALK ON

**REVIVING MILLETS FOR NUTRITION AND NATION:  
BENEFITS, SCIENCE AND BEYOND**



**LISIEUX HALL**



**2.00 PM - 3.00 PM**



# **NUTRITION CLASSES FOR DIFFERENT AGE GROUPS**

## **PG DEPARTMENT OF HOMESCIENCE**

**Old Age - Pakal Veedu, Padukkad**

**Adult, Pregnancy, Lactation, and Infancy -  
Anganwadi beneficiaries**

**Adolescents- St Paul's CEHSS Kuriachira**

**School children - GVHSS, Ramavarmapuram**

### **Class includes:**

- ➔ Importance of nutrition
- ➔ Guidelines for food selection for respective age groups
- ➔ Nutritional deficiencies and nutritional problems
- ➔ Preventive measures



## ONLINE QUIZ COMPETITION

**Based on the posters and videos published during this week by the Department of Home Science, Vimala College, as part of National Nutrition Week- 2025**

### Videos

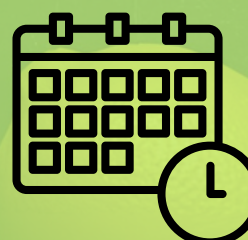
- **Anaemia**
- **PCOD**
- **Thyroid**
- **Nutrition in Stress Management**
- **Prediabees**

### Posters

- **Star Fruit**
- **Jamun**
- **Rose Apple**
- **Rambutan**
- **Star Gooseberry**



**Quiz will be conducted via  
Google form**



**21-09-2025  
Sunday**

**7.00 pm-8.00 pm**



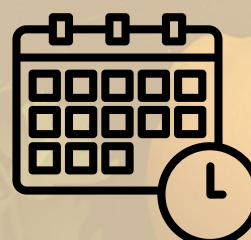
## **NUTRI-DELIGHTS: A FLAMELESS COOKING CHALLENGE**

### **Guidelines:**

- Only flameless cooking allowed – no stove, gas, induction, microwave or oven.
- Dishes can be prepared at home, but you'll need to serve and present at the venue.
- Use of nutritious, seasonal and locally available ingredients are encouraged.
- Each participant should present the recipe and the nutritional value of their dish.
- Participants must bring their own utensils, serving plates and ingredients.
- Strict hygiene must be maintained while preparing and serving.
- No packaged/instant/junk food items allowed.



**Food Science lab**  
**Dpt of Home Science**



**22-09-2025**  
**11.30 am --12.15 pm**