



Dr. N.G.P. ARTS AND SCIENCE COLLEGE

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(An Institution of Kovai Medical Center Research & Educational Trust)
(Affiliated to Bharathiar University, Coimbatore)
Dr. N.G.P. - Kalapatti Road, Coimbatore - 641 048.

DEPARTMENT OF NUTRITION AND DIETETICS



Editors Note

We take immense pleasure in releasing the News Letter for the academic year 2014-2015. The Department of Nutrition and Dietetics has performed various activities in this academic year with an aim to render nutritional services to the community. Various extension activities were organized to create awareness on the importance of nutrition among various sectors of people in the community. The students were given opportunities to improve their knowledge about the current trends in this field through various Invited lectures, workshops, seminars conducted by the department. They were also motivated to participate in National and International Conferences and Workshops conducted by other institutions.

History of the Department

The Department of Nutrition and Dietetics was established in the year 2003 with B. Sc Food Science and Nutrition (CA) with well equipped laboratories. Post Graduate course in Food and Nutrition was started in the year 2004. The Department is also offering Master of Philosophy in Food and Nutrition from the year 2005. The Department has well qualified and experienced faculties.

Mission

To enhance the overall personality of our students by providing quality education, internship training and research facilities

Objectives

To inculcate healthy lifestyle aspects in the mindset of students and explore them to be good nutritionists

To motivate students in developing highly affordable therapeutic food products

To create awareness and render nutrition service to the community

ACTIVITIES OF THE DEPARTMENT

World Breast Feeding Week Celebrations

(1st to 7th August, 2014)

Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. In order to strengthen the maternity practices to support breastfeeding the department has taken the initiative to promote the significances of exclusive breast feeding to the people of Coimbatore District. The undergraduate and post graduate students of the department actively involved in preparation of posters, models, slogans and placards related to the significances of breast feeding to the mother and child, ill effects of formula feeding, nutritional requirements of the mother and foods to be provided during lactation. In addition, a pamphlet detailing the importance of breast feeding and a recipe booklet which has the preparation of low cost nutritious foods were also developed. The department conducted a week long activities which includes



Editorial

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Dr. D. Sridevi

Head & Assistant Professor

Department of Nutrition and Dietetics

Mrs. S.Sheela

Assistant Professor

Department of Nutrition and Dietetics



exhibition, rally, nutrition education and interdepartmental competitions at different places like KMCH, Government Hospital-Coimbatore, Race Course Road, Dr.NGP Institute of Technology, ICDS Centre Kalapatti and Dr.N.G.P. Arts and Science College, Coimbatore. The beneficiaries of the programme included college students and pregnant and lactating women. The activities of the department were appreciated and the college has been selected as one of the "Best Organization" along with 14 other organizations in the competition organized by the BPNI (Breast Feeding Promotion Network of India), New Delhi, on the theme "Breast Feeding- A Winning Goal for Life".



Activities of Day 1, 2 and 3



Activities of Day 4, 5 and 6



Activities of Day 7

National Nutrition Week Activity (19th September, 2014)

The Department in collaboration with the Protein Foods and Nutrition Development Association of India (PFNDAI) hosted the programme by conducting a series of intercollegiate events and a National Seminar on Functional Foods and Nutraceuticals for Young and Old as a part of the Nutrition week celebration on 19th September, 2014. Post graduate and undergraduate students of Food and nutrition, Food Technology and Dietitians from various institutions in Tamilnadu participated in the events. The various institutions that participated in our events are Avinashilingam University, Coimbatore, P.S.G.College of Arts and Science, Coimbatore, R.V.S.College of Arts and Science, Coimbatore, Karunya University, Coimbatore, L.R.G. College, Tirupur,

This programme was sponsored by British Biologicals, Food Ingredients Specialities, Pepsico, Marico, Mead Johnson & GIRA CT. About 248 participants from the department of Food and Nutrition of various colleges in Tamil Nadu took part in the events. In the morning session competitions like quiz, poster making and presentation of healthy recipe were conducted. In the afternoon session a National Seminar entitled "Functional Foods and Nutraceuticals for Young and Old" was conducted in the Kalaiaragam of Dr. N.G.P. Arts and Science College. Experts from leading food industries like Pepsico, Marico, Giract and Bureau Veritas Consumer Products Services presented on the emergence of functional foods and nutraceuticals and its impact on health.



POSTER COMPETITION



QUIZ COMPETITION



RECIPE COMPETITION



INAUGURATION OF THE NATIONAL SEMINAR
BY Dr.THAVAMANI D PALANISWAMI,
SECRETARY Dr.NGP ASC



DR.N.RAMASUBRAMANIAN, PFNDAI
ADDRESSING THE GATHERING

INVITED LECTURE

The department has taken initiatives in enhancing the knowledge of the students by inviting experts from industries and reputed institutions to share their knowledge through their presentations. The department has conducted seven Invited lectures in this academic year.

- ❖ Virtues of Registered Dietitian by Mrs.C. Kumudhavalli M.Sc., R.D., Chief Dietitian, KMCH, Coimbatore on 18.06.2014.
- ❖ Spruce Up Learning Styles by Dr. B. Imtiyaz Khan, School Psychologist, Founder and President, International Association of Holistic Psychology on 24.06.2014.
- ❖ Pediatric Nutrition by Mrs. Vijayalakshmi M.Sc., R.D., Senior Dietitian, PSG Hospitals on 05.07.2014.
- ❖ Nutrition trends today and responsibilities of health professionals by Mrs. Subha, Head, Department of Food and Nutrition, LRG College, Tirupur on 23.07.2014.
- ❖ Facts on malnourished children of slum areas in Coimbatore district by Mr. K. Vetrivelan John, Program Manager, World Vision India, Coimbatore Urban Development Program on 03/09/2014.
- ❖ Stress Management for Students by DR.N.Maragatham, M.Sc.,M.Phil, Ph.D, M.A., PGDCA, Associate Professor and Controller of Examinations, Vellalar College for Women, Erode on 24.02.2015.
- ❖ Health is Wealth by DR. M. Yamunadevi., M.Sc(BT)., M.Sc(BI)., M.Phil., Ph.D., Director, Food Plus Shoppe, Kovilpalayam, Coimbatore on 25.02.2015.



Virtues of Registered Dietitian
Mrs.C. Kumudhavalli M.Sc., R.D.,
Chief Dietitian, KMCH



Spruce Up Learning Styles
DR. B. Imtiyaz Khan, School Psychologist
International Association of Holistic Psychology



Health is Wealth
DR. M. Yamunadevi, Director
Food Plus Shoppe

WORKSHOP

- ❖ Fruit and Vegetable Preservation Training by Mrs. M. Anandhi, Demonstration Officer, Community Nutrition and Extension Unit, Madurai from 14.06.2014 to 18.06.2014.
- ❖ Salads and Mocktail by Chef Kalaivanan, Tamilnadu Advanced Technical Training Institute, Chennai from 02.03.2015 to 04.03.2015.



Fruit and Vegetable Preservation Training
Valedictory Address
DR. P.R. Muthuswamy, Principal Dr.N.G.P. ASC



Workshop on
Salads and Mocktail

EXTENSION ACTIVITY

- ❖ Nutrition Awareness Programme to adolescent girls and women at ICDS Center, Kamarajapuram on 04.09.2014.
- ❖ Healthy Eating Habits and Good Hygiene to school children at Elementary School, Kalapatti on 11.09.2014.
- ❖ Awareness on Global Week of Action 2015 in association with World Vision India among students and members of staff in Dr. N.G.P. Arts and Science College, KMCH College of Nursing, Dr. N.G.P. School, Dr.N.G.P. Institute of Technology and Dr. N.G.P. College of Pharmacy from 20.02.2015 to 25.02.2015.



Nutrition Awareness Programme
ICDS Center, Kamarajapuram



Healthy Eating Habits and Good Hygiene
Elementary School, Kalapatti



Awareness on Global Week of Action 2015
Dr. N.G.P. Arts and Science College



CAREER DEVELOPMENT PROGRAMME

Career Guidance Programme was conducted by the department on 4th December, 2014. The presentation was given by Mr. Satish Govindan, Manager - Training & Development (Food Vertical), NIST Institute Pvt. Ltd. He gave a detailed presentation on the applications of food science and food safety in various industries. He statistically listed the growth of the food processing sector and the employment opportunities in various food industries. He also oriented the students regarding the designations they can get placed in the food industries both nationally and internationally.

VALUE ADDED COURSE

Value Added Millet Products - The course was conducted by DR. Saraswathy Eswaran, Secretary, Ramaswamy Chinnammal Trust, Coimbatore from 16.02.2015 to 20.02.2015, for the students of II B.Sc Food Science and Nutrition(CA) and I M.Sc Food and Nutrition.

Food Safety and Management Systems -The course was conducted by INDOCERT, Kerala from 10.03.2015 to 11.03.2015, for the students of III B.Sc Food Science and Nutrition(CA) and I M.Sc Food and Nutrition.



Valediction of Valued Added Course
Value Added Millet Products



Food Safety and Management Systems

ACHIEVEMENTS OF THE DEPARTMENT STUDENTS

- ❖ University Rank Holders
Undergraduate (2011-2014) - I Rank : Ms.Sreelakshmi .C
Postgraduate (2012-2014) - I Rank : Ms. Sruthi Mol.V
II Rank: Ms. Litty Wilson
- ❖ Best Out going Student
Ms. M.Sajneetha Sukapriya of II M.Sc Food and Nutrition was awarded the Best Outgoing Student on 8th March 2015.

WINNERS OF INTERDEPARTMENTAL AND INTER COLLEGIATE EVENTS

- ❖ Ashwini.P, Arsha Vincent.K, Pavithra.S, Pavithra.G, Swathi.M, Shilpa.S, Jansi, Amutha of I B.Sc Food Science and Nutrition won the III prize in group dance, Independence Day Celebrations on 15.08.2014.
- ❖ Sangavi.S of I B.Sc Food Science and Nutrition won the II prize in Tamil speech, Independence Day Celebrations on 15.08.2014.
- ❖ Sangavi.S of I B.Sc Food Science and Nutrition won the II prize, Tamil speech in Tamil Mandram
- ❖ Varsha.R, Shilpa Joy, Swathi.M, Anu Pavithra.A, Ashwini.P, Arsha Vincent.K, Pavithra.S, Swathi.M, Shilpa.S, of I and III B.Sc Food Science and Nutrition won the First prize in group dance in NGP FEST
- ❖ Varsha.R and Shanoob C.P. of III B.Sc Food Science and Nutrition (CA) won the II prize in Quiz, NGP FEST
- ❖ Magathi.M of III B.Sc Food Science and Nutrition (CA) won the III Prize in Logo designing in NGP FEST
- ❖ K.Preethi, P.Rubini, J.Princy of III B.Sc Food Science and Nutrition (CA) won the I prize, Dry Fruits Cookery without Fuel, Intercollegiate Competition, Nirmala College for Women, Coimbatore on 10.02.2015.
- ❖ K.Preethi won the III prize, Tamil Poem, Bharathiyar Birthday Celebrations, Dr.N.G.P. Arts and Science College, Coimbatore
- ❖ M.Magathi won the II Prize in Chinese Whispering competition conducted by Kathir college, Coimbatore on 26.09.2014
- ❖ P.Fameeda, V.K.Sufairath won the II Prize in Flower arrangement in NGP FEST
- ❖ Susmi Satheesh Kumar, Dheeraja Devi, Tapaswini.A, Rekha Krishna and Faheema Afsin won the II Prize in Product Launch, Interdepartmental competition by department of B.com (IT)
- ❖ Rekha Krishna and Faheema Afsin won the I prize in Quick Food, Interdepartmental competition by B.Sc IT on 13.09.2014
- ❖ Susmi Satheesh Kumar, Rekha Krishna and Faheema Afsin won the I prize in Fuel less cooking, Intercollegiate Competition, Nirmala College for Women, Coimbatore on 10.02.2015.
- ❖ Ms. Susmi Satheesh Kumar, won the III Prize in Mock and Talk conducted by Kathir college, Coimbatore on 26.09.2014
- ❖ Premalatha.P won the III prize in Idhayam Cooking Contest, Intercollegiate Competition at V.V. Vaniaperumal College for Women, Virudhunagar
- ❖ M.Magathi and Abinaya Arumugam won the I prize in Salad Mania, Intercollegiate Competition at Karunya University on 25.02.2015.
- ❖ K.Bharathi and Susmi Satheesh Kumar won the II prize in Mr.Baker, Intercollegiate Competition at Karunya University on 25.02.2015.
- ❖ Abinaya Arumugam, Dheeraja Devi and Susmi Satheesh Kumar won the I prize in Salad Preparation, Intercollegiate Competition at JCT College on 11.03.2015.

FACULTY

- ❖ Mrs.S.Sheela won the I prize for paper presentation in the International Seminar on "Smart Foods for Cardiac Care", on 6th February, 2015 at Holy Cross Home Science College, Thoothukodi.
- ❖ Ms. V. Krishna Prabha won the I prize for paper presentation in International Seminar on "Diet and Diabetes, Diafest-14" held on 17th October 2014 in Sarah Tucker College, Tirunelveli.
- ❖ Ms.Sindhu.S won the II prize for the poster presentation in the International Seminar on "Smart Foods for Cardiac Care", on 6th February, 2015 at Holy Cross Home Science College, Thoothukodi.
- ❖ Ms.Sindhu.S won the II prize for the paper presented orally in the International Conference on Recent Advances in Synthetic Biology (RASB-2015) organized by Department of Biotechnology and Bioinformatics, Bishop Heber College of Arts and Science College, Trichy on 8th and 9th January 2015.
- ❖ Ms.Sindhu.S has completed an online course on "Food, Nutrition and your Health" from Open2study.com which is backed by the Open Universities Australia (OUA), an Australian leader in accredited online education.

Placement Details

Batch	Name	Occupation
PG 2012-2014	Ms. Deepa C.K.	Dietitian, A.J. Hospital, Mangalore
	Ms. Litty Jacob	Dietitian, KMC Hospital, Mangalore
	Ms. Kavitha Muttah	Dietitian, VLCC, Kozhikode
	Ms. Sruthi Mol.V	Dietitian, VLCC, Kannur
UG 2012-2014	Ms. Deepa	Dietitian, P.S.G. Hospitals, Coimbatore

Training Undergone by Students

- ❖ Aavin, Ooty
- ❖ ABT Milk Industry, Pollachi
- ❖ Caico Fruit Industry, Trissur
- ❖ Geo Sea Foods, Ernakullam
- ❖ J.P. Masala, Coimbatore
- ❖ Lacto Fresh Dairy, Namakkal
- ❖ Milma, Trivandrum
- ❖ Ramaswamy Chinnammal Trust, Coimbatore
- ❖ Vital Cashew, Kasarkod

Publications - Faculty

Name of the Faculty	Published in	Number of Publications
Dr. D. Sridevi Head, Associate Professor	ISBN No. 978-81-920808-7-1 ISBN: 978-93-81102-98-5 ISSN No. 2394-8310 and Impact Factor-4.4 Impact Factor-2.16	4
Dr. M. Guhapriya Associate Professor	ISBN: 978-93-81102-98-5	2
Mrs. S. Sheela Assistant Professor	ISBN No. 978-81-920808-7-1 ISBN: 978-93-81102-98-5 ISSN No. 2319-7706 and Impact factor 1.597,	3
Mrs. V. Krishnaprabha Assistant Professor	ISBN : 978-93-81102-98-5(2) ISBN 978-81-920808-7-(1) ISSN: 2319-7706 and Impact factor 1.597(2), ISSN 2348-8069 and Impact factor 1.168 (2) ISSN:2348-5221 and Impact factor 1.046 (1) ISSN:2348-8069 (1)	9
Ms. Sindhu S. Assistant Professor	ISSN Online: 2348-4810 (1) ISSN: 2319-7064 and Impact Factor - 4.438 (1) ISSN: 2249-555X and Impact factor - 3.6241 (1) ISBN:978-93-80767-44-4 (1) ISBN:978-81-920808-7 (1) ISBN:978-93-81102-98-5 (2)	7
Mrs. K. Malini Assistant Professor	ISBN: 978-93-81102-98-5	1

Seminar / Conferences Participated / Papers Presented by the Faculty

S. No.	Name of the Faculty	Conferences/ Seminar/ Workshop Participated	Papers Presented
1.	Dr. D. Sridevi	3	2
2.	Dr. M. Guhapriya	3	-
3.	Mrs. S. Sheela	2	2
4.	Mrs. V. Krishna Prabha	3	3
5.	Ms. Sindhu S.	6	2
6.	Mrs. K. Malini	1	1

STUDENT'S CORNER

HEALTH BENEFITS OF RAGI

Ragi also known as finger millet is cultivated in drier parts of the world-mainly in Asia and Africa. Ragi is a rich source of calcium, iron, protein and other minerals. It has low fat content and contains unsaturated fat. It is easy to digest.

BENEFITS OF RAGI

❖ LOSING FAT

Ragi contains an amino acid Tryptophan which lowers appetite and helps in keeping weight in control. The fibre present in ragi provides satiety and prevents excessive food consumption.

❖ BONE HEALTH

Ragi is rich in Calcium which helps in strengthening bones of growing children and ageing people. Ragi keeps diseases such as Osteoporosis at bay and reduces risk of fracture.

❖ DIABETES

Gluten present in ragi controls the blood sugar level.

❖ LOWERING BLOOD CHOLESTEROL

Ragi contains lecithin and methionine which helps in bringing down cholesterol. It also eliminates excess fat from liver

❖ ANAEMIA

Ragi is a good source of natural iron and helps in condition of anaemia.

❖ RELAXATION

Ragi consumption helps in relaxing body naturally. It is beneficial in conditions of anxiety, depression and insomnia. Hence people should consume ragi as millet daily to improve their health status.

By

Deep Shurthii R (I B.Sc., Food Science and Nutrition)

Peanuts & Their Nutrition Facts

Peanuts are called "ground nuts" or "ground peas" because peanuts are actually formed under the ground. They have more protein, niacin, folate and phytosterols than any nut. Peanuts and peanut butter contain over 30 essential nutrients and phytonutrients. Peanuts are naturally cholesterol-free. There's enough mental stimulation in one peanut to produce 30 minutes of serious thinking. That may or may not be true, but peanuts are a good source of protein and the B vitamins, nutrients that help prevent "brain fatigue". They compose sufficient levels of mono-unsaturated fatty acids especially oleic acid. It helps lower LDL or "bad cholesterol" and increase HDL or "good cholesterol" level in the blood it help to prevent coronary artery disease and strokes by favoring healthy blood lipid profile. Peanuts contain high concentrations of poly-phenolic antioxidants, primarily p-coumaric acid. This compound has been thought to reduce the risk of stomach cancer by limiting formation of carcinogenic nitrosamines in the stomach.

Peanuts are an excellent source of Resveratrol. It has been found to have protective function against Cancers, Heart disease, Degenerative nerve disease, Alzheimer's disease, and Viral/fungal infections. Boiled peanuts have two and four-fold increase in Isoflavone antioxidants Biochanin-A and Genistein content. The nuts are rich source of minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc, and selenium. Peanut oil is valued as premium cooking oil by cooks and chefs worldwide. Tasteless and odorless, peanut oil doesn't transfer food flavors, has a very high smoke point (440° to 470° F) and is high in the desirable mono-unsaturated fatty acids. Specially processed defatted peanuts may be ground into a flour for use in making high protein foods and beverages, may be granulated and added to breakfast or diet bars to raise the protein levels; or may be flavored to taste like other foods.

One of the many great advantages of peanuts and peanut butter is long shelf life. If held at average ambient temperature without great change in heat or humidity, peanuts and peanut butter can be safely stored for several months. Peanuts contain no cholesterol.

By

Premalatha .P (I.M. Sc Food and Nutrition)



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