



AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMA Education & Welfare Society)

(Affiliated to Bharathidasan University)

Recognized by UGC Under Section 2(f) and 12(B)

K.Sathanur, Tiruchirappalli - 620 021

Department of Nutrition and Dietetics

Celebrating

Traditional Food Day

Saturday, 9th October, 2021

TIME : 10:00 A.M

Welcome Address

Dr.SUHASHINI ERNEST
PRINCIPAL

Felicitation

PROF.Dr.M.M.SHAHUL HAMEED
DIRECTOR

Chief Guest

Mrs.T.BHUVANESWARI

District Programme Officer,
Integrated Child Development Services,
Trichy.

Dr.KAMARAJ

District Siddha Medical Officer,
Trichy.

Mrs. ISAI AMUTHU

YOGA Naturopathy Ayush Medical Officer
Trichy

Mrs.R.PARIMALA

Child Development Project Officer
Thiruverumbur Block
Trichy

We Cordially Invite You All

PRINCIPAL
AIMAN COLLEGE OF ARTS &

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

DEPARTMENT OF NUTRITION & DIETETICS

Organizes

TRADITIONAL FOOD FESTIVAL

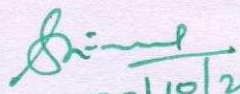
On 9th October 2021, the Department of Nutrition and Dietetics organized "Traditional Food Festival" in collaboration with the Department of Social Welfare and Women Empowerment, Integrated Child Development Services (ICDS), Tiruchirappalli.

The Programme was started by 11.00 AM. Welcome Address was given by the Principal Dr.Suhashini Ernest and Felicitation by the Director Prof.Dr.M.M.Shahul Hameed.

The Guest lecture was given by Mrs.T.Bhuvaneshwari, District Program Officer, Trichy who spoke on the "Benefits of Traditional Food" and also listed the harm caused by processed food. Next Dr.Kamaraj, District Siddha Medical Officer, G.H, Trichy gave an excellent speech about the "Medicinal Importance of the food that is been consumed in Ancient period" and then he added on the health benefits of herbs. And, the session was continued by Mrs.Isai Amuthu, Yoga Naturopathy Ayush Medical Officer, Trichy. She spoke about the "Functions of Human body" and Exercises which have to be followed in our day to day life for the betterment of our health.

The Department of Social Welfare and Women Empowerment, ICDS, Trichy in collaboration with the Department of Nutrition and Dietetics, AIMA College of Arts and Science for Women organized a Pencil Sketch Competition on "Traditional Foods vs Junk Foods" on 09th October 2021. 68 students participated from various departments and the Best Three were selected and awarded. Dr.Kamaraj, District Siddha Medical Officer, G.H, Trichy and Mrs.T. Bhuvaneshwari District Program Officer, Trichy distributed the prizes.

The session came to an end with a National Anthem. Students learnt how traditional food and exercises are beneficial to the health of an individual.


20/10/2021
PRINCIPAL
AIMAN COLLEGE OF ARTS &
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI-620 021

AIMAN COLLEGE OF ARTS & SCIENCE FOR WOMEN

K.SATHANUR, TRICHY – 21

Department of Nutrition and Dietetics

Celebrates

“TRADITIONAL FOOD DAY”

AGENDA

VENUE: CONFERENCE HALL

DATE: 09.10.2021

TIME: 11.00 AM

QIRAT : AMEERA (III N&D 'B' SEC)

WELCOME ADDRESS : Dr.SUHASHINI ERNEST, PRINCIPAL

FELICITATION : Prof.Dr.M.M.SHAHUL HAMEED, DIRECTOR

HONOURING THE CHIEF GUEST

CHIEF GUEST : Mrs.T.BHUVANESWARI
District Programme Officer,
ICDS, Trichy.


: Dr.KAMARAJ
District Siddha Medical Officer,
GH, Trichy.

Mrs.Dr.ISAI AMUTHU
Yoga Naturopathy Ayush Medical Officer,
Trichy.

: Mrs.R.PARIMALA
Child Development Project Officer,
Thiruverumbur Block, Trichy

VOTE OF THANKS : SHAMEEMA BARVEEN.A (II N&D 'B' SEC)

NATIONAL ANTHEM


PRINCIPAL
AIMAN COLLEGE OF ARTS &
SCIENCE

TRADITIONAL FOOD FESTIVAL



CHIEF GUESTS OF THE PROGRAMME



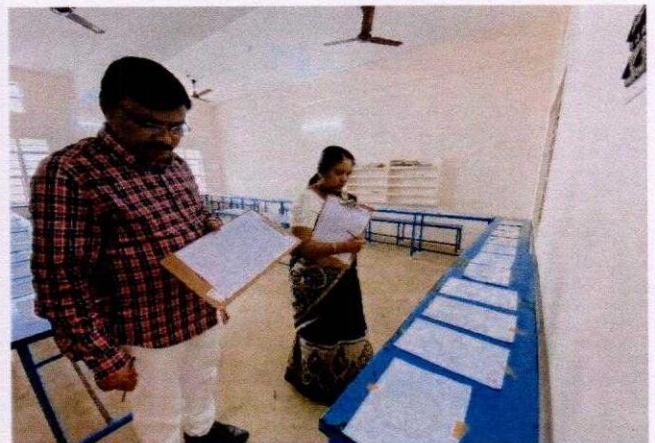
WELCOME ADDRESS WAS GIVEN BY THE PRINCIPAL Dr.SUHASHINI ERNEST

TRADITIONAL FOOD DAY CELEBRATION

DATE : 9TH OCTOBER 2021

TIME: 10:00 AM - 1:00 PM

VENUE: CONFERENCE HALL



PRINCIPAL
AIMAN COLLEGE OF ARTS &
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI-620 021.

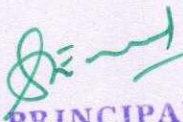
TRADITIONAL FOOD DAY CELEBRATION

DATE: 09th OCTOBER 2021

TIME: 10:00 AM - 1:00 PM

VENUE: CONFERENCE HALL




PRINCIPAL
AIMAN COLLEGE OF ARTS &
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI-620 021.

TRADITIONAL FOOD DAY CELEBRATION

DATE : 9th OCTOBER 2021

TIME : 10:00 AM - 1:00 PM

VENUE : CONFERENCE HALL



செழுந்தமிழ்நாட்டின் குழந்தை வளர்ச்சி திட்டம்

TRADITIONAL FOOD DAY CELEBRATION

DATE: 9th OCTOBER 2021

TIME: 10:00 AM - 1:00 PM

VENUE: CONFERENCE HALL



PRINCIPAL
AIMAN COLLEGE OF ARTS &
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI-620 021.