
**The Annual Alumnae Meet of
Avinashilingam Institute for
Home Science and Higher
Education for Women**

27.07. 2024

Invitation

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be university Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
Re-accredited with 'A' Grade by NAAC, CGPA 3.65/4, category 1 by UGC
Coimbatore - 641043, Tamil Nadu, India

AVINASHILINGAM INSTITUTE ALUMNAE ASSOCIATION (AIAA)

Cordially invites you to the

ANNUAL ALUMNAE MEET
On 27th July 2024 Saturday @10.00 am

When

Dr. T.S.K. Meenakshisundaram
Chancellor and Managing Trustee
Will preside

Dr. V. Bharathi Harishankar
Vice Chancellor
Will deliver a special address

Dr. H. Indu
Registrar i/c
Will greet

Dr. Premavathy Vijayan
President, AIAA
Former Vice Chancellor
Will greet

VENUE : Thiruchitrambalam Auditorium

AVINASHILINGAM INSTITUTE ALUMNAE ASSOCIATION (AIAA)
ANNUAL ALUMNAE MEET - 27th JULY 2024

PROGRAM SCHEDULE

09:00 am : Registration
10.00 - 11.15 am : Meeting and presentation of eminent awards to alumni
: Launch of e-magazine "SARADAM"
11.15 - 11.30 am : Tea
11.30 - 12.30 pm : Cultural
Vocal Music : **J. Bairavi** - Carnatic Singer
(1998 - 2001 Batch Alumnae), Dept. of Music
Classical Dance : **Sai Nivedhanam School of Arts**
(2015 - 2018 Batch Alumnae), Dept. of IT
Fashion show : **Alumnae of Textiles and Clothing**
12.30 - 1.00 pm : Feedback and Closure
1.00 - 1.30 pm : Lunch
1.30pm : Visit to departments and Campus tour

Chill out zone @ Multipurpose hall
Positive parlour /Selfie corner/ Memory wall /Games

Invitations were sent to all alumnae and faculty for the Annual Alumnae Meet of the Avinashilingam Institute for Home Science and Higher Education for Women. The event, held on July 27, 2024, at 10:00 AM in the Thiruchitrambalam Auditorium, welcomed attendees to participate in the day's festivities.

The Office Bearers

- **President** – Dr. Premavathy Vijayan
- **Vice President** – Mrs. Anitha Kuppusamy
- **General secretary** – Dr. S. Uma Mageshwari
- **Joint Secretaries** - Dr. G. Bagyalakshmi

Dr. P. Savitha

Dr. Thenu C.T

- **Treasurer** - Ms. S.L. Rathika

Committee List

Report

- Tamil - Dr. T. Nagammal (Tamil)
- English - Mrs. Gayathri G. (Printing Tech)

Finance

- Dr. Mirsa Begum (Economics)
- Mrs. S. Nisha (Tourism Management)

Social Media

- Dr. P. Karthika (Zoology)
- Mrs. V. Ezhilarasi (Visual Communication)
- Dr. M. Gomathi (Zoology)

Magazine

- Dr. S. Kalamani (English)
- Dr. N. Rekha (FSMD)
- Dr. C. V. Kalpana (Botany)

Hospitality for Alumni

- Mrs. B. Malathi (Physician Assistant)
- I. Annie Christy (Physician Assistant)
- Ms. S. Andal (Education)
- Dr. S. Akilandeswari (Phy. Edun)
- B. Pragathi (Business admn. Campus II)
- Dr. V. Mrunalini (Special Ed.)

Hospitality for Dignitaries

- Dr. R. Nirmala Devi (BCBT)
- Dr. A. Reni (FPPT)
- Dr. T. Poongodi (BCBTBI)

Registration

- Mrs. A. Sumi (IT)
- Dr. Shashi Prabha Jain (Hindi)
- Dr. R. Ahila (CSE)
- Mrs. R. Chitra (ECE)
- Dr. D. Vennila (Commerce)
- Dr. M. Anjum Kham (English)
- Dr. N. Valliammal (CS)

Auditorium, Dias Arrangement

- Mrs. Sakthi Devi (RM)
- Dr. S. Thilakavathy (FSN)

Invitation/Photograph/Mike

- Mrs. P. Jagathambal (HD)
- Dr. K. Sumathi (Extension education)
- Ms. K. Vaanmathi (BMIE)

Cultural

- Dr. U. Ratna (T & C)
- Dr. N. Nandini (Music)

Activity (Multipurpose Hall)

- Dr. P. Loganayaki (Maths)
- Dr. PL. Meenakshi (Maths)
- Mrs. A. M. Srinithi (Psychology)
- Mrs. Ramya Devi (Civil Engineering)
- Dr. Agneeswari Sowmiya (MBA)
- Dr. Nithyaa (Phy) – Selfie Corner
- Dr. A. Prithiba (Chemistry)

Introduction

The Avinashilingam Institute Alumnae Association (AIAA) hosted its annual alumni meet on July 27, 2024, at the Thiruchitrambalam Auditorium. This event aimed to bring the alumni together and strengthen the bonds between them and the institute, honouring the institute's rich history while looking ahead to future collaborations and growth. With an impressive turnout of over seven hundred alumni from across the country and beyond, the event was marked by enthusiastic participation, inspiring speeches, and meaningful discussions. The meet offered a unique platform for former students to reconnect with their peers, reminisce about their academic journeys, and celebrate their professional and personal achievements.

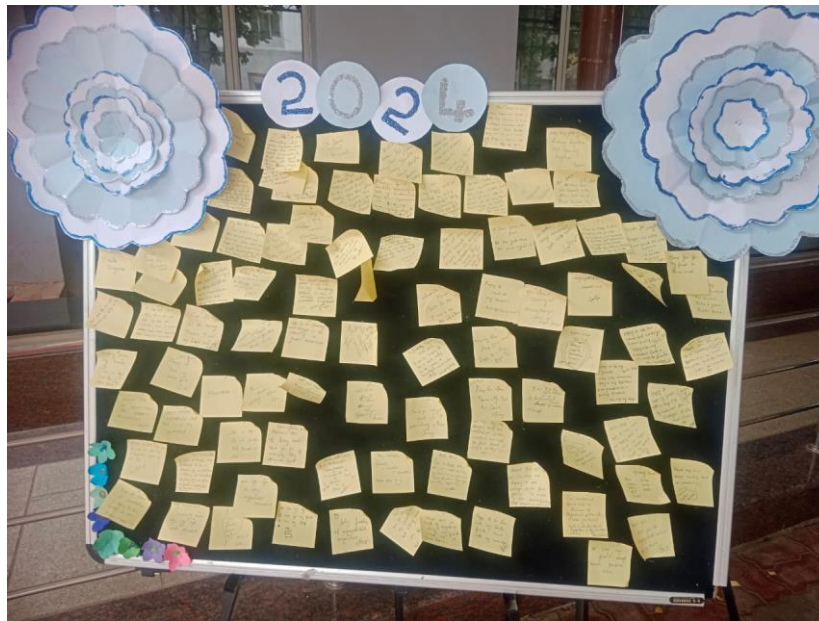
Summary

On July 27, 2024, the Avinashilingam Institute Alumnae Association (AIAA) successfully hosted its annual alumni meet at the Thiruchitrambalam Auditorium. The event was well-attended, with over seven hundred alumni from across the country and abroad gathering to celebrate their shared heritage and accomplishments.

Event Overview

Registration desks were set up for each school and opened promptly at nine a.m. As alumni began arriving, they eagerly filled out their details and received a warm welcome. Each registered alumni were handed an exciting goody bag, a thoughtfully curated welcome kit containing a beautiful keychain adorned with the Avinashilingam logo, an organic pen, a delicious cake, and an assortment of organic eateries. Additionally, they were given a badge to pin up, symbolizing their belonging to the Avinashilingam family. The atmosphere was abuzz with excitement and anticipation as old friends reunited and new connections were made, setting a joyful tone for the day's events.

Activities



The day was filled with a variety of engaging programs designed to rekindle old memories and create new ones. Attendees had the opportunity to revisit their old departments, providing them with a chance to reconnect with their academic roots and see how their former departments have evolved. This visit allowed alumni to engage with current faculty members and relive their university experiences. In addition to departmental visits, alumni embarked on a nostalgic tour of the university. This tour offered a chance to reminisce about their time at the institute, explore familiar landmarks, and witness recent developments and changes on campus. The tour was a highlight for many, bringing back fond memories of their student days.

The event also featured an activity zone, which included a variety of interactive games that encouraged participation and camaraderie among attendees. The Positive Parlour within the activity zone provided unique experiences such as colour psychology, face painting, and self-discovery sessions, adding an element of fun and personal insight to the day. To capture the essence of the reunion, an alumni selfie spot and a memory wall were set up. The selfie spot

allowed attendees to take memorable photos, while the memory wall provided a space for reflecting on their journey since their time at the institute. These features added a personal touch to the event, helping alumni create lasting memories and celebrate their shared experiences.

Guest Reception and Prayer Song



As soon as the alumni entered the auditorium, they were warmly welcomed with a delicious and refreshing welcome drink, setting a hospitable tone for the day. This thoughtful gesture instantly made everyone feel at home and appreciated. The program officially commenced at 10:00 a.m., beginning with a serene and melodious prayer song, "Jayasree Ramakrishna," the

institute's own song. This invocation aimed to seek the blessings of the almighty, creating an atmosphere of peace, reverence, and unity. The tranquil notes of the prayer song resonated through the hall, setting a positive and reflective mood as the day's events began to unfold.

Welcome Address



Following this, Dr. S. Uma Mageshwari, the General Secretary of AIAA, delivered a heartfelt welcome speech, setting a warm and inviting tone for the day's events. In her address, she paid tribute to the visionary founders, reflecting on their enduring legacy and the foundation they laid for the institute's ongoing success. Her words resonated with the audience, inspiring a sense of pride and connection to the institute's rich history and future aspirations.

Lighting of the Lamp



The program sparked to life as dignitaries illuminated the moment with the ceremonial lighting of the lamp. This traditional act, imbued with symbolism, marked the auspicious beginning of the event, casting a warm and inviting glow over the proceedings. The dignitaries, including office bearers, the Vice-Chancellor, trustees, and distinguished alumni, collectively lit the lamp, embodying the unity and shared purpose of the gathering. knowledge that the alumni and the institute stand for.

Alumni Greeting by Dr. Gowri Ramakrishnan



Dr. Gowri Ramakrishnan, former Registrar and Assistant Managing Trustee, brightened the event with a heartfelt alumnus greeting. She eloquently expressed how alumni form a crucial bridge between the institute and society, highlighting the enduring connection and impact of the institution. As an alumna herself, Dr. Ramakrishnan shared her own experiences and the pride she feels in being part of this esteemed community.

She wished the alumni the very best and emphasized the generational legacy that the institute creates. Dr. Ramakrishnan recounted how often prospective students mention that their siblings or parents have studied here, reflecting a tradition of excellence and loyalty that

spans generations. This continuity, she noted, shows the institute's lasting influence and the strong bonds it creates among its members.

Special Address by Vice-Chancellor



This was followed by a special address by Dr. V. Bharathi Harishankar, Vice Chancellor. In her address, Dr. Harishankar highlighted the numerous credentials and accolades achieved by the institution. She proudly mentioned the prestigious NAAC A++ accreditation, the institution's significant contributions in terms of patents and innovations, and the various prizes won in hackathons and sports events. Additionally, she emphasized the institution's impressive ranking among the top 100 institutions in the NIRF accreditation.

Dr. Harishankar also shared a recent remarkable achievement: the university's kickboxing team clinched a victory at the National Level Championship. This accomplishment, she noted, reflects the dedication and hard work of both students and faculty, showcasing the institution's commitment to excellence in both academics and extracurricular activities.

President's Address and Prelude



This was followed by a presidential address by Dr. Premavathy Vijayan. In her speech, Dr. Vijayan urged the alumni to reconnect and highlighted the numerous achievements of the Alumni Association (AIAA). Further, Dr. Premavathy Vijayan, President of AIAA and Former Vice Chancellor of AIHSHEW, provided an insightful prelude on the activities of the AIAA. She warmly greeted the alumni, expressing her joy at seeing so many familiar faces and new ones alike. Dr. Vijayan emphasized the importance of maintaining strong ties with the institution, sharing the various initiatives and accomplishments of the AIAA that demonstrate the vibrant and active alumni network.

She detailed how the AIAA has been instrumental in supporting the university's mission through various programs, including mentoring current students, organizing professional development workshops, and contributing to research and development projects. Dr. Vijayan also highlighted some of the notable successes of AIAA members in their respective fields, showcasing the diverse and far-reaching impact of the alumni community.

In her heartfelt appeal, Dr. Vijayan encouraged all alumni to actively participate in AIAA activities, reconnect with old friends, and forge new relationships. She stressed that their

continued involvement would not only strengthen the alumni network but also contribute significantly to the growth and success of the university. Dr. Vijayan concluded her address by thanking the alumni for their ongoing support and dedication, looking forward to their increased engagement in the future.

Launch of Magazine



Following this, the SARADAM e-magazine was officially launched. This publication serves as a platform to showcase the creative works of our alumni, including poetry, essays, and stories. Over the past few months, a call for articles was widely circulated, encouraging alumni to contribute their creativity and insights. The magazine was meticulously edited and designed by a dedicated team, ensuring a high standard of presentation. This launch represents a significant step in our ongoing efforts to support and promote the artistic achievements of our alumni.

The e-magazine "SARADAM" features a rich collection of content across four distinct sections. Memories include personal reflections and nostalgic essays by contributors such as Dr. P. Parvathi Easwaran, Dr. Vijayalakshmi Purushothaman, and Dr. R. Parvatham, among others. The Poems section presents evocative works by Anuradha Viswanathan, Lakshmi Meyyappan, and M. Loganayaki, showcasing diverse poetic expressions. Articles cover a range of topics from women's achievements to educational insights, with contributions from Asma K., Dr. M. Anjum Khan, and Priya S. V. Lastly, the Pictures & Drawings section includes creative sketches and caricatures by Susana Stephen Kumar and Dr. V. Janaka Maya Devi, adding a visual dimension to the publication.

Distinguished Alumnae Award Distribution

Following this, the heart of the event—the awarding ceremony—took place, where each recipient was formally recognized for their exceptional accomplishments. Successful alumni were meticulously shortlisted from each school based on their significant contributions to society. The selection process involved evaluating the impact and achievements of each nominee, ensuring that the final choices reflected outstanding service and success. From this carefully curated list, one alumna from each school was chosen to receive the Distinguished Alumni Award.



The awardees were introduced by their peer alumni during the ceremony. The Distinguished Alumni Awards recognized outstanding alumnae from each school, celebrating their significant contributions and achievements. Among the honourees was Mrs. Suguna Lakshminarayanaswamy, representing the School of Commerce and Management, who serves as President of Suguna Institutions, Coimbatore. Her exemplary leadership and impact in the field were acknowledged with this prestigious award, highlighting her dedication and success in her professional endeavours.



The next Distinguished Alumni Award was presented to Mrs. R. Geetha, who represented the School of Education. Mrs. Geetha, currently serving as Inspector of Police at the Gudimangalam Law and Order Police Station in the Udumalpet Sub Division of Tirupur District, was recognized for her exemplary service and contributions to public safety. Her role in maintaining law and order, coupled with her dedication to her profession, has had a profound impact on her community. This award acknowledges Mrs. Geetha's outstanding leadership and commitment to her duties, reflecting her significant achievements and the high esteem in which she is held within her field.



The next Distinguished Alumni Award was presented to Dr. R. Kalavathy, who represented the School of Home Science. Dr. Kalavathy, currently serving as the Head of the Department of Clinical Nutrition and Food Service at Obaidullah Hospitals, Ministry of Health, Sharjah, was honored for her exceptional contributions to the field of clinical nutrition. Her leadership in advancing nutritional care and her impact on healthcare services have been widely recognized. This award highlighted Dr. Kalavathy's distinguished career and her significant contributions to the field, reflecting the high esteem in which she is held by her professional community. As Dr. Kalavathy was unable to attend the ceremony, the award was graciously accepted on her behalf by her husband.



The next awardee was Mrs. K. Karpagam, District Collector of Perambalur, who represented the School of Bio-Sciences. She was honoured for her remarkable achievements and contributions to society. Her dedication to public service and her impactful work in administrative roles have significantly benefited the community. This recognition highlights her exceptional commitment to her profession and her positive influence in the field. Mrs. Karpagam's award underscores her outstanding service and leadership, reflecting the high regard in which she is held by her peers and the broader community.

The next Distinguished Alumni Award was presented to Prof. Vasanthi Arasaratnam from the School of Physical Sciences and Computational Science. Prof. Arasaratnam, the former Vice Chancellor of the University of Jaffna, Sri Lanka, joined the ceremony online to receive her award. Her distinguished career in education has significantly contributed to the advancement of academic standards and research in Sri Lanka. Prof. Arasaratnam's leadership and dedication have positively impacted the educational landscape and broader society, making

her a highly respected figure in her field. For awardees who could not be present, their respective school deans accepted the awards on their behalf. The Dean of the School of Physical Sciences and Computational Science received the award on her behalf.



Dr. M. Meena, Head of HR and Operations at Romana Group of Companies in the UAE, represented the School of Arts and Social Sciences and was also felicitated. Dr. Meena's accomplishments in human resources and operations reflect her exceptional leadership and professional expertise, earning her recognition in her field. As the awardee was honored in absentia, the Dean of the School of Arts and Social Sciences received the award on stage on her behalf.



The next Distinguished Alumni Award was presented to Mrs. R. K. Kavitha, who represented the School of Engineering. Mrs. Kavitha, currently serving as Deputy Collector and Revenue Divisional Officer with the Tamil Nadu Government in Vellore, was honored for her exceptional contributions to public administration. Her role in managing revenue and administrative functions has made a significant impact on her community. This award acknowledged Mrs. Kavitha's exemplary service and leadership, underscoring her dedication and the respect she has earned from her colleagues and the public.

Acceptance Speeches



The awardees present at the ceremony delivered acceptance speeches, during which they shared their personal experiences and reflections. Their addresses highlighted the journeys that led to their achievements and expressed gratitude for the recognition. Each speaker conveyed insights into their professional and personal growth, offering valuable perspectives

on their fields of work. Their speeches not only celebrated their individual accomplishments but also underscored the importance of perseverance, dedication, and the support of their respective communities.

Refreshment Interlude

Following the awards ceremony, guests enjoyed a tea break. During this interlude, a selection of tea, accompanied by a variety of sweet and savoury refreshments, was served. The tea break provided an opportunity for attendees to mingle, discuss the highlights of the event, and enjoy a relaxed and convivial atmosphere. The assortment of treats offered catered to diverse tastes, contributing to the overall enjoyment of the gathering.

The Cultural



After the tea break, the event continued with a cultural feast. The program commenced with a captivating musical performance by vocal artists Mrs. Ranjhani and Mrs. Bairavi, both esteemed alumnae of the institution. Their performance featured a diverse repertoire of songs, skilfully delivered through both vocal prowess and instrumental accompaniment. The audience was thoroughly engaged and enjoyed the performance immensely. In recognition of their exceptional talent and contribution to the event, Mrs. Ranjhani and Mrs. Bairavi were honored with a prize presented by their department head.



Next, the program featured a stunning dance performance by Sai Nivetha and her team, who captivated the audience with an enchanting classical dance routine. Their performance was marked by intricate choreography, graceful movements, and vibrant expressions, which collectively created a mesmerizing visual and artistic experience. The audience responded with enthusiasm and admiration, thoroughly enjoying the dance. In recognition of their exceptional artistry and contribution to the event, Sai Nivetha and her team were honored with accolades and received well-deserved praise for their outstanding performance.



Following the dance performance, the event featured a captivating fashion show presented by alumnae from the Textile Department. The alumnae showcased their design talents through an impressive array of outfits, reflecting both creativity and sophisticated fashion sense. Each ensemble highlighted their expertise in textiles and clothing, with models elegantly dressed in garments that exemplified contemporary style and innovation. The fashion show was met with enthusiastic acclaim from the audience, who appreciated the skilful presentation and

artistic vision of the alumni. The participants were well-received and praised for their outstanding contributions to the event.

Feedback Session





Following the cultural performances, a feedback session took place where alumni were called upon to share their thoughts and reflections. Many alumni offered heartfelt feedback, reminiscing about their time at the institution with a sense of nostalgia. They recounted memorable experiences and expressed appreciation for the lasting impact the institution had on their lives. Their shared stories highlighted the strong connections they maintained with their alma mater and celebrated the institution's role in shaping their personal and professional journeys.

Vote of Thanks



The event concluded with a vote of thanks presented by Dr. G. Bagyalakshmi, Joint Secretary of the AIAA. In her address, Dr. Bagyalakshmi expressed heartfelt gratitude to all participants, guests, and organizers who contributed to the success of the event. She acknowledged the efforts of everyone involved in making the occasion memorable and highlighted the collective dedication that ensured its smooth execution. Dr. Bagyalakshmi's closing remarks conveyed appreciation for the support and enthusiasm shown throughout the event, marking a fitting conclusion to a day of celebration and reflection.

Lunch and Leisure

After the program in the auditorium, alumni were invited to a luncheon in the food court. A sumptuous spread was prepared, offering a variety of delectable dishes. Rather than sitting in the designated seating area, many alumni drifted away with their food plates to enjoy their meals in different groups around the campus. This informal arrangement allowed them to mingle and catch up with each other in a relaxed and engaging atmosphere, enhancing the overall enjoyment of the event.

Revisiting Old Departments and Campus Spaces

After lunch, alumni visited their respective departments, taking the opportunity to reconnect with their former faculty members and revisit familiar spaces. The visit allowed them to engage in meaningful conversations with their former professors, reminisce about their academic experiences, and gain updates on current developments within their departments. This nostalgic journey through their academic roots provided a pleasant and enriching experience, as alumni rekindled old relationships and enjoyed the warm reception from the faculty.

Throughout the day, the alumni engaged in enriching conversations, rekindling old friendships, and networking with fellow graduates. The atmosphere was charged with excitement and nostalgia, as attendees shared stories of their college days and updated each other on their professional and personal milestones.

Feedback

The feedback from our alumni highlighted their positive experiences and appreciation for various aspects of the event. Many alumni enjoyed the cultural programs, finding them to be both entertaining and a wonderful showcase of talent. The award ceremony was another highlight, recognized for its well-organized and celebratory atmosphere. Alumni also appreciated the selfie corner and memory wall, which provided fun and nostalgic opportunities for photo-taking and reminiscing. The hospitality received high praise, with many noting the warm and welcoming environment created by the event organizers. Overall, the alumni expressed satisfaction with how the institution has grown over the years, commending the advancements and improvements seen since their time as students. Their experience during the alumni meet was overwhelmingly positive, marked by meaningful interactions and a strong sense of community. A Google form was shared with all attendees to gather their feedback, as not everyone was able to extend their comments during the program. This valuable input will help us improve and enhance future alumni meets.

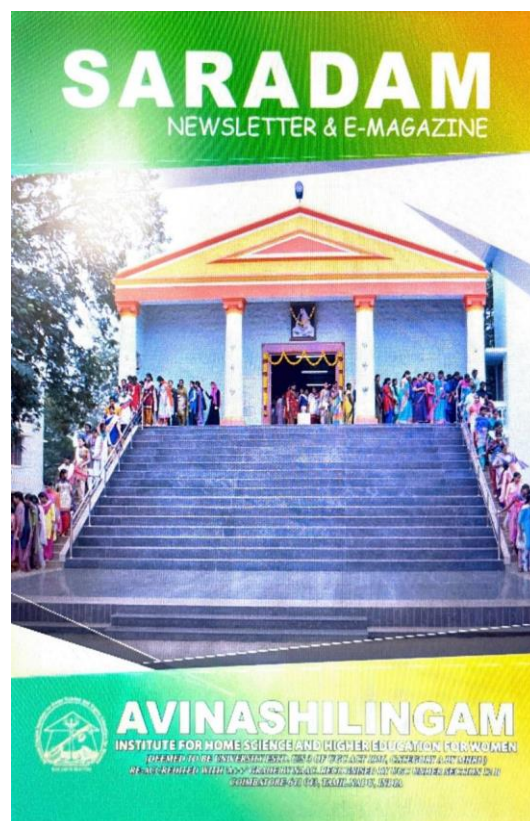
SPONSORS

The success of the Annual Alumnae Meet held on July 27, 2024, owes much to the generous contributions of our esteemed sponsors. Milky Mist Dairy Food Private Limited from Perundurai, Tamil Nadu, enriched the event with their delightful milkshakes, adding a refreshing touch to our gathering. Solar Delights, hailing from Omsakthi Plantation in

Dharmapuri, provided wholesome jaggery and amla, which were greatly appreciated by all attendees. Mrs. Jayamani of Sree Sampoorana in Coimbatore contributed an array of delicious snacks, ensuring that everyone had a delightful culinary experience.

Further enhancing the event, Dr. S. Alamelu Mangai, the Assistant Professor and Head of the PG & Research Department of Home Science at Bharathidasan College for Women, Puducherry, generously donated shields that were awarded to distinguished alumnae. The Alumnae 1996 Batch from the Department of Economics at Avinashilingam Institute for Home Science & Higher Education for Women, Coimbatore, contributed beautifully designed badges, adding a memorable keepsake for all participants. enriched the event.

Annexure



Saradam

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Avinashilingam Institute for Home Science & Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u's 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section

128 Coimbatore-641 043, Tamil Nadu, India



Department of Food Service Management and Dietetics

REPORT ON

“ HEALTHY CULINARY PRACTICES”

Date- 21/02/2023

Time- 9.30am to 12.30pm

INVITATION



AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN
(Deemed to be university under category A+ by MHRD, Estd. u/s3 of UGC Act 1956)
Re - accredited with A ++ Grade by NAAC. Recognised by UGC section 12 B
Coimbatore - 641 603, Tamil Nadu, India.

**Department of Food Service Management and Dietetics
&
Indian Dietetic Association - Coimbatore Chapter**

Cordially invites you for the

Workshop on Healthy Culinary Practices



by
Mrs.V.Umamaheswari
Jolly Foods, Coimbatore

Dr.V. Premala Priyadharsini
Professor and Head
Department of Food Service Management and Dietetics
will greet

Date: 21.02.2023
**Venue: RoomNo:226, Foods Laboratory,
Homescience block** **Time : 9:30 am to 12.30 pm**

PROGRAMME SHEET



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India.



**Department of Food Service Management & Dietetics
&**

Indian Dietetic Association – Coimbatore chapter

Workshop on Healthy Culinary Practices

Programme

Prayer

Ms.S.Vishnudurga

Welcome Address

Ms.K.Vaishali

Introducing the Chief Guest

Ms.R.Gowthami

Greetings

Dr.V.Premala Priyadharsini

Professor and Head of the Department

Demo cum lecture

Mrs.V.Umamaheswari (Alumni)

Jolly Foods, Coimbatore

Vote of thanks

Ms.K.Gayatri



DATE: 21.02.2023



TIME : 9:30 am to 12:30 pm

**VENUE : Room No:226, Foods Laboratory ,
Homescience block**



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Coimbatore - 641 043, Tamil Nadu, India



**Department of Food Service Management and Dietetics
&
Indian Dietetic Association - Coimbatore Chapter**

**WORKSHOP ON
HEALTHY CULINARY PRACTICES**

Time: 9.30 am-12.30 pm
Date: 21/02/2023
Venue: Foods lab,
Homescience block
Room no: 226



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Coimbatore - 641 043, Tamil Nadu, India



**Department of Food Service Management and Dietetics
&
Indian Dietetic Association - Coimbatore Chapter**

**WORKSHOP ON
HEALTHY CULINARY PRACTICES**

PRAYER

Ms.S.Vishnudurga
III- B.Sc., fsmd



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Coimbatore - 641 043, Tamil Nadu, India



**Department of Food Service Management and Dietetics
&
Indian Dietetic Association - Coimbatore Chapter**

**WORKSHOP ON
HEALTHY CULINARY PRACTICES**

WELCOME ADDRESS

Ms.S.Sanna Sumaya
III- B.Sc., fsmd



Avinashilingam Institute for Home Science and Higher Education for Women
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Coimbatore - 641 043, Tamil Nadu, India



**Department of Food Service Management and Dietetics
&
Indian Dietetic Association - Coimbatore Chapter**

**WORKSHOP ON
HEALTHY CULINARY PRACTICES**

INTRODUCING THE CHIEF GUEST

Ms.R.Gowthami
III- B.Sc., fsmd



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**Department of Food Service Management and Dietetics
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**WORKSHOP ON
HEALTHY CULINARY PRACTICES**

GREETINGS

Dr.V.Premala Priyadarshini
Head of the Department



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**WORKSHOP ON
HEALTHY CULINARY PRACTICES**

DEMO CUM LECTURE

Mrs.V.Umamaheswari (Alumni)
Jolly foods, Coimbatore



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**WORKSHOP ON
HEALTHY CULINARY PRACTICE**

VOTE OF THANKS

Ms.K.Gayathri
III- B.Sc., fsmd

REPORT ON HEALTHY CULINARY PRACTICES

The Department of Food Service Management and Dietetics organized a Workshop on “HEALTHY CULINARY PRACTICES ” on February 21st 2022 between 9.30a.m.- 12.30 p.m. in the Quantity Food Production Lab and the III UG Food Service Management and Dietetics students were participants

The Workshop started with a invocation song by Ms. S. Vishnudurga, III B.Sc Food Service Management & Dietetics Department. The welcome speech was delivered by Ms. H, B.Sc Food Service Management and Dietetics Department. Ms. R. Gowthami, III B.Sc Food Service Management & Dietetics , Introduced the chief guest, Mrs.V.Umamaheswari (Alumni), Jolly Foods – Coimbatore.

Dr. V. Premala Priyadharshini, Head of the department, Food Service management and dietetics, greeted the gathering. Mam encouraged the students to learn more about the entrepreneurship development programs.

The chief for the day was Mrs.V.Umamaheswari (Alumni) Jolly foods – Coimbatore. We are really feel honored and proud that she is an alumni of our Institute and our department too, she has completed her Bachelors Degree in nutrition and dietetics and catering management in 1999 and her diploma in labor laws at National Institute of business management in 2008 and MBA in human resource at Indira Gandhi National Open University . Her hands on experience in many events are remarkable one. Madam spoke about the Women Entrepreneur Development and innovative ideas on healthy culinary practices. Madam thought us on how to balance business and family life, coping with fear of failure and gave us ideas to face competitors. Madam has shared healthy and nutritious recipe. Finally she motivated all the students to take risk and start a business with creative ideas.

As the part of hands on training III UG Food Service Management Dietetics students were divided into VI groups, each one were given to do one recipe these recipes were formulated by the chief guest herself.

Different recipes includes

- Oats chilla
- Poha cutlet
- Vazhakkai sandwich
- Sweet pumpkin halwa
- Veg salad
- Chicken ghee roast

The Workshop was ended by Vote of Thanks given by Ms. K.Gayathri. Around 55 students were benefited by the workshop.

Recipes prepared

OATS CHILLA



Ingredients:

1. Oats – 200g
2. Besan flour-100g
3. Big onion-1no
4. Green chilli-2no
5. Jeera -1tsp
6. Turmeric pdr-1/2 tsp
7. Carrot-1no
8. Beans-50g
9. Capsicum- size medium
10. Curry leaves- few
11. Coriander leaves – few
12. Any refined Oil- 2tbsp
13. Salt – to taste

Method:

- Grind the oats coarsely in a mixer jar.
- Transfer it to a bowl and add water. Mix well.
- Soak the oats for 10-15 minutes in water.
- Now add Besan flour, onions, carrot, beans, capsicum, green chilies, coriander, curry leaves, salt, turmeric powder, jeera and a little water. Mix well.
- Dilute with a little water if needed after 5 minutes.
- Heat a pan, pour the batter with a ladle and spread to make chilla.
- Add some oil to the edges.
- Flip the chilla to the other side once it is cooked on one side.
- Add a few drops of oil to the edges again.
- Wait till the chilla is cooked on the other side too.
- Wait till the chilla is cooked on the other side too.
- Remove from the pan and transfer it to a plate.

- Serve the piping hot Oats chilla with any chutney of your choice.

POHA CUTLET



Ingredients:

1. Poha (thick or thin) 200 g
2. Besan flour 100g
3. Corn flour 50g
4. Bread crumbs 200g
5. Onion 1 big
6. Green chili 2no
7. Ginger garlic paste 1tsp
8. Turmeric pdr 1/2 tsp
9. Garam masala 1tsp
10. Soya chunks 100g
11. Coriander leaves
12. Salt
13. Oil for fry

Method:

- Rinse the poha with water let it sit for 10 minutes.
- Soak the soya chunks in hot water for 10 minutes.
- After 10 minutes, strain and squeeze out excess water
- Once the chunks are cooled off, grind it into a coarse mixture
- Heat a pan with some oil Add onions, ginger-garlic paste, soya chunks, green chilli, turmeric powder, garam masala, coriander leaves and salt. Mix well.
- Add the soaked poha and Besan flour, mix well, allow it to cool off.
- Make small patties from it and keep it aside (you can refrigerate at this stage for 10 minutes, this step is optional).
- Mix corn flour with water and make a batter Dip the patties in the corn flour mixture.
- Roll it in bread crumbs and set aside (you can refrigerate at this stage for 10 minutes, this step is optional).
- Shallow fry the patties till they are golden brown in color Serve the poha cutlets hot.

VAZHAKKAI SANDWICH



Ingredients:

1. Bread 1 loaf
2. Butter 100g
3. Vazhakkai 1no
4. Ginger garlic paste 1tsp
5. Capsicum medium
6. Sweet corn 1no
7. Mayonnaise veg 100g
8. Pepper
9. Salt
10. Coriander leaves

Method:

- Boil Vazhakkai in Hot water for 5 minutes, peel the skin and grate it.
- Add butter to a pan and heat it. Add vazhakkai ginger-garlic paste, capsicum, sweet corn, salt and pepper.
- Mix and saute for 2-3 minutes.
- Turn off the stove, transfer it to a bowl and add chopped coriander leaves, mayonnaise and mix well.
- Cut off the edges of the bread and then put the filling on it. Spread the filling evenly and close it with another bread slice. Cut it into desired shape and serve.
- For the grilled vazhakkai mayonnaise sandwich, put the filling on a bread slice, cover it up with another slice.
- Heat a grill pan and apply butter on it. Place the sandwich and roast it on both the sides. Keep applying butter in intervals at the edges so that they turn out to be crispier.
- Cut the sandwich into desired shape and serve it hot with any juice by the side.

SWEET PUMPKIN HALWA



Ingredients:

1. Sweet pumpkin – 1/4kg
2. Brown sugar – 200g
3. Ghee – 100g
4. Milk – ¼ litre
5. Sweetless khoa – 50g (optional)
6. Cashew nuts – 25g
7. Raisins – 25g
8. Cardamom – 3nos

Method:

- Take wide sauce pan add 2tsp of ghee fry cashews and raisins until golden brown and remove it from pan and keep it aside and add finely chopped sweet pumpkins in leftover ghee.
- Sauté for about 10 minutes on medium flame. Keep the stirring continuously to prevent burning.
- Once the pumpkin is half cooked add milk and cook till the milk is completely absorbed by pumpkin.
- Add brown sugar and continue to cook until all moisture is evaporated. Now add khoa into it and mix well in order to get thick consistency.
- Add cardamom powder mix well and add remaining ghee and mix well.
- Finally add fried nuts and raisins.
- Sweet pumpkin halwa is ready to serve.

VEG SALAD



Ingredients:

1. Snake gourd (1nos)
2. Beans (50g)
3. Carrot (2nos)
4. Capsicum (medium)
5. Chow-chow (small)
6. Big onion (1nos)
7. Cucumber (1nos)
8. Salt
9. Pepper
10. Ground nut (50g)
11. Coriander leaves
12. Lemon juice
13. Green chilli

Method:

- To make the salad dressing, mix lemon juice, salt and pepper. Keep this aside .

- In a large mixing bowl, add the finely chopped snake gourd, beans, carrot, cucumber, capsicum, big onion, grated chow-chow and coriander leaves.
- Add roasted groundnut and Mix well.
- Add the salad dressing on top of the salad and mix everything well.
- You can serve the salad as it is or chilled.

CHICKEN GHEE ROAST



Ingredients:

Ingredients to Make Marinade

1. Chicken – 1/2 Kg
2. Juice of 1 Lemon
3. Curd - 1 Tbsp
4. Salt - 1 Tsp
5. Chilli Powder – 1/2 Tsp
6. Turmeric Powder - 1/4 Tsp
7. Ginger Garlic Paste - 1 Tsp

To Make Masala Paste

1. Red Chilli - 10 Nos
2. Coriander Seeds - 1 Tbsp
3. Cumin Seeds – 1/2 Tsp
4. Fennel Seeds – 1/2 Tsp
5. Peppercorns - 1 Tsp
6. Garlic - 8 Cloves
7. Soaked Tamarind Pulp
8. Water

To Make Chicken Ghee Roast

1. Ghee
2. Marinated Chicken
3. Ground Masala Paste

4. Water
5. Jaggery - 2 Tsp
6. Salt - 1 Tsp
7. Curry Leaves

Method:

To marinate the chicken.

- Take the chicken in a bowl; to this add lemon juice, curd, salt, chilli powder, turmeric powder, ginger-garlic paste.
- Rub the chicken pieces with the ingredients and let it sit for 1 hour.

To make masala paste

- 3. To a pan, add Red chilli, coriander seeds, cumin seeds, fennel seeds, peppercorns.
- 4. Dry roast them until you get the aroma and let it cool.
- 5. Transfer the ingredients to a mixer jar, add garlic, soaked tamarind and little water.
- 6. Grind this to a nice paste.

To make Ghee Roast.

- 7. To a wide pan, add ghee, and marinated chicken pieces. Cook it for 10 mins in high flame.
- After 10 minutes, remove the chicken pieces and keep it aside.
- Once the sauce reduces, add the ground masala paste, and little water.
- Cook the masala for 10 minutes.
- Add some more ghee and continue to cook for 5 minutes more.
- Once the ghee starts separating, add jaggery and half cooked chicken pieces.
- Add salt and cook until the masala thickens.
- Finally add some fresh curry leaves.
- Chicken Ghee Roast is ready to be served.

Recipe score card

| Name of the recipe | Appearance | Colour | Flavour | Texture | Overall taste | Overall score |
|--------------------|------------|--------|---------|---------|---------------|---------------|
| Oats chilla | 5 | 5 | 4 | 4.5 | 4 | 22 |
| Poha cutlet | 5 | 5 | 4 | 4.5 | 5 | 23.5 |

| | | | | | | |
|---------------------|---|---|---|---|---|----|
| Vazhakkai sandwich | 5 | 5 | 5 | 4 | 5 | 24 |
| Vegetable salad | 5 | 5 | 5 | 5 | 4 | 24 |
| Chicken ghee roast | 5 | 5 | 5 | 5 | 5 | 25 |
| Sweet Pumpkin Halwa | 5 | 5 | 5 | 5 | 5 | 25 |

GLIMPSES OF WORKSHOP







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Coimbatore - 641 043, Tamil Nadu, India

DEPARTMENT OF ECONOMICS

ALUMNAE TALK

LECTURE ON “HOW TO PREPARE FOR COMPETITIVE EXAMINATIONS...”

Dr.K. SHOBHA, Associate professor and Head, Department of Economics,

Government Arts College, Coimbatore.

DATE: 11.03.2024

TIME: 3:00 pm – 3:30 pm

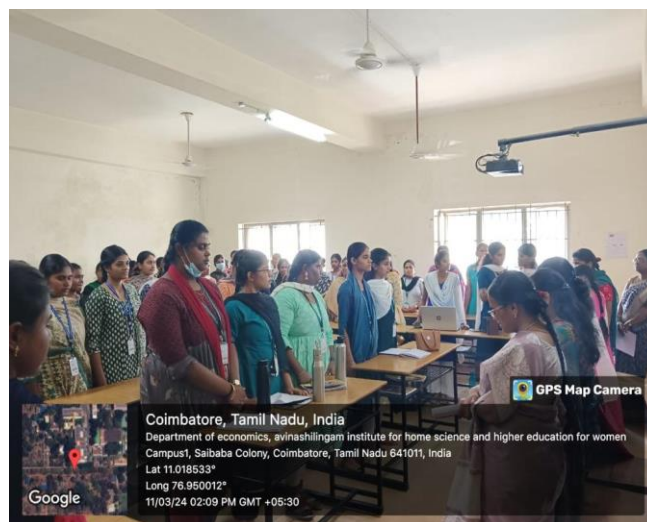
The department of economics, Avinashilingam Institute for Home Science and Higher Education for Women arranged a special lecture on “how to prepare for competitive exams” in room number 282 in the home science block. Dr.K. Shoba, Associate professor and Head, Economics department, Government Arts college was the chief guest of the day. The resource person was a great and successful Alumnae of our department and Institute.

INVITATION:



Before the commencement of the programme, Dr.S. Gandhimathi, Professor and Head, Department of Economics, Avinashilingam Institute, interacted with the students about the benefits of cracking competitive exams. She also quoted that students should have belief in themselves in cracking out the service and competitive exams. She also insisted them to enrol in the various competitive exams that are available to them.

The programme began with the blessings of the almighty god through a prayer song sung by Rohini and Savitri of I B.A. Economics. Dr.E. Shanmughapriya, Assistant Professor, Department of Economics delivered the welcome address and gave a brief introduction about the speaker to the students. The resource person was an eminent personality and has published 16 articles in international journals. She has won 6 awards and “the best speaker” award in conferences was one of her notable achievements. The speaker has also made and released videos on economics and statistics in her you-tube channel for the betterment of the student’s community.

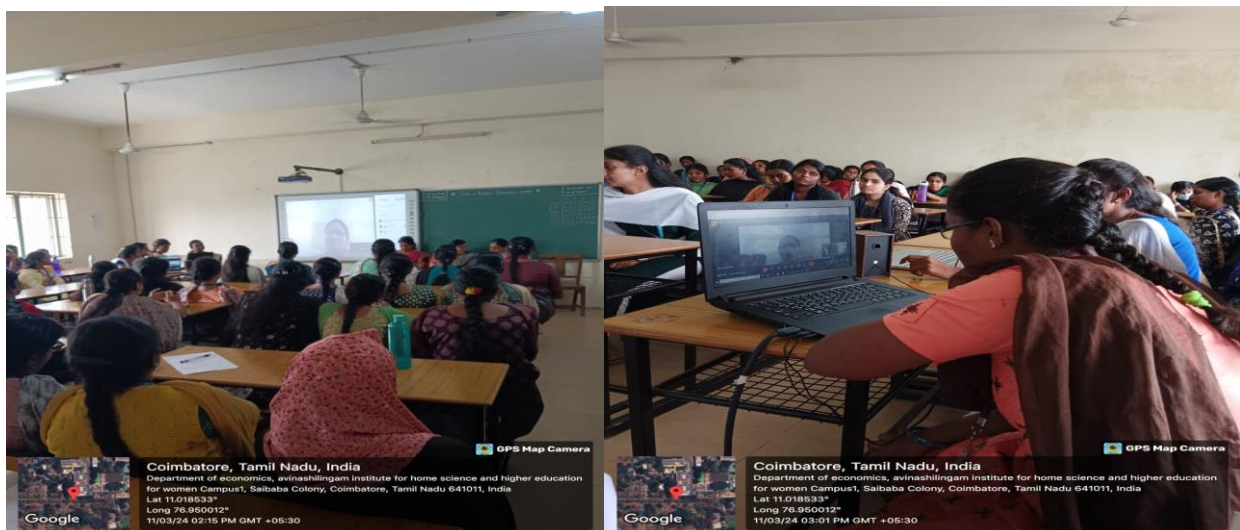


Prayer song by Rohini and Savitri of I BA.Economics



Welcome address by Dr.E.Shanmughapriya

The speaker was then invited to deliver the lecture. She began her talk by giving some information about the competitive exams in our country. She spoke about her attempts in various government examinations. She told the students’ eventhough she has faced many failures, but she never gave up the flame inside her. Because of her willpower, she passed SET and TRB exams in the year 1997 and got placed in a job in 1998 at Ooty. Now she is a Professor in the Government Arts college, Coimbatore. She told the students that whatever obstacles they come across, the confidence in themselves would help them to overcome it. And also asked the students to consider “failure as a stepping stone to success” ...



Speaker delivering lecture...

The speaker also presented her views and ideas on competitive exams to the students through a power point. It consists of the following:

- Why government or bank jobs
- List of major exams
- Preparation strategy
- Syllabus
- Rules to achieve

Why government or bank jobs

She laid down the importance and blessing of getting government jobs in the future. A person with a government job is generally valued more in the society than the private employees was quoted by the speaker. The speaker also admitted that it not only provides them status but also job security. The private employees are not sure of their jobs stand and can be hired and fired at anytime and anywhere. It not only provides us with job security and status quo but also financial security and work life balance etc.

List of major exams

She also presented a general list of exams that can be cracked by the students studying economics as well. There are many service exams that consists of a significant portion of economics subject in them. As a result, the students with effective focus can pass the examinations and settle in a good position. Therefore, the exams were:

- SSC Clerk (junior associate and customer support)
- RBI Assistant
- NABARD, SIDBI
- RRB Grade D
- SSC JE (junior engineer)
- Indian Economic Exam Service etc.

Preparation strategy

There are many questions that arises in the mindset of the students when they undergo any examinations such as “can I crack the government exams in the first attempt? and what strategy and approach to use for the preparation of government exams?” etc.

So, the speaker gave replies for all these questions and also offered the students with certain preparation strategies which would help them to undertake the exams and conquer the jobs. All these ideas stand as an evident that would make the students defeat the competitive exams and other exams as well. These include

- ❖ Setting up of SMART goals. (Specific, Measurable, Achievable, Relevant and Time- Bound goals)
- ❖ Attend online/ offline classes regularly
- ❖ Raise doubts or questions if any
- ❖ Revise on a daily basis
- ❖ Try to solve previous year questions papers
- ❖ Be regular, well-planned, and disciplined
- ❖ Choose institutes/coaching/teachers wisely.

She also advised the students to have basic computer knowledge and equip in their English language skills, reasoning ability, aptitude, general awareness, and current affairs. All this would surely help the students to crack their exams successfully. She also provided the students with various books that are available for competitive exams.



Interaction

Boomika.S of II BA.Economics and Pooja of I MA.Economics

The talk was followed up by an interactive session, where the students of economics department raised some questions to the speaker and asked her the measures or the rules to be taken to practice the questions papers and succeed in the exams. She replied to all their doubts clearly and vision fully. The students also shared their ideas and experiences on attending the exams. They also conveyed their thankfulness to the speaker for her valuable insights that has been thrown to them by her.

The programme ended up with the vote of thanks which was delivered by Kanishka of I MA. Economics and Kavita of I MA. Economics carried out the whole event wonderfully through her Master of Ceremony



Vote of thanks

Kanishka of I MA.Economics

Second session
“ROLE OF TOURISM IN ECONOMIC DEVELOPMENT OF INDIA”

Second session timing: 3:30pm – 4:30pm

INVITATION:



The second session was commenced by Dr.M.Mirsath begum, Assistant professor, Department of Economics, who delivered an intriguing welcome address and gave a concise introduction about our special speaker Dr.V.L.Lavanya MSc, M Phil, PhD, “Assistant professor and Head Department of Economics, National college of Arts and Science Kerala” to the respective students. The resource person is none other than Alumnae of our reputed institute “Avinashilingam Institute for Home Science and Higher Education for Women” who have achieved great heights in her life journey and came back to Avinashilingam family as a notable person to inspire our students to aspire greater things in their lives.



Welcome address by Mirsath begum, Assistant professor, Department of Economics

After the introduction the speaker was requested to begin her lecture. She commenced her lecture about “ROLE OF TOURISM IN ECONOMICS DEVELOPMENT OF INDIA”, which is one of the predominant elements of our nation. She explained the essence of tourism, which currently has an upper hand in the development of our nation.



Second session by speaker commenced

Types of tourism

She elucidates that tourism is not a narrow subject whereas it is a wide concept which is being classified into various components which was presented through presentation :

- Adventure tourism
- Eco-tourism

- Health tourism
- Wildlife tourism
- Wellness tourism
- Educational tourism

These components have attracted large number of populations to explore our nation and experience the true nature and colors of India. The speaker delineated about each tourism concisely to the students.



Importance of sectors in tourism

The resource person explained how different sectors positive impact on development of tourism have which eventually contributes growth of economy. Majorly the service sector plays a crucial role in the improvement of the country. The speaker brought many examples to make the session easier and interesting for the students such as Ayothi Ramar Mandir since India is a country which is rich in culture and heritage apart from spiritual or religious based tourism, she brought up Kerala's wellness tourism which is all about ancient medicinal remedies which is being followed for many centuries.

Positive and negative aspects of tourism

The speaker conveyed both the merits and demerits of tourism. A positive aspect is that it generates employment opportunity, GDP, inflow of FDI and other benefits. As far we know the how coin has two sides tourism also shares flaw side such as undesirable social cultural transitions since

India is a diverse country which has various cultures, traditions etc. Which also causes small controversial chaos.



VOTE OF THANKS
Dhanushiya.KOf III BA.Economics

The programme was concluded with a vote of thanks by Dhanushiya from III UG BA.Economics for excellently conveying the importance of tourism in the current scenario and enlightening students with their wonderful insights and vision.



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Coimbatore-641043, Tamil Nadu, India

DEPARTMENT OF PHYSICS

REPORT ON GUEST LECTURE

GIS: Applications and Opportunities

DATE: 20.11.2023

VENUE: I PG PHYSICS CLASSROOM



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DEPARTMENT OF PHYSICS

**The members of the Department of Physics,
Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore**

Cordially invite you for the Physics Guest Lecture

on

20th November – 02:00 p.m to 03.00 p.m.

Dr.J. Shanthi,

Professor and Head

Will preside

and

Ms. Vishali G

GIS Engineer

LESOKO TECHNOLOGIES Pvt Ltd

Chennai 600017

will give lecture on

GIS: Applications and Opportunities

Venue :I PG Class Room -Room no124

Audience: UG students of Department of Physics



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PRAYER

Ms. Rhithika K
II B.Sc. Physics

WELCOME ADDRESS

Ms. V Priyanka
II B.Sc. Physics

PRESIDENTIALADDRESS

Dr. J. Shanti
Professor and Head of Department
Department of Physics

SPECIALLECTURE

Ms. Vishali G
GIS Engineer
LESOKO TECHNOLOGY Pvt.
Ltd., Chennai 600 017

VOTEOFTHANKS

Ms. S Nivishna
III B.Sc. Physics

MOC

Ms. B Neha
III B.Sc. Physics

REPORT

No. of beneficiaries : 48

Guest Lecture Organizer:

Dr. N. S. Rajeswari, Assistant Professor, Department of Physics

Resource Person:

Ms. Vishali G, GIS Engineer

LESOKO TECHNOLOGY Pvt. Ltd., Chennai 600 017

Alumnus of Department of Physics (2018-21 B. Sc. Physics)

Synopsis:

This session briefed about GIS and Remote Sensing where the basics to its application to current scenario and problems. The functioning and necessities were emphasised and acknowledged the capacity of this seemingly new but crucial piece of technology.

Gist:

1. GIS and remote sensing

Collecting and analysing the data by drones aircraft in dependence of physical contact with birds view

- GIS : visualising and analysing

Geographic Information System: A software/ package to study about objects on surface of earth. Using a set of tools data can be collected. Collected data can be used to create a map.

Remote Sensing : Remote sensing is the process of detecting and monitoring the physical characteristics of an area by measuring its reflected and emitted radiation at a distance (typically from satellite or aircraft). Special cameras collect remotely sensed images, which help researchers "sense" things about the Earth.

GIS and Remote Sensing can go hand-in-hand to collect data on various, every day aspects, problems and interpret collected data using GIS.

2. Applications:

Following are the different areas where GIS and remote sensing are used:

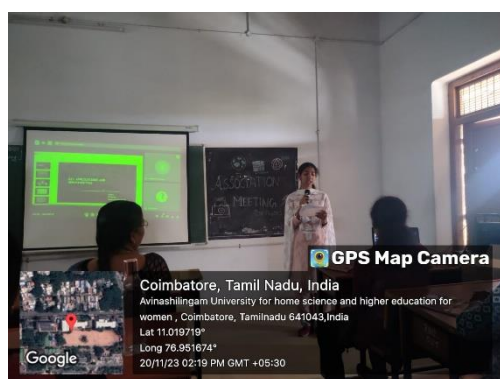
- **Agriculture - crop monitoring, yield prediction, precision farming**
- **Disaster management – Alert messages. Recently a trial message was sent to every mobile is based on GIS.**
- **Climate change - mapping of glacial variation, deforestation**
- **Urban planning - metro lines, analysing drainage patterns, natural resource pattern. Futuristically the planning of under developed or developing regions can be done**
- **Health management – applications like Aarogya Setu**
- **Infrastructure –crack or damage detection**

3. Institutions Offering Higher Education and Research in India:

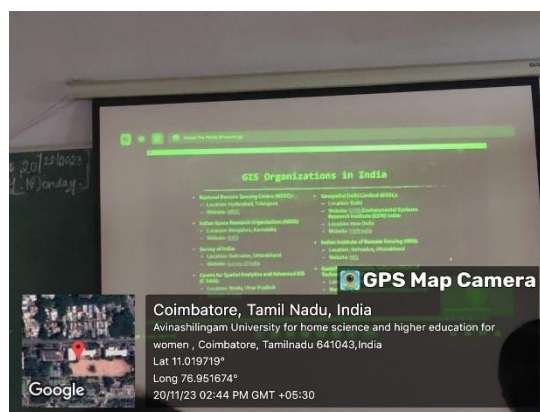
Following are the Institutions and research organizations which deal with GIS and remote sensing either for higher education or research

- **National Remote Sensing Centre (NRSC):**
Location: Hyderabad, Telangana
- **Indian Space Research Organisation (ISRO):**
Location: Bengaluru, Karnataka Website: ISRO
- **Survey of India:**
Location: Dehradun, Uttarakhand

- **Centre for Spatial Analytics and Advanced GIS (C-SAG):**
Location: Noida, Uttar Pradesh
- **Geospatial Delhi Limited (GSDL):**
Location: Delhi
- **Research Institute (ESRI) India:**
Location: New Delhi
- **Indian Institute of Remote Sensing (IIRS): -**
Location: Dehradun, Uttarakhand
- **Indian Institute of Technology (IIT) Bombay:**
Location: Mumbai, Maharashtra



Introducing the Resource Person Ms. G. Vishali



Different applications detailed by the Resource person



Query raised by the student is answered by the Resource person during interaction



Audience of the Programme

List of Participants

I B.Sc., Physics

| S.No | Roll No | Name of the Student | Signature of the Student |
|------|----------|---------------------|--------------------------|
| 1 | 23UPH001 | Bhuvaneswari B | <i>Bhuvaneswari</i> |
| 2 | 23UPH003 | Dharshini K | <i>Dharshini. K.</i> |
| 3 | 23UPH004 | Durga N | <i>Durga</i> |
| 4 | 23UPH005 | Durga Nandhini R | <i>R. Durga Nandhini</i> |
| 5 | 23UPH006 | Janani R | <i>R. Janani</i> |
| 6 | 23UPH007 | Kanishka G | <i>G. Kanishka</i> |
| 7 | 23UPH008 | Preetha P | <i>P. Preetha</i> |
| 8 | 23UPH009 | Rithika S | <i>S. Rithika</i> |
| 9 | 23UPH010 | Saniya S | <i>Saniya. S</i> |
| 10 | 23UPH011 | Sindhuja A | <i>A. Sindhuja</i> |
| 11 | 23UPH012 | Sinduja J | <i>Sinduja. J</i> |
| 12 | 23UPH013 | Srinithi B | <i>BS</i> |
| 13 | 23UPH014 | Thenuka P | <i>P. Thenuka</i> |
| 14 | 23UPH015 | Vedha Valli S | <i>S. vedha valli</i> |
| 15 | 23UPH016 | Vishrutha T | <i>Vishrutha</i> |

Name & Signature of the Organizing Secretary & Team

II B.Sc., Physics

| S.No | Roll Number | Name of the Student | Signature of the Student |
|------|-------------|---------------------|--------------------------|
| 1. | 22UPH001 | Aswini.S | <i>S. Aswini</i> |
| 2. | 22UPH002 | Deepika.G | <i>El. Deepika .</i> |
| 3. | 22UPH003 | DhivyaBharathi | <i>Dhivya.B.P.</i> |
| 4. | 22UPH004 | Kaviyapathi V | <i>V. Kavi</i> |
| 5. | 22UPH005 | Priyanka V | <i>V. Priyanka</i> |
| 6. | 22UPH006 | Rhithika.K | <i>R. Rhithika</i> |
| 7. | 22UPH007 | Sakthi Srivatsa D | <i>S. Sakthi</i> |
| 8. | 22UPH008 | Sivaaruna M | <i>S. Sivaaruna M.</i> |
| 9. | 22UPH009 | Srimathi R | <i>S. Srimathi</i> |
| 10. | 22UPH010 | Varshini K | <i>Varshini K.</i> |
| 11. | 22UPH011 | Gayathri G | <i>G. Gayathri</i> |

Name & Signature of the Organizing Secretary & Team

List of Participants

III B.Sc., Physics

| S.No. | Reg.No. | Name of the Student | Signature of the Student |
|-------|----------|---------------------|--------------------------|
| 1. | 21UPH001 | AmizhiniA | Amizhini A |
| 2. | 21UPH003 | AsmithaS | Asmitha S |
| 3. | 21UPH004 | BaranikasriM | Baranikasri M |
| 4. | 21UPH005 | ChandragowriR | P. Chandragowri |
| 5. | 21UPH006 | DevadharshiniS | Devadharshini S |
| 6. | 21UPH008 | ElamathiK | Elamathi K |
| 7. | 21UPH010 | GunaAruliN | Guna Aruli N |
| 8. | 21UPH011 | HariniS | Harini S |
| 9. | 21UPH012 | JananiRS | Janani R S |
| 10. | 21UPH013 | KanishkaS | S. Kanishka |
| 11. | 21UPH014 | KaviyaD | D. Kaviya |
| 12. | 21UPH015 | LeeshaV | |
| 13. | 21UPH017 | NandhithaS | S. Nandhitha |
| 14. | 21UPH018 | NehaB | Neha B |
| 15. | 21UPH019 | NivishnaS | S. Nivishna |
| 16. | 21UPH021 | RubyP | Ruby P |
| 17. | 21UPH022 | SarumathiS | Sarumathi S |
| 18. | 21UPH023 | SelvadharshiniM | M. Selvadharshini |
| 19. | 21UPH024 | SrimathiS | Srimathi S |
| 20. | 21UPH025 | SrinithiB | Srinithi B |
| 21. | 21UPH026 | SubeeshaaS | Subeeshaa S |
| 22. | 21UPH027 | VaishnaviA | Vaishnavi A |
| 23. | 21UPH028 | YakshiniK | Yakshini K |

Name & Signature of the Organizing Secretary & Team



**Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore-641 043, Tamil Nadu, India**

Department of Mathematics

Alumni Meet Report

The Alumni meet started with an invocation to God on 02/09/2023 at 10:00 a.m by our alumni and the Research Scholars in the presence of Faculty members and Alumnae of Department of Mathematics.

The Mistress of Ceremony for the program was **Miss.P.Gajalakshmi**, Research scholar and prayer song by **Miss.S.L.Rathika and B.Yuvasri, Dr.N.Balamani**, Assistant Professor(SS), Department of Mathematics welcomed the dignitaries for the Alumni Meet. **Miss. M.Priyadharshini**, Research scholar gave a brief introduction about the Honorable Guest of the day.

The Chief Guest **Dr.N.Mala**, Principal of Kovai Kalaimagal College of Arts and Science, Coimbatore and also an alumni of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. She had completed her Bachelor Degree (B.Sc. FCS and Mathematics) in the year 1997, Master degree (M.Sc. Mathematics) in the year 1999 and her Doctorate in 2016. She interacted with the students and faculties of Mathematics Department. She gave useful tips and motivation to the members in this meeting. The meeting was interesting and helpful to the students. She wanted every student to develop their self-confident and wished the students to come out with flying colours. Around 140 students and 10 faculty members attended the session.

Alumni had shown their gratitude for the amazing lecture and **Dr.PL.Meenakshi**, Assistant Professor, Department of Mathematics, proposed a vote of thanks and expressed gratitude to the Chief Guest, Alumni of Department of Mathematics for their effort, excellent co-operation and involvement to take part in this function.





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Coimbatore -641 043, Tamil Nadu, India

REPORT ON
LECTURE ON
MEDICAL NUTRITION THERAPY FOR RENAL
DISORDERS

DATE : 27-04-2024

ORGANIZED BY

Dr. S. Thilakavathy, Associate professor,
Department of Food Science and Nutrition,
Avinashilingam Institute for Home Science and Higher
Education for Women, coimbatore-641043



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Coimbatore – 641 043, Tamil Nadu, India



Department of Food Science and Nutrition

Nutrition Association, Nutrition Society of India, Coimbatore Chapter

&
Dr. Rajammal P. Devadas CHAIR

&
Alumni Association of FSN

Cordially Invite You for the

LECTURE ON



"MEDICAL NUTRITION THERAPY FOR RENAL DISORDERS"

RESOURCE PERSON



DR. R. KALAVATHY

Head, Dept. of Clinical Nutrition and
Food Service,
Obaidullah Hospitals, Emirates
Health Services, Ras Al Khaimah.

DATE: 27.09.2024

TIME: 1:00 PM - 2:30 PM

MEETING LINK:

[https://teams.live.com/join/9536092771035?
p=CfrLfhbZOEvvM77OQ](https://teams.live.com/join/9536092771035?p=CfrLfhbZOEvvM77OQ)

CHIEF PATRON

Dr. T.S.K. Meenakshisundaram
Chancellor and Managing Trustee

PATRONS

Dr. V. Bharathi Harishankar
Vice Chancellor

Dr. H. Indu
Registrar (i/c)

ADVISORS

Dr. S. Amsamani
Dean, School of Home Science
Convenor, Dr. Rajammal P. Devadas CHAIR

Dr. C. A. Kalpana
Deputy Dean, School of Home Science,
Professor and Head, Dept. of FSN

Dr. S. Kowsalya
Professor and National Committee Member
(INSA - ISC) for IUNS

Dr. A. Thirumani Devi
Professor and Executive Committee Member, NSI

Dr. M. Sylvia Subapriya
Professor and Convenor, NSI Coimbatore Chapter
Coordinator, Dr. Rajammal P. Devadas CHAIR

ORGANISING SECRETARY

Dr. S. Thilakavathy
Associate Professor, Dept. of FSN

Landline No. 0422-2980145, 2988997, 2435550 Mobile No. 9865146501, 94427 09202, 99528 05179

Website: www.avinuty.ac.in

PROGRAM SCHEDULE:

| | |
|----------------------------|--|
| 01:00 pm – 01:05 pm | PRAYER Harinandha III UG FSN |
| 01:05 pm – 01:15 pm | WELCOME ADDRESS Sonika. M III UG FSN |
| 01:15 pm – 02:40 pm | GUEST LECTURE <i>Medical nutrition therapy for renal disorders</i> Dr. R. Kalavathy- Head , Dept of clinical nutrition and Food service , Obaidullah Hospital, Emirates, Health services, Ras Al khaimah |
| 02:40 pm – 02:50 pm | Interactive session with students |
| 02:50 pm – 03:00 pm | VOTE OF THANKS Varshini. K III UG FSN |

REPORT ON LECTURE ON MEDICAL NUTRITION THERAPY FOR RENAL DISORDERS

Date: 27th September 2024

Venue: Online Mode, 1:00 PM ~ 3:00 PM

Organized by: Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore-641043

Organizer: Dr. S.Thilakavathy, Associate professor, Department of Food Science and Nutrition

Speaker: Dr. R.Kalavathy- Head , Dept of Clinical Nutrition and Food Service , Obaidullah Hospital, Emirates, Health services, Ras Al khaimah

Topic: Medical Nutrition Therapy for Renal Disorders

The Department of Food Science and Nutrition conducted a guest lecture titled "Medical Nutrition Therapy for Renal Diseases". This insightful session focused on dietary interventions and nutritional strategies crucial for managing patients suffering from various renal conditions.

Dr. R. Kalavathy, a renowned expert in nutrition therapy, shared her extensive knowledge on renal nutrition. She covered critical aspects of how diet influences the management and progression of renal diseases, emphasizing the importance of a tailored nutritional approach.

The session began at 1:00 PM with a prayer by Ms. Harinanda and continued with warm welcome address by Ms.M.Sonika, from the Department of FSN .She introduced the guest speaker, Dr.R.Kalavathy and highlighted her impressive achievements and expertise in the field of clinical nutrition therapy, particularly in managing renal disorders.

Dr. Kalavathy's presentation focused on several core areas related to renal nutrition and therapy:

1.Understanding Renal Physiology and Diet

The lecture began with an overview of the kidneys' role in the body, emphasizing their function in filtering waste and maintaining electrolyte balance.

Detailed insights were given into how renal impairment affects this process and how nutrition can support kidney function.

2.Nutritional Needs in Renal Patients

Protein Management: One of the major topics was the management of protein intake, which is crucial in renal diets. Dr.R.Kalavathy explained how both low-protein and high-protein diets could be prescribed depending on the patient's stage of kidney disease and whether they are undergoing dialysis.

Sodium and Fluid Control: Controlling sodium and fluid intake is essential in preventing complications like hypertension and fluid overload. Specific examples of how patients should limit salt in their diet were discussed, alongside the effects of excessive fluid retention in renal patients.

Potassium and Phosphorus Management: Renal patients often face imbalances in potassium and phosphorus levels. Dr.R.Kalavathy elaborated on dietary sources of these nutrients and the need for careful monitoring in Chronic Kidney Diseases patients to avoid complications like hyperkalemia and bone disorders.

3.Menu Planning for Renal Patients

The expert provided practical advice on menu planning for renal patients, including how to prepare meals that meet the nutritional requirements while adhering to the necessary dietary restrictions.

4.Diet in Different Stages of Kidney Diseases

Dr.R.Kalavathy highlighted the differences in dietary requirements for patients at various stages of kidney disease like early-stage, late-stage, and those on dialysis. She emphasized the importance of individualized menu plans, as no single diet fits all patients, especially considering the varying levels of kidney function.

5.Nutritional Supplements and Renal Disease

Discussion included the role of nutritional supplements such as vitamins and minerals in managing deficiencies that may arise due to restricted diets.

The importance of monitoring and adjusting supplements based on patient needs was also highlighted.

Participation

The event witnessed enthusiastic participation from a total of 78 students, including both undergraduate and postgraduate final year students. The students found the lecture highly informative and appreciated the practical insights provided by Dr.R.Kalavathy and students expressed their gratitude to the organiser, Dr.S.Thilakavathy, Associate professor, Department of Food science and Nutrition.

The event was a great success, providing students with an opportunity to deepen their understanding of nutrition therapy for renal diseases. The session concluded at 3:00 PM with a Vote of thanks delivered by Ms.K.Varshini from the III UGFSN. She expressed heartfelt gratitude to Dr.R.Kalavathy for sharing her expertise and for delivering such a comprehensive and enlightening lecture on the vital aspect of healthcare. Special thanks were also extended to Dr.S.Thilakavathy, the organizing secretary, for facilitating the session and to all the students for their active participation.



Treatments: CKD, HD, CAPD

| | CKD Early | Hemodialysis | CAPD or CCPD |
|-----------|---|---|--|
| Treatment | Diet and medications | Diet and medications Hemodialysis | Diet and medications Peritoneal dialysis |
| Modality | | Vascular access | Peritoneal membrane |
| Duration | Indefinite | 3-5 h 3-3 d/wk | 3-5 exchanges 7 d/wk |
| Concerns | Glomerular hyperfiltration BUN bone disease HTN Glucose control in diabetes | AA loss interdialytic electrolyte and fluid changes Bone disease HTN | Protein loss glucose absorption Bone disease weight gain hyperlipidemia glucose control in diabetes |

Protein Foods

(65 kcals, 7 grams protein, 25 mg Na, 100 mg K⁺, 65 mg phos)

- Meat 1 ounce
- Egg 1
- Fish 1 ounce
- Shellfish 1 ounce
- Poultry 1 ounce
- Egg substitutes $\frac{1}{4}$ c
- Bacon 4 slices
- Cheese 1 oz
- Milk 1 cup
- Nut butters 2 T
- Tofu $\frac{1}{4}$ cup
- Cottage cheese $\frac{1}{4}$ cup
- Lunchmeat 1 oz



Principal of Nutrition management in Post Kidney Transplant

General

- To maintain optimal nutritional status
- To minimize side effects associated with immunosuppression Therapy
- To correct electrolyte and metabolic abnormalities
- To prevent complication and promote good health

12:24 PM Fri 27 Sep

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<https://teams.live.com/>
[Medical Nutrition Therapy](#)
[Medical Nutrition Therapy](#)

[aec-powerpoint.officeapps.live.com](#)

SM

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RK

Ramasamy Kalavathy

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Nutrient Requirements of Adults with Acute Kidney Injury

| Nutrient | Recommendations |
|------------|---|
| Energy | BEE (kcal/day) x Stress factor (1.2-1.3) OR 25-35 kcal/kg/day |
| Protein | 0.8-1.2 g/kg/day non catabolic without dialysis 1.2-1.5 g/kg/day catabolic or start dialysis |
| Fluid | 24-hour urine output + 500 mL (approximately 750-1500 mL per day) |
| Sodium | 2.0-3.0 g/day (needs may increase to replace additional losses with dialysis) |
| Potassium | 2.0-3.0 g/day (according to lab. values and kidney function) |
| Phosphorus | 8-15 mg/kg/day (may need phosphate binders) |

Note: Use standard Body Weight (SBW) in the above calculations

Ramasamy Kalavathy

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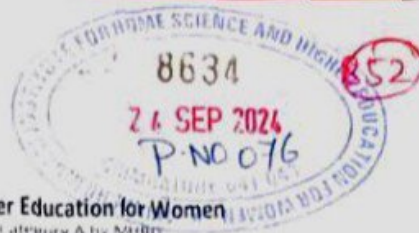
Kidney Diseases

- Glomerular diseases
 - Nephrotic syndrome
 - Nephritic syndrome—tubular or interstitial
- Tubular defects
 - Acute renal failure (ARF)
- Other
 - End-stage renal disease (ESRD)
 - Kidney stones



Ramasamy Kalavathy

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Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University established by U.O. No. 1 of 1984, Act 1986, Category A by MHRD
ISO 9001:2015 certified with A++ grade by NAAC, COA, U-24, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

GUIDELINES/PROFORMA FOR ORGANISING CONFERENCES, SEMINARS, WORKSHOPS, FDPs & Others

Department: **Food Science and Nutrition**

School: **Home Science**

1. Activity : Guest lecture
2. Geographical Coverage : Departmental Level-III UG and II PG students Of FSN
3. Name of the Event : Lecture on Medical Nutrition Therapy for Renal disorders.
4. Date(s) : 27-09-2024 1.00pm to 3.00pm Total number of days: one day
Venue : Online mode.
5. Name & Designation of Convenor/Organizing Secretary and Team
Dr.S.Thilakvathy, Associate Professor, Department of FSN
6. Financial Assistance Required: NO
7. Details of assistance sought from other sources: NIL
8. Details of collaborating institution, if any-NIL
9. Detailed Proposal of the Activity
Objectives :
 1. Learn the concept of dietary modifications and management for the renal disorders.
 2. Understand and plan menu according to the dietary principles and renal condition.

A. Target audience/participants with expected number:78 students (III UG and II PG)

B. Details of Sessions: Nutrition Therapy for Renal disorders

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24/9/24

Resd
24/9/24

- C. Please mention themes/topics to be covered under each Technical Session and names of National and International Resource Persons:

Dr.R.Kalavathy - Head, Dept. of Clinical Nutrition and Food Service
Obaidullah Hospitals, Ministry of Health, Sharjah.

(Alumni of Food Science and Nutrition Department)

- D. Expected outcome:

- 1.Students will gain practical knowledge on dietary modification for renal disease conditions.
- 2.Updation of knowledge on current nutritional practices carried out in hospitals for patient care.

10. In case of International Conference and collaboration, kindly give resources for International travel and a letter from the concerned head of collaborating body. Attach GoI clearance in case of International events: NA

11. Registration fee : No

12. Social Media Handles attached : No

Signatures

S.Thilakavathy
20/9/24
Organizing Secretary

Chalpa
20/9/24
HOD

Dean
20.9.2024

Dean R&D
20/9/24

IQAC Coordinator
20/9/2024

Finance Officer
23.9.24

CR
23/9/24

Registrar
Indu

Vice Chancellor
20/09/2024

Date:

VC/R/997
24/9/24



பொறியியல் பள்ளி

அவினாசிலிங்கம் மனையியல் மற்றும் மகளிர் உயர் கல்வி நிறுவனம்

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Re-accredited with 'A++' Grade. CGPA 3.65/4 Category 1 by UGC
Campus – II, Ayya Avinashilingam Nagar, Varapalayam, Thadagam (P.O), Coimbatore – 641 108

முன்னாள் மாணவர் சந்திப்பு அறிக்கை – 2024

அவினாசிலிங்கம் பொறியியல் பள்ளியின் முன்னாள் மாணவர்கள் தங்கள்

பல்கலைக்கழகத்தை மேம்படுத்த பங்களிக்கும் கூட்டம்

பொறியியல் பள்ளி

அவினாசிலிங்கம் மனையியல் மற்றும் மகளிர் உயர் கல்வி நிறுவனத்தின் முன்னாள் மாணவர் சந்திப்பு 06 ஜனவரி 2024 அன்று வளாகம் II, வரப்பாளையம் இல் ஏற்பாடு செய்யப்பட்டது. 2000 ஆம் ஆண்டு முதல் தேர்ச்சி பெற்ற பல்வேறு துறைகளை சேர்ந்த மதிப்புமிக்க முன்னாள் மாணவர்கள் பங்கேற்றனர். பொறியியல் பள்ளி முதன்மையர் முனைவர்.பி.சற்குணம், வரவேற்பு உரை வழங்கினார். முனைவர். எஸ் கவுசல்யா, பதிவாளர், தொடக்க உரை ஆற்றினார். முனைவர். பிரேமாவதி விஜயன் தலைவர், அவினாசிலிங்கம் நிறுவன முன்னாள் மாணவர்கள் சங்கம் (தலைமை விருந்தினர்) தலைமை உரை ஆற்றினார். முனைவர். எஸ். உமா மகேஸ்வரி, பொது செயலாளர், அவினாசிலிங்கம் நிறுவன முன்னாள் மாணவர்கள் சங்கம் மற்றும் முனைவர் ஜி. பாக்யலட்சுமி இணை செயலாளர், அவினாசிலிங்கம் நிறுவன முன்னாள் மாணவர்கள் சங்கம் ஆகியோர் கூட்டத்திற்கு வாழ்த்துரை வழங்கினர். வளாகம் II ஒருங்கிணைப்பாளர், முனைவர். பி. கிரிதர ரெட்டி கலந்து கொண்டார்.

அனைத்து துறைகளின் பல்வேறு கல்வியாண்டுகளைச் சேர்ந்த முன்னாள் மாணவர்கள் பங்கேற்று வளாகம் மற்றும் விடுதி வாழ்க்கை பற்றிய அனுபவத்தைப் பகிர்ந்து கொண்டனர். மேலும் அவினாசிலிங்கம் பல்கலைக்கழகம் மற்றும் அவரது வாழ்க்கையில் அதன் குறிப்பிடத்தக்க பங்கை பற்றிய நினைவுகளை பகிர்ந்து கொண்டனர்.

முன்னாள் மாணவர்களுக்கு நன்றி தெரிவித்த முதன்மையர், முன்னாள் மாணவர்கள் முன்வைக்கும் யோசனைகளை நடைமுறைப்படுத்த கட்டமைக்கப்பட்ட பயிற்சித் திட்டம் வகுக்கப்படும் என்றார். தற்போதைய மாணவர்கள் பல்வேறு கலை நிகழ்ச்சிகளை வழங்கினர். மேலும் முதன்மையர் மற்றும் துறை தலைவர்கள் பழைய மாணவர்களை பாராட்டி நினைவுப் பரிசு வழங்கி கௌரவித்தனர். இறுதியாக முனைவர். ஜூடித் ஜஸ்டின், துணை முதன்மையர் - ஆராய்ச்சி, பொறியியல் பள்ளி, நன்றி உரை வழங்கினார்.



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School of Engineering

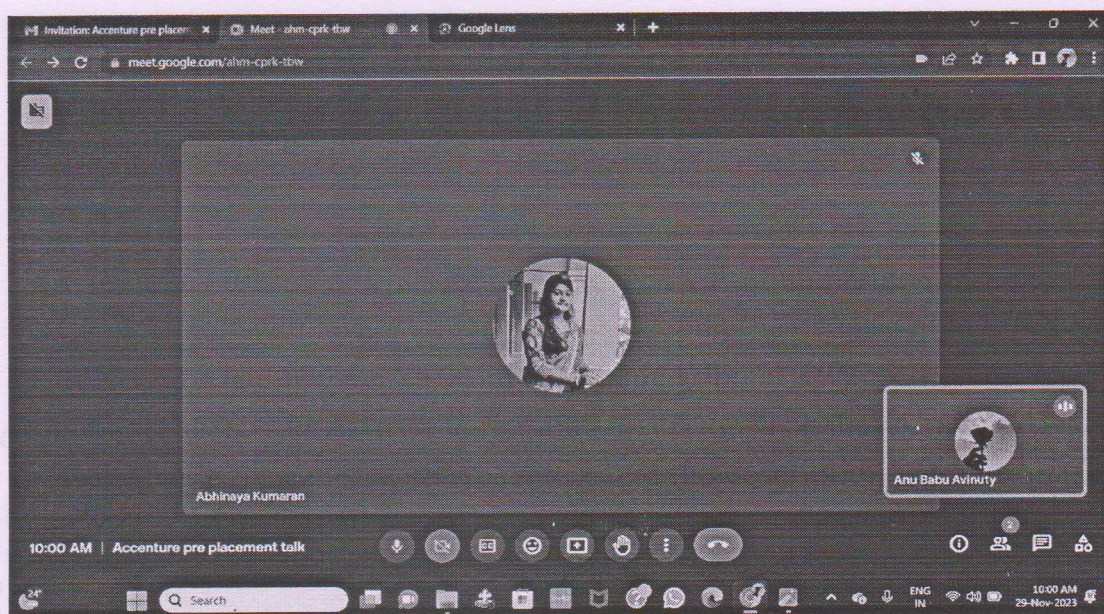
Department of Electronics and Communication Engineering

Report on “Accenture pre-placement talk by ECE Alumni”

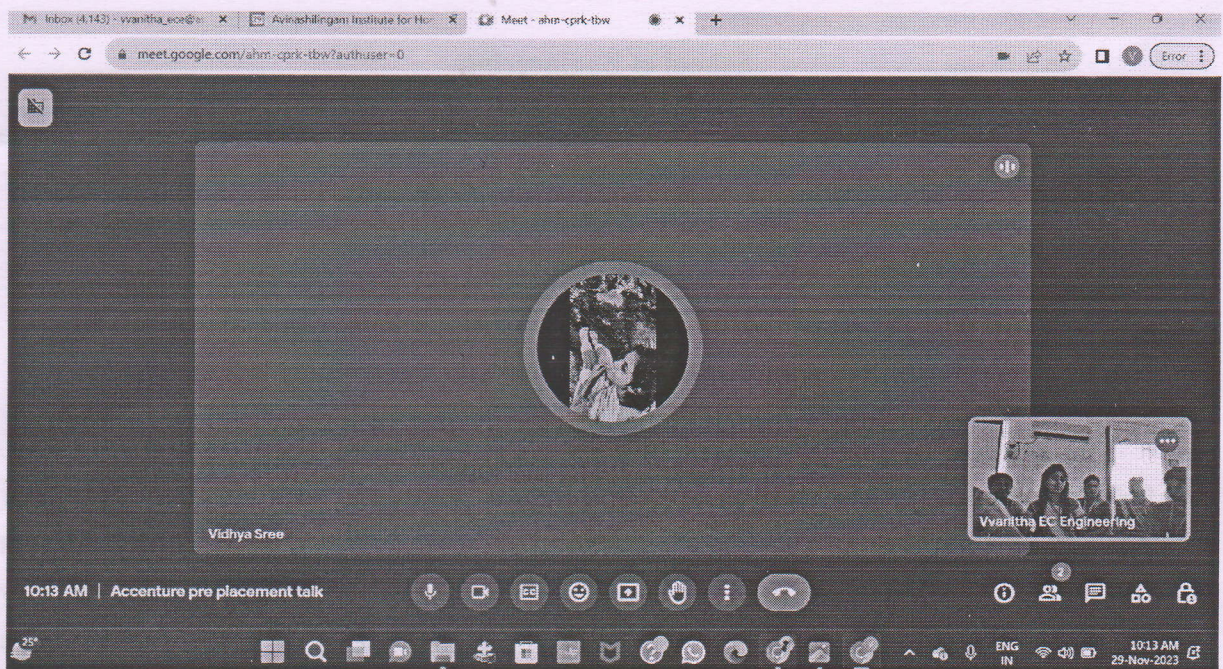
Mode: Online Mode

Date: 29-11-2023

The session of pre-placement talk by ECE alumni starts around 10:00 a.m. Ms.Esha Abinaya and Ms.Vidhya Sree had begun the event with an introduction of the Accenture Company. Also they explained about advanced technology centers in India. The session was then turned over to Ms.Esha Abinaya, who briefly discussed her experience with Accenture and the descriptions of her job tasks, with two years of experience in Accenture.



Later, Ms.Vidhya Sree provided a brief overview of the hiring process, lessons learned, rewards, and compensation plans. She gave a thorough explanation of the working environment at Accenture. Prior to being hired, we must first work as interns for a period of two months.



Conclusion

The meeting was informative and beneficial overall. Also they asked us to contact them further for any doubts without any hesitation.

R. chitra
30/11/23
(Mrs. R. chitra)
APLSS) / EOP

30/11/23
COT. R. SUDARMANI
Asst. prof & HOD/ELE

Report of Two-day workshop and Alumni meet on ‘Compositions of eminent composers’ held on 21-11-2023 and 22 -11-2023

Two-day workshop and alumni meet was conducted by the Department of Music on 21-11-2023 and 22-11-2023.

The first day inaugural programme started at 9.45 am with Saraswathi Pooja. Welcome speech was delivered by Ms.Mira priyadarshini, I PG Student , presidential address given by Dr. V Janaka Maya Devi, HOD of Music and the programme was inaugurated by the Chief guest Dr. Uma Naresh, Director of Sangeetha lahari. The Morning session started with the Sangeetha archana performed by the group named ‘ **Vanisree**’ disciples of Dr. Uma Naresh. ‘Vanisree’group from Nana Nani residential area. Around 25 members included in the ‘Vanisree’ group, which was created and developed by Dr.Uma Naresh. Vanisrees are elder persons , who are very much interested in music and the students of Dr.Umanaresh as well and which was followed by a teaching session in the afternoon. Dr.UmaNaresh , Director of Sangeetha lahari, was the resource person of the first day . Afternoon session started at 2am ,in which Dr.Uma Naresh taught all the compositions to the students ,which was performed in the morning by the vanisree group. Both the sessions were very beneficial to all the students. The end of the session students gave their feedback and formal vote of thanks done by Kamanoori Asma of III BA Music.

The second day [22-11-2023]was lead by Mrs.V.Rajeshwari, Director of Rasikapriya,Home of Carnatic Music and Lecturer in Bridge Academy of Fine Arts, who is also an alumni of the Department of Music, Avinashilingam Institute. The morning session started by 10 am,in which Dr.Rajeshwari madam taught beautiful compositions of Muthu Swami Dikshithar, and Muthu Thandavar. Afternoon session was started at 2pm, in which the compositions of Mari mutha pillai and Periya swami Thooranwas taken into focus. For this session welcome address given by Richitha surya of I PG and vote of thanks delivered by Sneha of IIIBA Music.

Around fifty participants from the Department of Music, Alumnis of the Department of Music and also students from other departments participated and got benefitted with the sessions. Dr V.Janaka Maya Devi, Professor and Head,Department of Music was the convener of the programme. Dr.A.V. Sajni, Assistant Professor, was the organising secretary and Dr.Kavitha, Assistant Professor, Dr.N.Nandhini, Assistant Professor, Department of Music supported and organised the entire event, which was very useful for all the participants. All the sessions were reviewed by the participants and alumnis and students marked their feedback soon after each session.



Avinashilingam Institute for Home Science
and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956,
Category A by MHRD
Re-accredited with 'A++' Grade by NAAC.CGPA 3.65/4,
Category I by UGC
Coimbatore-641 043, Tamil Nadu, India

Staff and Students of
DEPARTMENT OF MUSIC

Cordially Invite you for the Inauguration of the

TWO DAY WORKSHOP AND ALUMNI MEET ON

" Compositions of Eminent Composers "

DATE :

21/11/2023 and 22/11/2023

DAY - 01



Dr. Uma Naresh
Director of Sangeetha Lahari,
Coimbatore

DAY - 02



Mrs. V. Rajeshwari (Alumni)
Director of Rasikapriya
Home of Carnatic Music, Coimbatore
Lecturer in Bridge Academy of Fine arts.

CHEIF PATRONS

Dr.T.S.K. Meenakshi Sundaram,
Chancellor, Managing Trustee

PATRONS

Dr. V. Bharathi Harishankar, Vice Chancellor
Dr. S. Kowsalya, Registrar

ADVISOR

Dr. Shobhana Kokkadan
(Dean School of Arts and Social Sciences)

CONVENER

Dr. V. Janaka Maya Devi
Professor and Head, Department of Music

ORGANIZING SECRETARY

Dr. A. V. Sajini
Assistant Professor

CO ORGANIZING SECRETARIES

Dr. N. Nandhini
Assistant Professor
&
Dr. S. Kavitha
Assistant Professor

TIME : 10.00 am

VENUE : Department of Music



**Avinashilingam Institute for Home Science
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Category A by MHRD
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Category I by UGC
Coimbatore-641 043, Tamil Nadu, India

ABOUT THE INSTITUTE:

AISHEW is a Deemed to be University under category "A" by MHRD, Reaccredited with "A++" Grade by NAAC, Estd. u/s 3 of UGC Act 1956, an educational institution granting undergraduate, post graduate, professional and research degrees. The institute has secured 84th rank in India Rankings (NIRF, Sep 2021) among Universities. It has ranked 5th in ARIIA 2021 in category of Deemed University (Government and Government Aided). AIHSHEW has expertise in various specialized areas across Home Science, Bio-Science, Arts and Humanities, Commerce and Management, Education, Physical and Computational Sciences, Engineering and Allied Health Sciences. This premier institution for Women's education in India has a vision to 'enable self-development and empowerment of women through modern, scientific and value based education so as to lead a purposeful life filled with moral and spiritual values'.

ABOUT THE DEPARTMENT:

To fulfil our founder's dream to inculcate spirituality in students, the Department of Music was started in 1958 with one staff member and five students. Now it has grown into full-fledged Department headed by Dr.V.Janaka Maya Devi, Professor and Head, Dr. A.V. Sajini, Assistant Professor, Dr.S.Kavitha, Assistant Professor and Dr.N.Nandhini, Assistant Professor. The Department Offering UG, PG and Ph.D. Programmes in Music along with a certificate course in Vocal Music and Instrumental music (veena). International conferences, National seminars, National workshops, lecture demonstrations and musical events are organized to develop the skill of students in and around the Nation. Invited eminent performing artists, Musicologists, academicians and instrument makers are the eye opener to the beneficiaries.



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Coimbatore-641 043, Tamil Nadu, India

ABOUT THE WORKSHOP:-

Music is the most appealing performing art and learning Music purifies a person through its scientific effects . South Indian Carnatic music is rich in its varied realm of ragas, talas, forms, Instruments, composers, languages etc. The ultimate destination of this workshop is to develop the ability and knowledge through learning many compositions of the great composers. To become an accomplished musician, it is necessary to have the guidance of a guru. The interaction with eminent musicians help the students to clarify their doubts and excel in the art. The workshop like this will kindle the students' knowledge and promote them to create a musical personality of their own.

PROGRAMS

DATE: 21/11/2023

TIME: 10.00 am - 12.45 pm
01.30 pm - 04.00 pm

RESOURCE PERSON:-

Dr. Uma Naresh

TOPIC

Compositions of
Sri Arunachāla Kavirayar

DATE: 22/11/2023

TIME: 10.00 am - 12.45 pm
01.30 pm - 04.00 pm

RESOURCE PERSON:-

Mrs. V. Rajeshwari

TOPIC

Compositions of
Sri Maarimutha Pillai
and Sri Thiagarajar

AGENDA

21/11/2023

The Sangeetha Archana By the Disciples of Dr.Uma Naresh

Morning Session:

- | | |
|------------------------------------|---|
| Prayer | - Sreekala (I PG Music) |
| Welcome Speech | - Kamunoori Asma (III UG Music) |
| Presidential Address | - Dr.V.Janaka Maya Devi (Professor and Head of Music department) |
| Introduction about Resource Person | - Dr. Uma Naresh by Mira priya dharshini. C (I PG Music) |
| Performance | - Ramanataka Keerthanas of Sri Arunachala Kavirayar |

Afternoon Session:

- | | |
|------------------|--------------------------------|
| Workshop Session | - Ramanataka Keerthanas |
| Vote of Thanks | - Richiedha Surya (I PG Music) |

Resource person - Dr.Uma naresh



Performance by Vanishree's from Nana Nani Residential area



Rama Nataka Keerthanas - Workshop Session



AGENDA

22/11/2023

The Sangeetha Archana By the Disciples of Dr.Uma Naresh

Morning Session:

- | | |
|------------------------------------|--|
| Prayer | - Sreekala (I PG Music) |
| Welcome Speech | - Snehaa (III UG Music) |
| Presidential Address | - Dr.V.Janaka Maya Devi (Professor and Head of Music department) |
| Introduction about Resource Person | - Mrs. V. Rajeshwari (Alumni) by Mira priya dharshini. C (I PG Music) |
| Workshop Session | - Compositions of Eminent composers |

Afternoon Session:

- | | |
|------------------|-------------------------------------|
| Workshop Session | - Compositions of Eminent composers |
| Vote of Thanks | - Richiedha Surya (I PG Music) |

22/11/2023

Compositions of Eminent Composers

Resource Person - Mrs. V. Rajeshwari (Alumni)



Special Address by Dr.Shobana Kokkadan
(Dean School of Arts and Social Sciences)



Special Address by Dr. Amsamani
(Dean School of Home Science)



Compositions of Eminent Composers - Workshop Session



Feedback from the Alumni





Avinashilingam Institute for Home Science and Higher Education for Women
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Department of Electronics and Communication Engineering

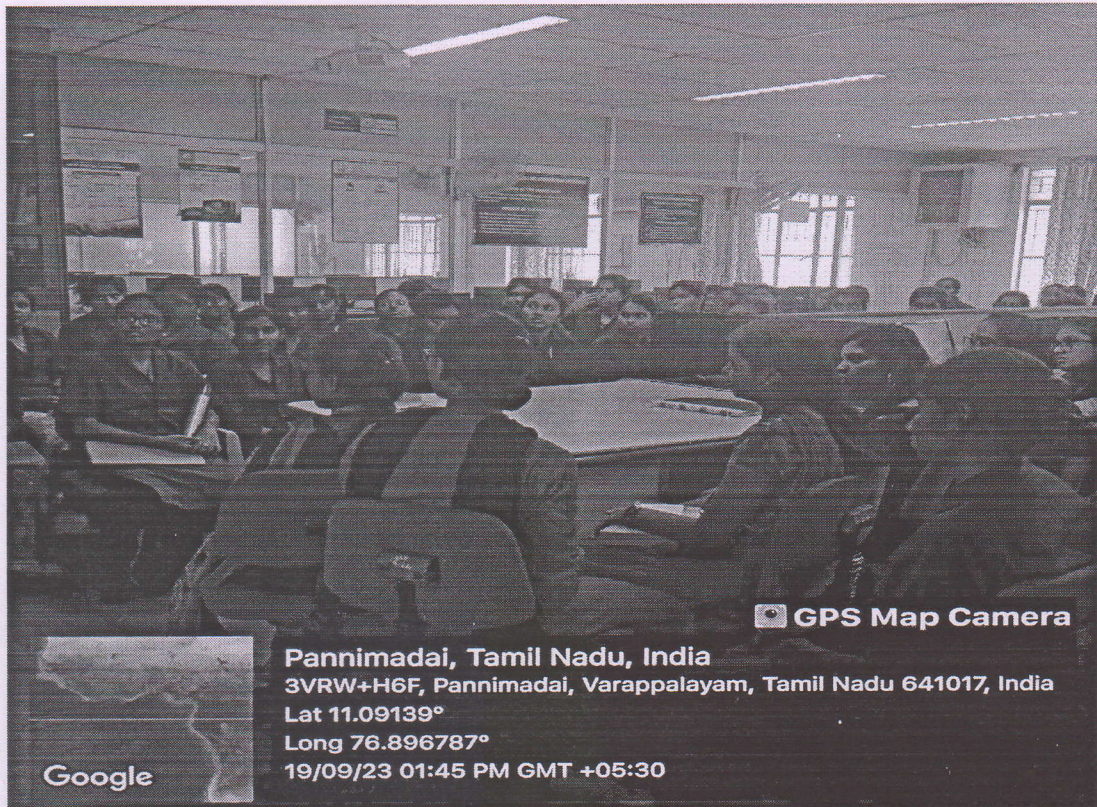
Report on Interaction with Alumni

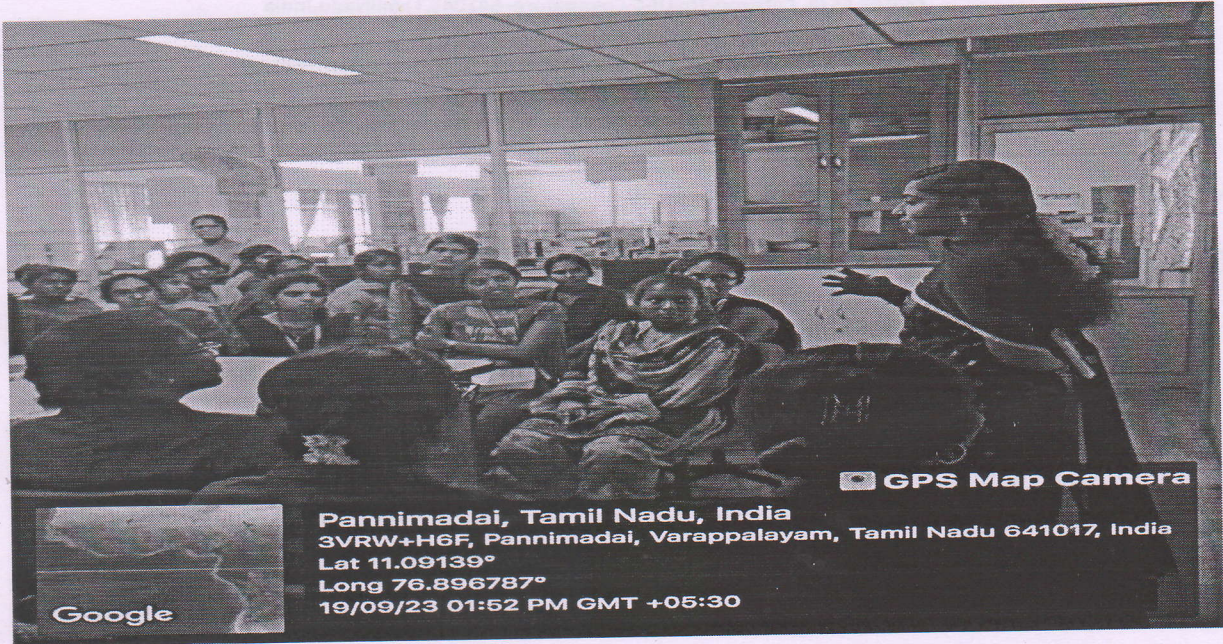
Venue: VLSI Design lab

Date: 19.09.2023

A surprise interaction was organised on 19th September 2023 in VLSI design lab in the department of ECE with our beloved and prestigious Alumni senior Ms.S.A.Merish. All the students from ECE department were the audience.

The interaction was honoured by Mrs.R.Chitra Asst. Prof, ECE .Then the session was ruled by our Alumni Ms.Merish and her experiences throughout her journey in Electronics and Communication Engineering in Avinashilingam University. She shared about her memories during her college days.

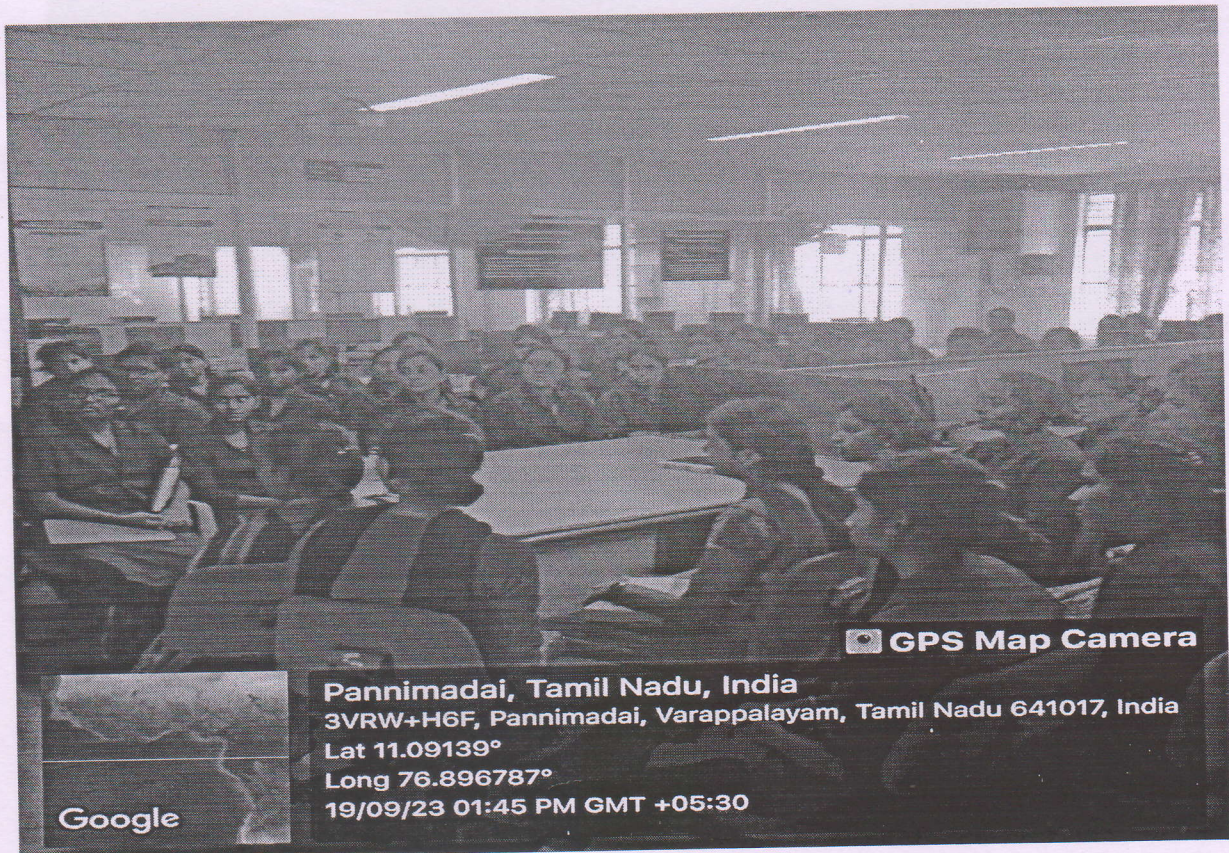




GPS Map Camera

Pannimadai, Tamil Nadu, India
3VRW+H6F, Pannimadai, Varappalayam, Tamil Nadu 641017, India
Lat 11.09139°
Long 76.896787°
19/09/23 01:52 PM GMT +05:30

Google



GPS Map Camera

Pannimadai, Tamil Nadu, India
3VRW+H6F, Pannimadai, Varappalayam, Tamil Nadu 641017, India
Lat 11.09139°
Long 76.896787°
19/09/23 01:45 PM GMT +05:30

Google

She said that she got placed in Capgemini Technology services and TCS through our college placement cell and she included that the department and placement cell guided her to get herself into the path where she built her career. She advised us to engage ourselves to prepare for our career. We got inspired when she said that her leisure time flew by practicing aptitude questions and attending courses of her choice.

One among our friends raised a question asking her how to get into core industry. She answered by advising us to concentrate on the basic subjects taught in second and third year. We got to know the importance of being strong not only through books and paper but also practically and application wise in the subjects that we prepare for our semester exams. Then she said that though she really had good grades and marks, the preparations like attending courses and practicing aptitude helped her lot to stay on her path of her career. This was awakening for us that how important it is to improvise our skills apart from studies.

Then the interaction came to an end and she wished us to do well throughout our journey towards success.

No. of Beneficiaries: 72

R. Chitra
20/09/23
(Mrs. R. Chitra)
AP(SS) / ECE
Alumni Incharge

S. L. H.
20/09/23
CDT-R. JUDHAKANI
ATTN-Prof. S. H. D. / ECE

Department of Textiles and Clothing

Alumni Association Meeting

Dr. Madhuri Nigam is our alumni who did her M. Sc. Textile & Clothing at Avinashilingam deemed University, Coimbatore in the year 1995-1997. Her areas of interest are Sustainable Fashion, Carbon footprint and Life Cycle Assessment

She is an Associate Professor, and currently Teacher in Charge of the Department of Fabric & Apparel Science, Lady Irwin College, University of Delhi, Madhuri Nigam is a topper of B. Sc. (Home Science) and recipient of 4 gold medals at graduation level at the Dharampeth Science College, University of Nagpur.

She spoke about her 21 years of teaching experience and about her work experience on ILO project on Decent Employment of slum women through training them and skills relevant to Garment sector. She also shared her working experience about life cycle assessment for several years. She spoke about the steps involved in developing 52 textiles Life Cycle Inventory (LCI) datasets for Ecoinvent. She shared her external view on reviewing of around 206 EF 3.00 compliant LCI data-sets for EU funded PEF project of Ecoinvent. She shared her experience of being a member of various professional bodies such as; Textile Association of India, Forum for Sustainability through Life Cycle Innovation (Berlin), Textile Exchange (USA), Life Cycle Initiative (United Nations Environment Program), Home Science Association of India, Associated with, Okhla Garments and Textile cluster (New Delhi) and India Life Cycle Assessment Alliance (ILCAA). She reviewed about being a member of advisory board of World Apparel and Footwear Life cycle Database (WALDB) and a designated expert on the helpdesk of One Planet (UNEP) for nations building life cycle inventories. She also spoke about the advancement of lab facilities that are currently available in our Institution.



Sharing

experience of her ILO Project workLife Cycle Inventory (LCI) datasets



Speaking about advancement of lab facilities

Sharing external views on Eco Invent



Students Interaction

Avinashilingam Institute for Home Science & Higher Education for Women



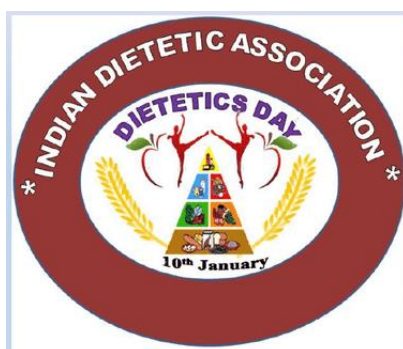
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128 Coimbatore-641 043, Tamil Nadu, India



Department of Food Service Management and Dietetics and Indian Dietetic Association – Coimbatore Chapter



REPORT ON DIETETICS DAY CELEBRATIONS

“RETURN OF MILLETS – IMPACT ON NUTRITION SUSTAINABILITY”

Date- 11/01/2023

Time- 2:30 PM(IST)

INVITATION

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN



(Deemed to be university under category A+ by MHRD, Estd. u/s3 of UGC Act 1956)

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Coimbatore - 641 603, Tamil Nadu, India.

FOOD SERVICE MANAGEMENT AND DIETETICS

&

INDIAN DIETETIC ASSOCIATION - COIMBATORE CHAPTER



Cordially invite's you for the

DIETETICS DAY CELEBRATION - 2023

When



Dr. Kalpana Bhaskaran

Deputy Director

Industry Partnerships & Head

Glycemic Index Research Unit

will deliver Dietetics Day address on

"Return of Millets - Impact on Nutrition Sustainability"

Dr.N.Vasugi

Dean, School of Home Science

AIHSHEW

will preside

Dr.V. Premala Priyadharsini

Professor and Head

Department of FSMD

will greet

Venue: Hi - Tech Seminar Hall

Date: 11/01/2023

Time : 2.30 pm to 4.00 pm

Meet link: <https://meet.google.com/nom-qecs-jcx>



PROGRAMME SHEET



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India.



Department of Food Service Management & Dietetics

&

Indian Dietetic Association – Coimbatore chapter

DIETETICS DAY CELEBRATION - 2023

11.01.2023

Programme

Prayer Song

Ms.J. Prageetha

I - B.Sc., Fsmd

Welcome Address

Ms.S.Mayura priya

III - B.Sc., Fsmd

Report Reading

Ms. Mahima Magdalene

III - B.Sc., Fsmd

Presidential Address

Dr.N.Vasugi

Dean, School of Home Science
AIHSHEW

Greetings

Dr.V.Premala Priyadharsini

Professor and Head
Department of FSMD

Introducing the Chief Guest

Ms.M.Diwan Haseena

II - M.Sc., Fsmd

Special lecture

Dr. Kalpana Bhaskaran

Deputy Director
Insustry Partnerships & Head
Glycemic Index Research Unit

Price Distribution

Vote of thanks

Ms. Zeenath S

II - B.Sc., Fsmd

Master of ceremony

Ms. Meesala Sushma

I - M.Sc., Fsmd

VENUE : Hi - Tech Seminar Hall

TIME : 2.30 pm to 4.00 pm

CANCER SCREENING CAMP INVITATION

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN

(Deemed to be university under category A+ by MHRD, Estd. u/s3 of UGC Act 1956)

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Coimbatore - 641 603, Tamil Nadu, India.



FOOD SERVICE MANAGEMENT AND DIETETICS & INDIAN DIETETIC ASSOCIATION - COIMBATORE CHAPTER

**We cordially invite you to attend the
Inauguration of Cancer Screening Camp**

By

Dr. S. Kowsalya

Registrar,

Professor, Dept. of Food Science and Nutrition, AIHSHEW
Joint Secretary, Nutrition Society of India

In the presence of

Dr. N. Vasugi

Dean, School of Home Science
AIHSHEW

&

Dr. S. Uma Mageshwari

Professor & Dean, Student Affairs
Dept. of FSMD

Wednesday, January 11th 2023 | 10:45 am

CANCER SCREENING CAMP

By

**Sri Ramakrishna Institute of
Oncology & Research, Coimbatore**

Time:- 10:45 am - 4:00 pm

Venue:- Health Center

DIET COUNSELLING

For

**Micronutrients, macronutrients
and non communicable diseases**

Time:- 10:45 am - 4:00 pm

Venue:- Diet Clinic, Home Science Block.

"Eat less from the box & more from the earth"



CANCER SCREENING CAMP INVITATAION

Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India.



Department of Food Service Management & Dietetics

&

Indian Dietetic Association – Coimbatore chapter

Inauguration Of Cancer Screening Camp

11.01.2023

Programme

Prayer Song

Ms.S.Vishnudurga

III - B.Sc., FsmD

Welcome Address

Ms.A.V. Tharani

II - B.Sc., FsmD

Inauguration

Dr.S.Kowsalya

Registrar, Professor

Department of Food Science and Nutrition,
AIHSEW

Joint Secretary, Nutrition Society of India

In The Presence Of

Dr.N.Vasugi

Dean, School Of Home Science
AIHSEW

Dr.S.Uma Mageshwari

Professor & Dean, Students Affairs
Department of FSMD

Master Of Ceremony

Ms. Aysha Nilofer .R

III - B.Sc., FsmD

VENUE : Health Center

TIME : 10.45 am to 4.00 pm

REPORT ON DIETETICS DAY CELEBRATIONS

The year 2023 has been declared by the United Nations as the International Year of the Millet, following a proposal by India, which wants to position itself as a global hub for millets. The National Dietetics Day, as it is called, was conceived by the INDIAN DIETETIC ASSOCIATION as an annual event on January 10. This year the theme of the NDD was 'Mighty millets & 3As (Availability, Accessibility & Affordability) for sustainable development'.

The Department of Food Service Management and Dietetics, Avinashilingam Institute of Home Science and Higher Education for Women organized a series of events to mark the Dietetics Day, with the objective to create awareness and impact on food safety and nutritional knowledge among the public on the theme RETURN OF MILLETS – IMPACT ON NUTRITION SUSTAINABILITY

COMPETITIONS HELD:

The first competition was The Best Dietitian, wherein the students were assessed on their understanding of human physiology, pathology, nutrition science, and their ability to comprehend the same to therapeutic nutrition. The competition had three rounds of filtration and the participants were the Fsmnd department. First round was the quiz round, participants who qualified according to the criteria were sent to the second round that is preparing for the Case study. The third round was to present the case study. 50 students participated in the Best Dietitian competition.

Competitions like Poster making and essay writing were organized to make the general public make informed decisions to inculcate the habit of millet consumption and were not only confined till our department but also involved other departments. The topic for these were Wonders of millet and Sensitizing youth for the magic millet respectively.

SCREENING CAMPS AND COUNSELLING

The Department of Food Service Management and Dietetics organized screening camps and diet counselling sessions for wholesome route of treatment through preventive screening diet and exercise.

A one day Cancer screening camp was conducted at the University health center by partnering with Sri Ramakrishna institute of oncology and research. A total of 100 staffs and non teaching staffs of various school of the University would be benefited from the same.

As a part of the dietetics day celebrations a health check up was conducted with partnership with Tulsi pharmacy. Diet counselling was also provided by the students for various conditions including anemia, PCOD, PMS, and obesity. A total of 150 students professors and administrative staffs under went the check ups and counselling.

DIETETICS DAY CELEBRATION:

A Lecture on the topic "Return of millets – Impact on Nutrition Sustainability" was organized by the Department of Food Service Management and Dietetics on 10th January 2023 at 2:30 P.M at Hi Tech Seminar Hall.

The event embarked with a prayer by Prageetha J of 1 st B.Sc F.S.MD. Mayura Priya from 3rd B.Sc FSMMD rendered the welcome address. The occasion was bedecked by the presence of the Dean of

Home Science Dr. Vasugi Raja, Dean of Student Affairs Dr. S Uma Magheswari and the Guest, Dr. Kalpana Bhaskaran, Deputy Director, Industry Partnership and Head Glycemic Index Research Unit

The report of the events conducted for Dietetics day was read by Mahima Magdelene III BSc FSMD. Further Dr N.Vasugi Professor and Dean, School Of Home Science delivered the presidential address. Ma'am asked the students to focus on spreading the message of healthy diet to the community and to be the flag bearers of a healthy community. Dr. Premela Priyadharshini, Professor and Head, Department of FSMD addressed the gathering and brought in the pressing need to make healthy and sustainable diets accessible and affordable to everyone.

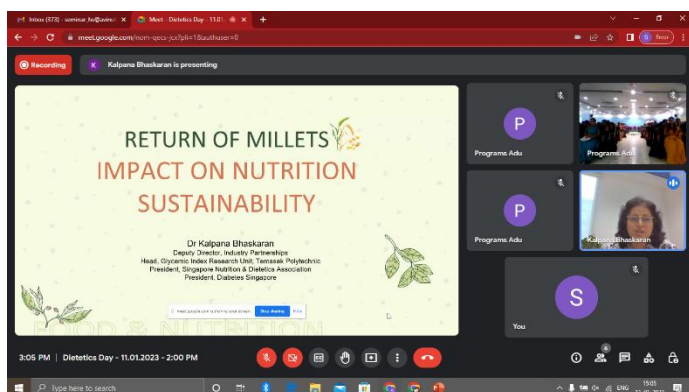
Dr. Kalpana Bhaskaran, Deputy Director, Industry Partnership and Head Glycemic Index Research Unit, was the chief guest of the day spoke about the importance of organic and its urgency in today's pollution and increasing health crisis. Further, she spoke about the process of reviving the healthy food habits, through discovery of nutritional and medicinal effects of millets, the Indian Traditional Healthcare that can eradicate the existing some of the sicknesses and diseases. She made a statement, "WHEN DIET IS WRONG, MEDICINE IS OF NO USE; WHEN DIET IS CORRECT, MEDICINE IS OF NO NEED". The right kind of food, a simple lifestyle and the right agricultural practice are what the society needs to mend its ways and get itself into a healthy state. She expressed that over the past few years there has been a healthy food revolution, especially, with the increasing health consciousness among people, there has been a rise in the demand of nutrient rich cereals and millets. She strongly feels that only millets have become favourite food fad among millenials for its umpteen health benefits. Enriched with the goodness of nature, millets are a rich source of fibre, minerals like magnesium, phosphorous, iron, calcium, zinc and potassium. Millets are extremely nutritious and good for health and they also need less water and can be stored for years, as they have a long shelf life. Millets make for a perfect healthy meal. The antinutritional aspects of millets were also briefly spoken about. She illustrated the fact that the processing of millets is indirectly proportional to its nutritive value.

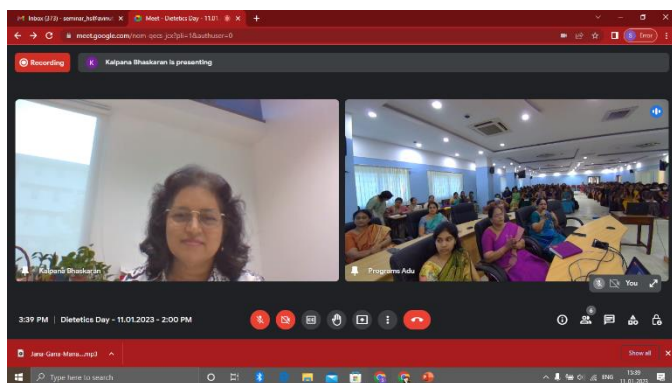
Finally she said that the students mandate is not only to carry out some research in different fields and develop projects for the benefit of the State but it works as a catalyst for bridging the gap between institutions as well as colleges & Universities to promote and transfer technology for the betterment of the society.

After that Dr. S Uma Magheswari gave away the prizes to prize winners of the various activities conducted by the department.

The Webinar was ended by Vote of Thanks given by Ms Zeenath S. In the lecture around 200 Teachers, Students, Academicians and Researchers participated.

REPORT ON DIETETICS DAY CELEBRATIONS





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Coimbatore - 641 043, Tamil Nadu, India

**DEPARTMENT OF FOOD SERVICE MANAGEMENT & DIETETICS
&
INDIAN DIETETICS ASSOCIATION – COIMBATORE**

DIETETICS DAY CELEBRATION 2023

Welcome Address

Ms. Mayura priya
III B.Sc FSMD

