

Anmai Hajira Women's College

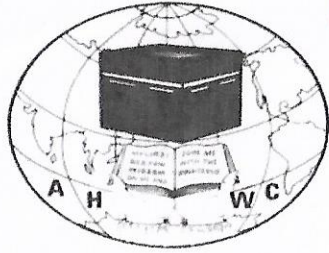
Melapalayam, Tirunelveli-05

(A Unit of As-Sathiq Educational Society)
(Affiliated to Manonmaniam Sundaranar University)



EAT RIGHT CLUB

Report 2021-2022



ANNAI HAJIRA WOMEN'S COLLEGE

MELAPALAYAM, TIRUNELVELI - 05



8th November 2021

*We cordially invite you for the
Inauguration of*

Venue: Seminar Hall

Time: 11am

EAT RIGHT CLUB

**Inaugural Address by
Mr.S. Ramasubramanian
Food Safety Officer
Melapalayam**

**Chief Guest
Dr. R. Sasi Deepa
Designated officer
Food Safety
Department
Palayamkottai**

**Key Note Speaker
Mr. A.R. Sankaralingam
Food Safety Officer
Palayamkottai**

Patrons

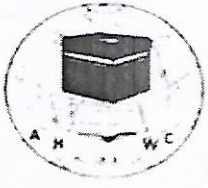
**President
Er. S. K. Syed Ahamed**

**Secretary
Er. S. K. Kutha Mohamed**

**Treasurer
Haji O. K Jafar Sauthik**

**Principal
Dr.K.Rajab Fathima**

**Nodal Officer of ERC
Mrs.R.Rosy Jeba Mary**



Annai Hajira Women's College

(Affiliated to Manonmaniam Sundaranar University)

Melapalayam - 627005

INAUGURAL FUNCTION

Of

EAT RIGHT CLUB

8th November 2021, Seminar Hall, 11: 00a.m



AGENDA

1. QIRAT - **Ms.S.MariamAsiyal**
III B.Sc-Maths
2. TAMILTHAIVAZHTHU-
3. WELCOME ADDRESS - **Ms. R.Rosy Jeba Mary**
Assistant Professor
Department of Commerce
AnnaiHajiraWomen'sCollege
Melapalayam
4. PRESIDENTIAL ADDRESS - **Dr.K.RajabFathima**
Principal
AnnaiHajiraWomen'sCollege
Melapalayam
5. INAUGURAL ADDRESS - **Mr.R. Balasubramanian**
Food Safety Officer
Melapalayam
6. CHIEF GUEST'S ADDRESS - **Dr. R.Sasi Deepa**
Designated Officer
Food Safety Department
Tirunelveli-11
7. SPECIAL LECTURE ON
FOOD ADULTRATION - **Mr. A.R.Sankaralingam**
Food Safety Officer
Melapalayam
8. VOTE OF THANKS - **Ms.M.Sajitha**
II BA -English
9. NATIONAL ANTHEM



Annai Hajira Women's College

Melapalayam, Tirunelveli- 627005

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)



INTERNAL QUALITY ASSURANCE CELL

&

EAT RIGHT CLUB

Event Summary

Name of the Event	:	INAUGURATION OF EAT RIGHT CLUB
Date & Time of the Event	:	08.11.2021 @ 11 AM
Participants	:	All I year students of AHWC
Organized by	:	AHWC & IQAC

Annai Hajira Women's College, Melapalayam inaugurated "The EAT RIGHT CLUB" in the seminar hall at 11A.M on 08th November 2021 with the aim of "Eat Healthy and Eat Safe". The inaugural function started with Qirat by Sulthana of III B Com., followed by a welcome address delivered by Mrs.R.Rosy Jeba Mary, Assistant Professor, Department of Commerce, Presidential address was given by Dr.S.Sabreen Muneer, Vice Principal, and AHWC.

The inaugural function was enthusiastically carried out by Eat Right Club members along with the cooperation of students. Dr. S. Sabreen Muneer, Vice Principal, AHWC honored the guests Mr.S.Ramasubramanian and Mr.Sankaralingam.

Mr.S.Ramasubramanian, Food safety officer, gave the inaugural address and discussed the importance of a balanced diet. He delivered information about the Food Safety and Standards Authority of India (FSSAI) and its functions. The Eat Right initiative of FSSAI is designed to deliver and reinforce the message of safe and nutritious food. He created awareness about information printed on the product. He said that anyone who wants to start a new food industry must get approval from FSSAI. Mr.Sankaralingam, food safety officer, gave information regarding adulteration and demonstration. He gave an awareness speech on good food habits, personal hygiene for students and the cleanliness to be maintained from head to toe in our daily life.

This club-initiated eat right, safe and nutritious food for healthy and family welfare. They discussed various steps to be followed to identify the adulteration of food. Finally, a Oath was taken, "little sugar, little salt and reduce cholesterol", in order to construct stamina in the body. It was a great session for the staff and the students as we gathered many tips and practices that would lead us to a happy and healthy life. Vote of thanks was proposed by Thanga Selvi II BA. The program ended successfully with the National Anthem.

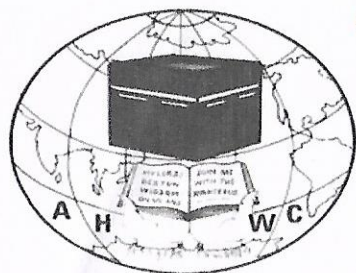


R. D. Datta 9/11/2021
Signature of the Nodal Officer

Lajal Jallo 9/11/21
Signature of the Principal
PRINCIPAL
ANNAI HAJIRA WOMEN'S COLLEGE
MELAPALAYAM - 627 005. 2

ANNAI HAJIRA WOMEN'S COLLEGE

MELAPALAYAM, TIRUNELVELI - 05



18th May 2022

Venue: Seminar Hall

Time : 12 to 1pm

We cordially invite you for the
Valedictory Function of

EAT RIGHT CLUB

Chief Guest

Mrs. Saraswathi
Kasivinayagam., M.Sc,
Dietary Food Service
Management,
Nutritionist and Dietician
Bangalore



Principal
Dr.K.Rajab Fathima

Nodal Officer of ERC
Dr.R.Rosy Jeba Mary



ANNAI HAJIRA WOMEN'S COLLEGE

MELAPALAYAM, TIRUNELVELI - 05



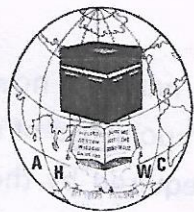
VALEDICTORY FUNCTION

On Wednesday 18th May 2022, 12:00 PM, Seminar Hall

AGENDA

1. QIRAT
Ms. SAMIKA BEGAM of III B.Com
2. TAMIL THAI VAZHTHU
3. WELCOME ADDRESS
Ms. AFRA RAHMATHULLAH
III B Com Batch II
Department of Commerce
Annai Hajira Women's College
Melapalayam
4. FELICITATION
Dr. K. RAJAB FATHIMA
Principal
Annai Hajira Women's College
Melapalayam
5. KEY NOTE SPEAKER
Mrs. SARASWATHI KASIVINAYAGAM
M.Sc, Dietary Food Service Management
Nutritionist and Dietician
Bangalore
6. VOTE OF THANKS
Ms. Sugaina Zainab
III B Com Batch II
Department of Commerce
Annai Hajira Women's College
Melapalayam
7. NATIONAL ANTHEM

ALL ARE CORDIALLY INVITED



Annai Hajira Women's College

Melapalayam, Tirunelveli- 627005

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)



INTERNAL QUALITY ASSURANCE CELL

&

EAT RIGHT CLUB

VALEDICTORY FUNCTION

Event Summary:

Name of the Event	:	Valedictory Function of Eat Right Club
Date & Time of the Event	:	18.05.2022 @ 12 P.M – 1P.M
Venue	:	Seminar Hall
Key Note Speaker	:	Mrs. SARASWATHI KASIVINAYAGAM, M.Sc., Dietary Food Service Management, Nutritionist and Dietician, Bangalore.
Participants	:	All the III year students of AHWC

Annai Hajira Women's College, Melapalayam celebrated "Valedictory Function of Eat Right Club" in the seminar hall at 12 noon on 18th May 2022 with the aim of "Healthy way to eat the right food". The valedictory function was started with Qirat by Ms.Sathika of III B Com Batch II, followed by Tamilthaivazhu. Dr. K Rajab Fathima, Principal, AHWC delivered a felicitation address.

The valedictory function was enthusiastically carried out by the members of EatRight Club, along with the cooperation of students. Dr. K Rajab Fathima, Principal, AHWC honored the guest of speaker Mrs.Saraswathi Kasivinayagam., M.Sc, Dietary Food Service Management, Nutritionist and Dietician, Bangalore.

She addressed the audience about the significance of health. And also narrated how junk food , an imbalanced, unhealthy diet affects the gut. She stressed the importance of a healthy diet, a proportion of balanced diet and nutritious food which is required by the human body for energetic and proper functioning. She insisted on doing exercise regularly for about 20-30 minutes every day for a healthy heart and to increase life span.

She suggested about eating food mindfully and to enjoy the food, because it helps to enhance our body's digestive system and balance the metabolism. She shared many tips via PowerPoint presentation for a balanced diet and how to follow the same. Students enthusiastically raised their doubts and got clarified.

The vote of thanks was proposed by Sugaina Zainab from III BCom.This club directs the students to eat right,safe and nutritious food for their health.

It was a great session for the staff and the students as we gathered many tips and practices that would lead us to a hale and healthy life.At last, the valediction ended with the National Anthem.





REDMI NOTE 9
AI QUAD CAMERA

2022/5/18 12:16



REDMI NOTE 9
AI QUAD CAMERA

2022/5/18 12:16



REDMI NOTE 9
AI QUAD CAMERA

2022/5/18 12:13

R.D. Nal 20/5/2022
Signature of the Nodal Officer

Lajja Datta 20/05/22
Signature of the Principal
PRINCIPAL
ANNAI HAJIRA WOMEN'S COLLEGE
MELAPALAYAM - 627 005.