Annai Hajira Women's College

Melapalayam, Tirunelveli-05

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

EAT RIGHT CLUB

Report 2022-2023

Annai Hajira Women's College

Melapalayam, Tirunelveli– 627005

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

IQAC AHWC

INTERNAL QUALITY ASSURANCE CELL

Entrepreneurship Cell

&

EAT RIGHT CLUB

jointly organised

READY TO EAT MILLET VARIETIES

Event Summary

Name of the event	:	Ready to Eat Millet Varieties
Date	:	29.09.2022
Participants	:	All Staff and Students of AHWC

The EAT Right Club and Entrepreneurship Development cell organised an event, "Ready to Eat Millet Varieties" on 29.09.2022. With a view to create awareness about healthy home-made food habits and showcasing the entrepreneurial skills of students, the Eat Right Club and Entrepreneurship Development cell conducted this event.

30 stalls of food items, accessories, cosmetics and herbal products were exhibited. Lemon-Mint juice, Buttermilk, Rose Milk, Popcorn, Sweet Corn, Panipuri, Bhel puri, Millet food items, Ginger tea, Chicken fry, Bread sandwich, Cakes and Laddoos were sold in the food stalls. Handmade accessories by the students like Earrings, Hair Clips, Bangles and Chains were also sold as part of the ED Cell. Herbal beauty care products like soap, face cream, hair oil were sold by the students.

Stall Cum Sale was enjoyed by all participants of the food fest including students and teachers of our college and other colleges also. The active participation of students in the production of these products has given them an idea on 'how to earn while you learn' and how to become successful entrepreneurs. This will encourage students to enter into entrepreneurial ventures in the future.

Stalls Inaugurated By the Principal Dr K Rajab Fathima

30/9/2022

Signature of the Nodal Officer

30/9/22

Signature of the Principal

PRINCIPAL

ANNAI HAJIRA WOMEN'S COLLEGE

MELAPALAYAM - 627 005.

Annai Hajira Women's College
Melapalayam, Tirunelveli - 05

IQAC AHWC

EAT RIGHT Club AHWC

Health Awareness Program on

"EAT RIGHT FOR OPTIMAL HEALTH"

Resource person

Mrs.R.Swarnalakshmi.,M.Sc.,M.Phil.

Assistant professor,
Department of Food Science and Nutrition,
Sarah Tucker College.

Date: 21st October 2022
Time: 10 am

Venue: Seminar hall

Dr. H. Rajab Fathima
Principal AHWC
Presides over the function

Nodal Officer of ERC
Dr. R. Rosy Jeba Mary

All are cordially invited

Patrons

Er. S.F.SYED AHAMED	Er. S.F. KUTHA MOHAMED	HAJI O.K.JAFAR SAUTHIK
President	*Secretary*	*Treasurer*

Designed by 'Fahmeeda Naaz. M' *and* 'Ameera. M' *of* II B.com *Batch* II

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INTERNAL QUALITY ASSURANCE CELL

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EAT RIGHT CLUB
AWARENESS PROGRAM

Event Summary:

Name of the Event	:	Awareness Program
Topic of Event	:	Eat Right for Optimal Health
Date & Time of the Event	:	21.10.2022 @ 10 AM
Name of the Guest	:	Mrs. R. Swarnalakshmi, M.Sc., M.Phil., Assistant professor, Department of Food Science & Nutrition Sarah Tucker College, Tirunelveli.
Participants	:	All the II year students of AHWC
Organized by	:	IQAC& EAT RIGHT CLUB

The IQAC &EAT club of AHWC jointly organized EXPO health awareness on "EAT RIGHT FOR OPTIMAL HEALTH" in the seminar hall at 10AM on 21 October2022with the overt aim stay in a good health and to have balanced diet.

The awareness program was started with Qirat by Katheeja Faiza J of II B Com Batch II followed by welcome address which was delivered by Fahmeeda Naaz. M, AHWC. This program was enthusiastically carried out by the Chief Guest Mrs.R.SwarnaLakshmi, M.Sc., M.Phil., Assistant Professor, Department of Food Science & Nutrition, Sarah Tucker College, Tirunelveli. She explained about various dimensions of health status like physical, spiritual, social, Mental and discussed the importance of balanced diet. She delivered information about the Food Safety and Standards Authority of India (FSSAI) and its products. The FSSAI initiates the Eat Right Club to deliver and reinforce the message of safe and nutritious food. She also created awareness about information printed over the product. She said that all must take food without any force then only all can gain energy.

She gave an awareness speech on good food habits. She pointed out angry leads to secretion of hydrochloride acid so everyone is suffering from severe ulcer. Also explained

healthy living tips to the students like, required amount of food & water intake, enough sleep, regular exercise, reduce overweight and avoid stress.

The vote of thanks was proposed by Aysha Munavara M.A.S of II B Com Batch II. This club directs the students to eat right, safe and nutritious food for our health and for family welfare and don't waste the food.

It was a great session for staff and the students as we have gathered many tips and practices that will lead us to hail hale and healthy life. At last, the inauguration was brought to an end successfully with National Anthem.

21/10/2022
Signature of the Nodal Officer

21/10/22
Signature of the Principal
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MELAPALAYAM - 627 005.

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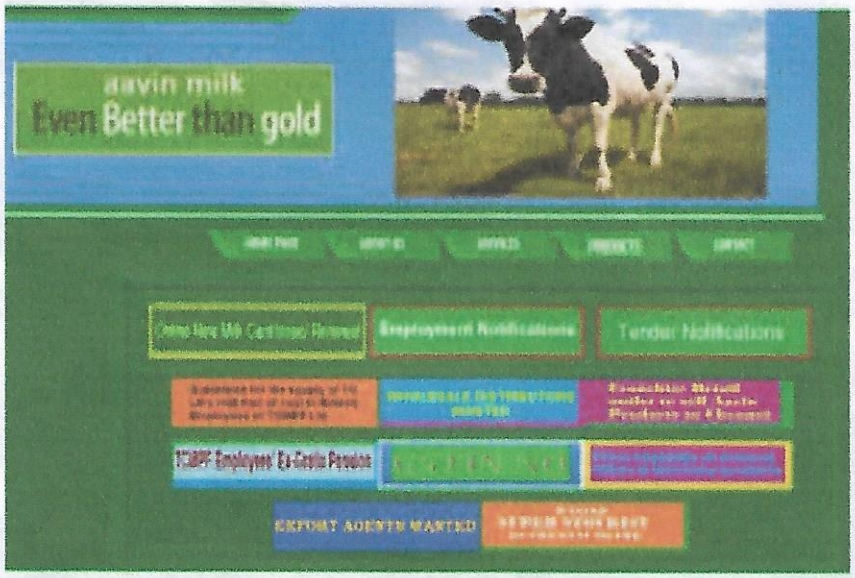
organized

Expo cum sale offered by Aavin product industry



Name of the Event	:	Expo cum Sale of Aavin Industry Products
Topics covered	:	Awareness about dairy products
Participants	:	Students and Staff of AHWC
Duration	:	One Day
Venue	:	Campus of AHWC
Date & Time of the Event	:	19.01.2023 @ 11A.M.

Milk is a rich food that provides a large number of nutrients relative to the calories consumed from milk. It is delicious as a beverage and can be used as a base for other drinks, such as hot chocolate. The milk of domesticated animals is also an important food source for humans. Milk is essentially an emulsion of fat and protein in water, along with dissolved sugar, minerals (including calcium and phosphorus), and vitamins, particularly the vitamin B complex. Commercially processed cow's milk is commonly enriched with vitamins A and D. Hence, IQAC & Eat Right Club jointly organized this Sale Cum Expo to create awareness and usefulness of milk products like, Aavin ice cream, Toned milk, Standardized milk, Premium milk, Full cream milk, Double toner milk, Butter, Ghee, Peda, Mysorepa and Curd etc,. All the participants enjoyed the fair and benefited.

20/1/2023
Signature of the Nodal Officer

20/01/23
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INTERNATIONAL YEAR OF MILLETS 2023

Event Summary:

Name of the Event	: Celebration of International Year of Millets 2023
Topic of the event	: Millet's awareness exhibition
Date & Time of the Event	: 27.01.2023 @ 11AM
Event Participants	: Few Students from each department
Visitors	: All the Staff and students of AHWC
Organizedby	: IQAC & EAT RIGHT CLUB of AHWC

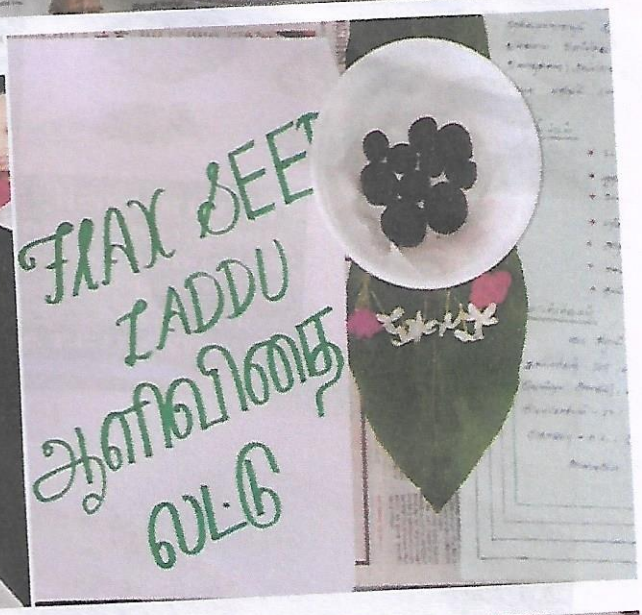
The IQAC & Eat Right club of Annai Hajira Women's College jointly organized an exhibition on "International year ofmillets 2023" on the college campus at 11 AM on 27th January 2023 to inculcate knowledge about the usage of millets in our day-to-day life. Students exhibit their thoughts through Indian millet recipes, and value-added products like arts & crafts and explained its values to the students. In the exhibition recipes made using millet were distributed as an initiation to using millet-based food in our daily diet.

Through this program the students got a few ideas about the Enhancement of Production or Productivity, Nutrition & Health benefits, Value-addition products, Processing & Recipe Developments on millets.

Finally, the exhibition ended successfully by reaching the main objective of generating awareness.

CHIEF GUEST AND VISITORS OF THEDAY CELEBRATES YEAR OF MILLETS

VARIOUS RECIPES AND VALUE ADDED PRODUCTS DISPLAYED IN THE EXHIBITION



30/1/2023
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