

**DEPARTMENT OF HOME SCIENCE
JAMSHEDPUR WOMEN'S COLLEGE, JAMSHEDPUR
NATIONAL NUTRITION WEEK PROGRAMME**

06-09-2017

Department of Clinical Nutrition and Dietetics (CND) and Home Science organized a programme in connection with National Nutrition Week. **Dr. Veena Singh**, Deputy Superintendent, Sadar Hospital, Khasmahal Jamshedpur was the chief guest. **Dr. Purnima Kumar**, Principal of the college was the guest of Honour. The programme started with welcome speech by **Dr. Ramaa Subramanian**, Coordinator of Clinical Nutrition and HOD Home Science. She also explained about the weeklong activities carried out among students. Students of Clinical Nutrition were asked to develop a novel product and students of Home science prepared posters to create awareness about Nutrients. Winners of the competitions were given prizes. Dr.Purnima Kumar, Principal talked about the need for medical services in the college. She also encouraged the students to develop healthy eating habits and also teach others. Dr. Veena Singh talked about diet from infancy to adolescent age. How to consume simple foods in the right combination, the importance of iron and folic acid in the diet of Adolescents, type of diet for a day for adolescents etc were explained in detail by her. Rajni Jha of CND 2nd year gave speech on “**Smart Diet**” Jyotsana Purty and Afreen Sultana of CND conducted the programme. **Mrs. D. Pushplata and Mrs. Saroj Sinha** – faculty members helped to conduct the programme and also the competitions.

Prize Winners:

Product Development-

- 1st Nisha Tiwari CND II year
- 2nd Saima CND I year
- 3rd Ruchi Sahay CND II Yr

Poster Making:

- 1st Preeti Kumar B.A. Iyear
- 2nd Neelam B.A III Year
- 3rd Poonam Rajak B.A IIIYear

Dr. Ramaa Subramanian

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