

**VIVEKANANDHA COLLEGE OF ARTS AND SCIENCES FOR WOMEN**  
**(AUTONOMOUS)**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**REPORT**

The Department of Nutrition and Dietetics along with other department students and faculty members has participated at Food Fest 22 at Coastal Residency, Namakkal District on 16.08.2022 Saturday from 10.30 AM till 5.00 PM. The total student strength was 33, among them 19 students belong to the department of Nutrition and Dietetics and 14 students were from various departments from VICAS. The main focus of the programme was to bring awareness to the people about traditional food varieties which was vanishing nowadays.

During the Programme, our students has performed 2 Traditional dances representing and highlighting our culture. For example they performed the Art of **Silambam, Kavadiattam, Oylattam, and Kummi** etc..

Our students has also participated in Tamil debet on the Title Modern food Vs Traditional food under the topic “**IndraiyaElainiyargalinOunavumuraiNanmai ah Theemai ah**” they also presented the various benefits of health care and aspects such as mindful eating, mindful exercise and its role to our Audience. The entire performance of the debet was mesmerized by many people and lots of appreciations were received. Finally they concluded their session with guidance and morale provided by our eminent judge.

On to the next is the most awaited part that is “The Cookery Show”. The guest performance Cookery show was executed by the students and faculties of Nutrition and Dietetics department from Vivekanandha college of Arts and Sciences for Women (Autonomous), Elayampalayam.

The students along with the faculty members started to make different varieties of Idli and Chutneys for the guest performance cookery show. All the various types of idli and chutneys were made only using natural ingredients and no artificial ingredients or items were used as the show was live and all entire cookery show was lively performed in front of the Audience and the people who participated and visited the Food fest 22. The total varieties of Idli was 40 different types and 40 peculiar types of Chutneys were made.

Later the entire cookery show was wound up by 5.30 PM . And the prepared food items were set up for display to the Audience and people. The crowd out of interest interacted with our team by asking more questions about the significance of exposure on nutrition and had discussion on the same. The Audience and the other people gave the feedback & shared their experience at the end of the show.

Overall the event was successful and the main concept of Nutrition and Traditional foods were a great reach to the people. The enormous amount of energy radiated by the people was astonishing. It was a magnificent experience to both the faculties and students representing our beloved institution and we would like to thank our Chairman & Secretary and the entire Management who provided us with such a treasured opportunity.

PROGRAMME COORDINATOR

Ms.K.JEEVITHA

HoD/N&D, VICAS

# PHOTO GALLERY



**The total variety of Idly prepared and presents is 40 along with 40 varieties of Chutney at the Food Fest'22 at Coastal Residency, Namakkal District by the Staff members and students of B.Sc Nutrition and Dietetics of Vivekanandha College of Arts and Sciences for Women (Autonomous).**