

**Dr AMBEDKAR GOVERNMENT ARTS COLLEGE , (Autonomous)
VYSARPADI, CHENNAI -39**

**Department of Home Science- Nutrition, Food Service Management and
Dietetics**



**INITIATIVES OF THE DEPARTMENT TOWARDS
COMMUNITY HEALTH FROM 2014**

HEALTH FOR ALL (2014-2022)

The Department of Home Science – Nutrition, Food Service Management and Dietetics was initiated in the year 2013 vide G.O 163 of the Government of Tamil Nadu at Dr. Ambedkar Government Arts College, Vyasarpadi , Chennai -600039

Since its inception, the department faculty and students have always worked with a passion to serve the community through health awareness programmes. In tune with its objectives of Community Health, the department has targeted various segments of the population. An amalgamation of academic excellence and community service in improving the health profile of the downtrodden in North Chennai is the primary mission and vision of the department. This is evidently expressed through various student centric activities and extension programmes , with special reference to the HEALTH FOR ALL an annual health awareness programme targeting various segments of the population both in the campus and in the neighbourhood.

In 2014, a massive health camp was conducted in the college premises for two days, the focus being on iron deficiency anaemia a raging micronutrient deficiency among adolescents.

The pathetic nutritional status of pre-school children in the marginalised sector of the community in North Chennai neighbourhood propelled the department to organise a health camp for pre-school children in collaboration with the Government Children's Hospital in the year 2015, thus setting the stage for the conduction of HEALTH FOR ALL -2015

The overwhelming incidence of diabetes mellitus and cardiovascular diseases, motivated the department to conduct the HEALTH FOR ALL -2016 which was a health awareness and assessment programme for the entire college comprising of both students and faculty in the year 2016, in collaboration with Apollo Hospitals. Assessment of lipid profile , blood sugar, blood pressure and all anthropometric measurements were done for the college faculty and students. The participants with very high blood sugar and cholesterol levels were able to immediately interact with medical professionals at Apollo hospital through teleconferencing.

In the academic year 2017-2018 ,the department seized the opportunity to interact with the general public and create health awareness among them through the invitation given by the Higher Education Department for colleges to conduct health awareness programmes at the Trade Fair , Islands ground , Chennai.

Under the constant motivation and support of the Principal,,Dr. S. Fouzia, the department conducted a two-day health assessment and diet counselling programme for the masses(1023 visitors) that visited the Higher Education Department at the trade Fair on 3rd and 4th February , 2018

The health camp included the following aspects :

1. Preparation of health charts and posters with simple dietary guidelines for healthy living.
2. Assessment of anthropometric parameters
3. Assessment of Blood Pressure
4. Dietary counselling
5. Preparation and distribution of pamphlets with dietary tips for healthy living

The significant impact of mental health on physical health served as a catalyst for the department to conduct Health for all -2018 with the focus on the mental well-being of young college students . Today's young generation, college students in particular, are the victims of a stress, anxiety and depression owing to the various life challenges specific to this fragile yet significant period of their life . This can predispose them to a wide array of diseases and disabilities that have severe implications on the quality of life. Hence Health -for all 2018 was conducted with the motivation and support of Principal, Dr A . Geetha .

The overwhelming response to the health awareness programmes observed through the years and the zeal to spread health awareness coupled with the thirst to establish the department as an entity of quality education and scientific advancement triggered the department to spread its wings and organise the present national conference on "Prevention and Management of Non- Communicable Diseases . Apart from scientific deliberations, the department recognized the need for a health camp to screen 3000 college students for pre-diabetes so as to initiate intervention programmes to stop diabetes among the young generation before it starts . This has paved the way for the present national conference and screening camp for pre-diabetes on 11th and 12th December ,2019 in collaboration with ORANGEHEATH(An Initiative By Fiutsher.)

HEALTH FOR ALL -2014

Academic Year – 2014 – 15

S.No.	Name of the Event	Short Description about the Programme	No. of Beneficiaries
1	Health for all -2014 National Level Health Awareness and Nutrition Camp 1th and 2th September 2014	Session 1 Health check-up – testing of biochemical parameters for all teaching and non- teaching faculty- lipid profile and blood sugar , blood pressure Invited talks Life style diseases for healthy adulthood By Dr T. N Ravisankar, Director, Deepam hospitals, Tamabram Dietary trends in the management of heart care By Dr Purvi Varma , Senior Nutrition Manager, Marico Ltd., Mumbai Dietary practical tips for healthy adulthood Mrs. Meenakshi Bajaj, Chief Dietician , TN, Government Multi Super Speciality Hospital) Combating health issues during adolescence By Dr S. Sivabalmurugan, Chief Medical officer, ESI Hospital Food And Health BY Mrs V. Bhavani, Dietitian, ESI Hospital INTER DEAPRTMENTAL COMPETITONS ON HEALTH AND FITNESS	95 -teaching and non-teaching faculty 250 students

HEALTH FOR ALL 2014 -2015



HEALTH FOR ALL 2015



HEALTH FOR ALL 2015-2016

S.No.	Name of the Events	Short Description about the Programme	No. of Beneficiaries
1	Health for all 2015 -2016 Institute of child health and hospital for children , Chennai 600006	SESSION 1 – Anthropometric Assessment Of All School Children SESSION -2 Awareness For Mothers About Healthy Foods for Children - doctors From Institute of Child Health (D.r Sundari, Director, IHM, Dr. Srinivasan , Medical Registrar) SESSION -3 Formulation and provision of Provisionof multi grain health drink and mixed sprouted whole gram for all school children – (prepared by nutrition students,Dr. Ambedkar Govt. Arts College) SESSION 3- INVITED TALK Micronutrient deficiencies among preschool children Dr A. C. Aruna Narayanan Associate professor , PSG College Coimbatore	375 Pre- school children form the surrounding Vyasarpadi area 75 mothers

HEALTH FOR ALL (2016-2017)

S.No.	Name of the Scheme / Programs / Events	Short Description about Scheme	No. of Beneficiaries
	NUTRITIONAL ASSESSMENT BY LANDMARK GROUPS & APOLLO HOSPITALS 23/9/16 and 24/9/2016	Assessment of lipid profile blood glucose BMI Blood pressure	90 faculty 620 final year students

HEALTH FOR ALL- 2016

Health Camp for all teaching and non-teaching faculty
and college students



HEALTH FOR ALL

Academic Year (2017 -2018)

S.No.	Name of the Scheme / Programs / Events	Short Description about The Programme	No. of Beneficiaries
	HEALTH FOR ALL-2017 Health Camp at the Higher Education Stall at Trade Fair, Island Grounds, Chennai- Department of Higher Education Stall	The health camp included the following aspects : Preparation of health charts and posters with simple dietary guidelines for healthy living. Assessment of anthropometric parameters Assessment of blood Pressure Dietary counselling Preparation and distribution of pamphlets with dietary tips for healthy living	1023

HEALTH FOR ALL - 2017

Reaching Out to the Masses at Trade FAIR

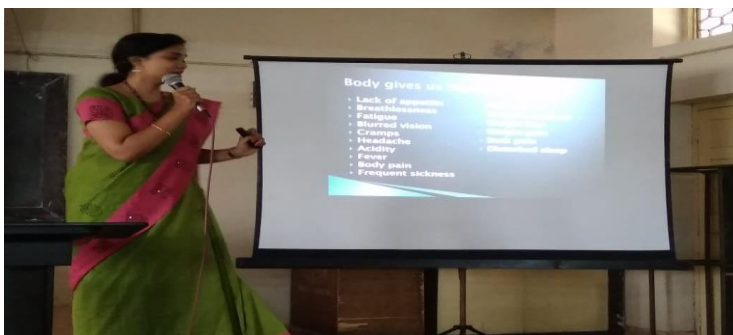


HEALTH FOR ALL

Academic Year (2018 – 19)

S.No.	Name of the Event	Short Description about the Programme	No. of Beneficiaries
	Health for all 2018 – inter collegiate health awareness programme and intercollegiate competitions	Session -1 Health Assessment by Thyrocare – Faculty	50 faculty
		Session -2 INVITED TALK Mental health and well-being Being By Dr Rajarathinam, Kilpauk Medical College , Senior Consultant Psychiatrist	300 students
		Diet and Adolescent Health By Ms. Rachel Deepthi. Dietician, Hande Medical Centre	52 participants
		Session-3 Intercollegiate poster competitions – diabetes and cardiovascular diseases	

HEALTH FOR ALL -2018



HEALTH FOR ALL

Academic Year (2019 – 2020)

NATIONAL CONFERENCE AND HEALTH ASSESSMENT CAMP OF ALL STUDENTS AND FACULTY

VALEDICTORY SESSION VENUE C 10	
Welcome address	Dr Anna Rangini Chellappa, Head. Dept. of Home Science , DAGAC
Honoring the dignitaries of the valedictory session	
Special address by Chief Guest	Dr R. Ramanan Regional Joint Director
Valedictory address	Prevention of non-communicable diseases – A personal responsibility of every individual Dr A. J. Hemamalini, Prof. & Head, Dept. of Clinical Nutrition, Sri Ramachandra Institute of Higher Education (Du) ,Porur Chennai
Prize Distribution	
Vote of thanks	Dr A .Lalitha, Guest Faculty , Department of Home Science, DAGAC



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(Autonomous)
Vyasarpadi, Chennai – 600 039.

**DEPARTMENT OF HOME SCIENCES NUTRITION,
FOOD SERVICE MANAGEMENT & DIETETICS**

in Collaboration with

ORANGE HEALTH

Cordially Invites You To The



HEALTH FOR ALL -2019

**NATIONAL CONFERENCE ON
PREVENTION AND MANAGEMENT OF
NON COMMUNICABLE DISEASES**
11th December 2019
and
**SCREENING FOR PRE-DIABETES AMONG
COLLEGE STUDENTS**
12th December, 2019

PROGRAMME INAUGURAL SESSION		Scientific Sessions	
Welcome Address	Dr. Anna Rangini Chellappa, Associate Professor and Head, Dept. of Home Science, DAGAC	KEYNOTE FORUM VENUE C 10 HALL 11.00 to 11.45	Burden of Non Communicable Diseases - Stop it before it starts Dr. Rebecca Raj Prof. and Head, Division of Nutrition, St John's Research Institute, Head Nutrition and Life Cycle Clinic St John's Medical College Bengaluru
Invocation	Lighting of Kuthuvilakku	TECHNICAL SESSIONS VENUE C10 HALL 11.45am - 1.20pm	Prevention of transgenerational Risks of Non - Communicable Diseases Mrs.Meenakshi Bajaj Chief Dietitian Tamil Nadu Government Multi Super Specialty Hospital, Chennai
Presidential Address	Dr .A. Geetha, Principal (DAGAC)		Healthy diets – Exposing the myths and facts Ms. Gurdeep Kaur, Registered Dietitian, Department of Dietetics, All India Institute of Medical Sciences (AIIMS), New Delhi
Honouring the Chief Guest and special invitees			Importance of addressing the health needs of college students –An academicians perspective Dr. M. Ravichandran Principal & Course Director, All India Civil Services Coaching Centre Govt. of Tamil Nadu, Chennai Former Head, Dept of English , DAGAC
Inaugural address by the Chief Guest	Dr Thiru. C. JOTHI VENKATESWARAN Director of Collegiate Education(FAC).		Lunch Break - 1.20pm - 1.45pm
Release of the conference proceedings	Director of Collegiate Education		POSTER AND PAPER PRESENTATION
Introducing ORANGEHEALTH (An Initiative By Fiutsher)	Dr. Anna Rangini Chellappa,	RESEARCHERS FORUM 1.45pm - 3.45pm	Special Address & Paper Presentation - I : Venue C 10 Hall
Vision And Mission of ORANGEHEALTH - A Bird's Eye View	Dr. Babu Joseph, CEO & Founder , Fiutsher Enterprises		Special Address by : Dr.Pandurangan Harikrishnan Craniofacial orthodontist and Oral Surgeon Topic : Chewing Tobacco can Swallow you later
Signing of Memorandum of Understanding	Dr.A.Geetha, Principal (DAGAC) & Dr. Babu Joseph, CEO & Founder, Fiutsher Enterprises		Paper Presentation - II : Venue N - 2 MGR Centenary Building
Special address by Guest of Honour	Dr.C.R.Anand Moses General Physician and Diabetologist Moses Diabetes and Medical Centre.		Poster Presentation - I : Venue MPH Centenary Building
Vote of Thanks	Dr. Y. Vijayalakshmi Priya, Controller of Examinations & Associate Prof. Dept. of Home science, DAGAC		
Tea Break	10.45 am to 11.00 am		

The Department of Home Science, Dr. Government Arts College , Vyasarpadi , Chennai 600039 in collaboration with ORANGEHEALTH (An Initiative by Fiutsher) conducted a National Conference yesterday , 11th December 2019 on “ Prevention and Management of Non - Communicable Diseases “.Dr. R. Ramanan , Regional Joint Director, Chennai Region inaugurated the programme . Dr C. R. Anand Moses, General Physician and Diabetologist , Moses Diabetes and Medical Centre was the guest of honour.

The speakers for the scientist session included , Dr. Rebecca Raj , Head, Division of Nutrition , St John's Medical College, Bengaluru, Mrs. Gurdeep Kaur, Registered Dietitian, Department of Dietetics, AIIMS, New Delhi , Mrs. Meenakshi Bajaj, Chief Dietitian, TN Govt. Multi Super Specialty Hospitals, Dr. M. Ravichandran , Principal and Course Director All India Civil Service Coaching Cente , Govt of Tamil Nadu , Chennai, Dr.Pandurangan Harikrishnan, Craniofacial Orthodontist and Oral Surgeon , Chennai and Dr. A. J. Hema Malini , Professor and Head, Dept of Clinical Nutrition ,Sri Ramachandra Institute of Higher Education, Porur . Two hundred and forty delegates from 34 colleges in Chennai, different parts of Tamil Nadu and neighbouring states attended the conference

A massive health camp was organised where 3000 college students of the college were screened for pre-diabetes by a team of doctors, nurses and other health care professionals. The assessments included , Body Mass Index (BMI) and random blood sugar test along with life style questionnaire to understand the impact of the life style on the health of college students.

This was done will pave the way for comprehensive intervention strategies to stop diabetes and a whole array of other non-communicable diseases before it starts.

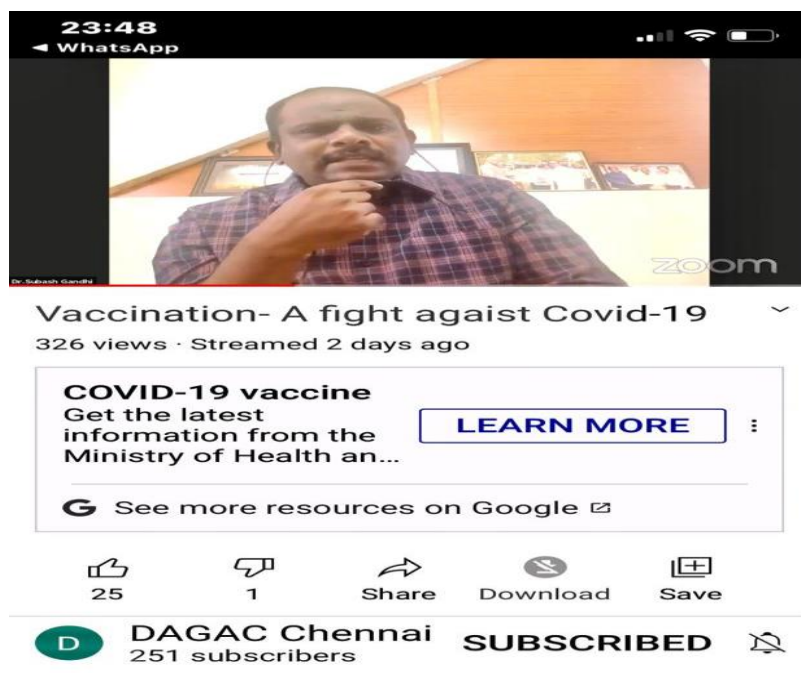


HEALTH FOR ALL

Academic Year (2020 – 2021)

NATIONAL CONFERENCE AND HEALTH ASSESSMENT CAMP OF ALL STUDENTS AND FACULTY

The Department of Home Science in collaboration with Youth Red Cross jointly organized a webinar on **Vaccination- A Fight against Covid-19** on 25.6.2021 at 12 noon. Dr V.C.Subash Gandhi, Health officer, Former Senate Member, TN Dr. MGR Medical University and Founder-TamilNadu Medical Team served as a resource person and spoke on various topics related to covid-19. It was hosted on zoom platform, 100 students participated in the webinar. It was viewed on you tube by more than 300 participants.



HEALTH FOR ALL

Academic Year (2021 – 2022)

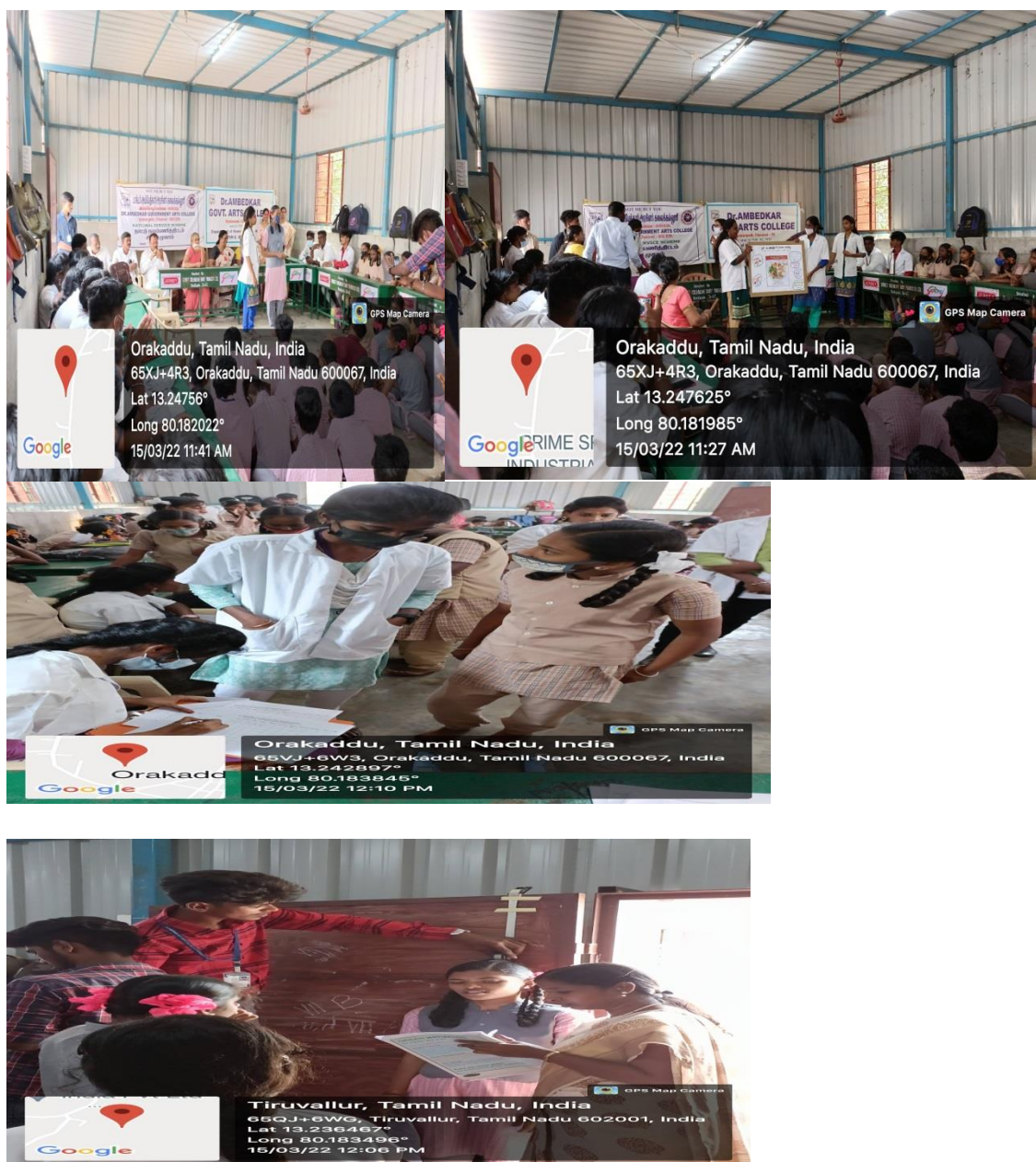
NATIONAL CONFERENCE AND HEALTH ASSESSMENT CAMP OF ALL STUDENTS AND FACULTY

Health camp at School

The department of home science organized HEALTH FOR ALL - 2022 in collaboration with NSS Unit of Dr Ambedkar Government Arts College, Chennai - 39. The event was held at Government High School, Orakkadu, Chennai - 600 067 on 15.3.22 from 10.30 to 12.50 PM. The third year students presented a nutrition awareness program to the school students pursuing from 6th - 8 th standard. The following events were performed by the students to create awareness in the young minds.

1. Presentation on food groups and its role in the body
2. Role play on Healthy Eating Habits
3. Food plate
4. Food pyramid - healthy eating choice
5. Nutritional assessment was carried to the school students





The program began with an introductory address by Dr Anna Rangini Chellappa, Head of the Department, and Dr Vijayalakshmi Priya, Associate Professor, Department of Home Science, Dr Ambedkar Government Arts College, Chennai-39 followed by talk given by NSS leader and school headmistress. The first event was about a presentation on food groups and their role in the body by explaining more information on the importance of each food group, nutrients and their health benefits among the audience . The students used charts to explain the concept of food groups. A drama was enacted to highlight the importance of eating food at home. At the end of the event, nutritional assessment was carried out to the school students by taking their height, weight using the data BMI was calculated. The valedictory function was felicitated by the Orakkadu village president and other dignitaries.

HEALTH FOR ALL

Academic Year (2022 – 202)

National Nutrition Week – 2022 celebrated In collaboration with ICDS , VYSARPADI UNIT

WORLD OF FLAVOURS

The National Nutrition Week is celebrated in the first week (1-7) of September, every year. This programme was first started by the American Dietetic Association in 1975. They initiated this program to create awareness among the population on good nutrition and also to promote the dietetic profession, it received a good response and is celebrated globally with varied themes each year.

In collaboration with ICDS , Vyasarpadi Unit the department of Home science conducted an awareness programme among college students about the benefits of balanced diets and students took an oath relating to health

This year, theme for National Nutrition month 2022 was to celebrate a WORLD OF FLAVOURS. This month, one must try to celebrate flavors of varied cultures across the world at the same time, nourish the body and appreciate the diversity.

The second year students of the Department of Home Science, prepared varied traditional recipes of India. Each student chose different states of the country and prepared their respective dishes to celebrate the favour's of India. The following states were covered by the students. The recipes from different states such as Assam – Pitika,, Tripura - Kasoi Bwtwi, Punjab – Lassi, West Bengal – Rasagulla, Rajasthan - Mirchi vada, Haryana - Badam milk, Nagaland - Kofta curry , Manipur - chenna dhal , Jammu and Kashmir - Kashmiri Pulao, Goa - Goan fish curry Maharashtra - Misal Pav , Meghalaya – Putharo , Bihar – Malpua , Kerala - kola puttu and kalla curry Karnataka - Bizi Bela bath., Mizoram - Koat pitha , Andhra pradesh – Pesarattu Gujarat - Dhokla and mint chutney, Tamil nadu - Idli, vada, sambhar Sikkim - Momo were displayed

