



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

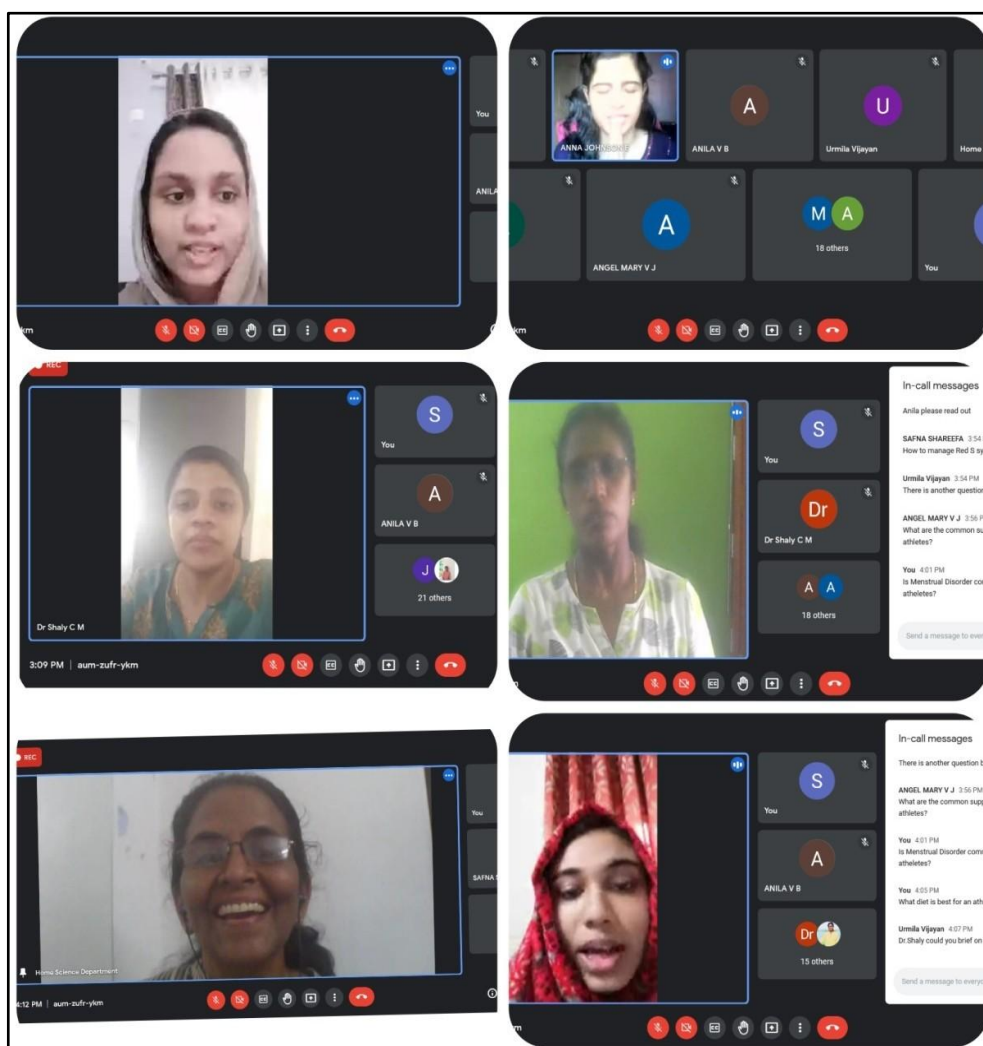
**E47-20/21**

<b>Name of Activity</b>	<b>Sports Nutrition Counseling</b>
<b>Date</b>	<b>22/09/2021</b>
<b>Organized by</b>	<b>Department of Home Science, Vimala College, Thrissur</b>
<b>Collaborations (if any)</b>	<b>Department of Physical Education, Vimala College, Thrissur</b>
<b>No.of Students Participated</b>	<b>21</b>

The department of Home Science conducted an interdisciplinary workshop on “SPORTS NUTRITION COUNSELLING” on 22 September 2021. Ms. Hemalatha.V, Head of the Department of Physical Education and Dr. Shaly C.M, Assistant Professor, Dept of Home Science were the resource persons of the webinar. The session started with a prayer sung by MsAnna Johnson E, Second Msc Nutrition and Dietetics. The welcome address was delivered by MsJasmin, Second Msc Nutrition and Dietetics. The webinar was for duration of one hour and commenced at 3.00pm. The session was about the nutrient requirement and general guidelines for sports nutrition counseling. After that a mock session conducted by Ms Angel and MsSafna, Second Msc Nutrition Dietetics. And it was followed by an interactive question and answer session. Ms.Safna, Second MSc Nutrition Dietetics delivered the vote of thanks.



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Screenshots of the session



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**VIMALA COLLEGE (AUTONOMOUS)  
THRISSUR**

**Post Graduate Department of Home Science  
Presents**

**Interdisciplinary workshop on  
Sports Nutrition Counseling**

**on 22 September 2021 at  
3.00pm**

**join on <https://meet.google.com/aum-zufr-ykm>**

 <p><b>Ms.Hemalatha.V</b> <b>Head of the Department</b> <b>Dept of Physical Education</b></p>	 <p><b>Dr. Shaly C.M</b> <b>Assistant Professor</b> <b>Dept of Home Science</b></p>
<p><b>Head of the Department</b> <b>Dr. Thomas Ruby Mariamma</b></p>	<p><b>Programme Coordinator</b> <b>Ms. Mony Geege</b> <b>Assistant Professor</b></p>



Brochure

*Assessment Period (2016 – 2021)*



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## Sports Nutrition Counseling

Department of Home Science, Vimala College, Thrissur

Participants name
1. Amalu Suresh
2. Angel Mary V J
3. Anila V B
4. Anjali Krishna P S
5. AnjanaGireesan
6. Anna Johnson E
7. Helen Mariya Stanley
8. HemaSreejith
9. Jasmin Jimi
10. MalavikaSreeram
11. Mariya Lazar
12. Megha V
13. RishaNalakath
14. Rose Mariya C F
15. SafnaShareefa
16. SahalaBasheer
17. Samyoojya Suresh
18. Sayana Vincent
19. Seethu K Jayasuryan
20. Sreelakshmi K S
21. Taniya Ann Varghese

Head, Department of Home Science

Vimala College, Autonomous Thrissur



PRINCIPAL IN - CHARGE  
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*Assessment Period (2016 - 2021)*