

Academic year 2021-2022

Name of event : **Nostalgic Recipes**

Date : 3rd August 2021

Organized by : **Nutrition club, Department of Home Science,**

Vimala College Autonomous, Thrissur. Number of participants : 16

Brief Report of the event :

The competition 'Nostalgic Recipes' was conducted on 3rd August 2021 in connection with the Nutrition Week celebration, by the Nutrition Club of the Department of Home Science. The competition was organized to bring back the nutritious recipes that have been long lost in the picture of modern cuisines. The competition also made it so that grandparents can also have a part in the competition, also a cute snap was asked to be sent which was taken including the dish, yourself and your grandparents. Bringing back memories, this competition was exclusively dedicated to our grandparents. Teacher coordinators Dr. Thomas Ruby Mariamma (HOD), Ms.Mony Geege and Dr.Shaly C.M. Student coordinators that took part in organizing the event Eyeleen Anna Geo, Prisi Ros Vargees and Anjali Krishna. The participants are to be sent in to the Email provided. It gives us immense pleasure to conduct such competitions. We got response around 16 from different college students. We had conducted a grandparent's meet to announce the prizes on 18th of December at 11:am.MS. Reema John ,senior manager of Manjilas food tech. Pvt .Ltd was the guest and Dr. Mini Jose former vice principal of Vimala College was the speaker. The gift was sponsored by double horse .Reema madam has announced all the participants as winners of the competition .It was an auspicious day for us.



VIMALA COLLEGE (AUTONOMOUS)

NAAC RE-ACCREDITED (IND CYCL) A GRADE, UGRA 3.3 ON A 4 POINT SCALE
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

IN CONNECTION WITH NUTRITION WEEK CELEBRATION,
NUTRITION CLUB OF DEPARTMENT OF HOME SCIENCE
PRESENTS



NOSTALGIC RECIPES

HOD : DR. THOMAS RUBY MARIAMMA

COORDINATORS:
MRS. MONY GEIGE
Dr. SIBALY C.M

STUDENT COORDINATORS:
EVELEEN ANNA GEO
PRIJI ROS VARGES
ANJALI KRISHNA

NOSTALGIC RECIPES

HELLO EVERYONE...

WE LOOK FORWARD FOR A NUTRITIOUS RECIPE THAT YOU THINK HAVE BEEN LONG
LOST IN THE PICTURE OF MODERN CUISINES.

SEND US A RECIPE OF ANY TRADITIONAL DISH MADE ALONG WITH YOUR
GRANDPARENTS



ALONG WITH THE TASTY DISH, TAKE UP THE CHALLENGE
FOR A CUTE SNAP WITH YOUR GRANDPARENTS

BRINGING BACK THE MEMORIES, WE DEDICATE THIS
EXCLUSIVELY FOR OUR GRANDPARENTS.



THE WINNERS WILL BE AWARDED WITH CERTIFICATES

The recipes along with a photo is to be send to this mail :
nutritionclub2k21@gmail.com

WORLD FOOD DAY 16 October 2021

Date-16th October

OUTCOME -

1. to give awareness regarding healthy foods to the participant
2. To reduce the consumption of junk food among college students

Report:

NUTRITION INSIGHTS

Nutrition club members of Home science Department organized nutrition awareness online classes to the 1st years of Vimala College . Two students engaged each department of 1st year batch. They explained about different nutrients present in food and its importance to them. They also give awareness regarding prevention of anemia, eating disorders and importance of breakfast etc. after the class there was a discussion and they clarify their doubts. They also conducted a Quiz program. Gladly most of the students participated in it and each department had winners whose name is given in the table.

VIMALA COLLEGE (AUTONOMOUS) THRISSUR



Nutrition Club, Department Of Home Science Presents



GRANDPARENTS' MEET

Preserving the memories

They will still bear fruit in old age, they will stay fresh and green

(PSALM 92:14)



SPEAKER
Dr. MINI JOSE
Vice Principal (former)
Vimala College



Ms. REEMA JOHN
Sr. manager
Mandalas Food Tech
Pvt Ltd

ANNOUNCEMENT OF
WINNERS OF
NOSTALGIC RECIPE
CONTEST

18 DECEMBER 2021 | TIME: 11 AM

PRINCIPAL

Dr. SHEENA JOSE

TEACHER COORDINATORS

MS. MONY GURU

DR. SHALY C.M

HEAD OF THE DEPARTMENT

DR. THOMAS RUBY MARIAMMA

STUDENT COORDINATORS

MS. EDWEENA RAJU

MS. JWALA K JOSE

PRIZES ARE SPONSORED BY DOUBLE HORSE