

NUTRITION CLUB

The nutrition club of Vimala College was started in the year 2008-2009. This club was created to find individuals passionate about nutrition and to teach that it is essential part of living. It is important for individuals to have a desire to better quality life through their diet. This club promotes healthy nutrition ideas amongst the students. This club conducting different sessions regarding the importance of health and nutrition., and nutrition related competitions.

MOTTO

“For a healthy tomorrow”

MISSION

Train young women for excellence in practices for health and wellbeing

OBJECTIVES

- To create awareness about the relationship between good food habits and health
- To encourage healthy eating practices
- To stimulate interest in healthy cooking
- To develop skills in menu planning
- To exchange the new trends in nutrition

Thrust Areas

1. Identifying students with creative skills in cooking
2. Competitions
3. Demonstrations
4. Online classes

Faculty Coordinator



Ms Moni Geege

Student Coordinator



Joshiya

ACTIVITIES -2021-2022

As part of Poshan Maah Nutrition CLUB arranged a webinar for the whole students of Vimala College on 13-9-2021 to give an awareness regarding nutritious food. About 100 students from various dept. attended the online meeting . Dr. Prameeela Menon of Amala Medical College explained about the important points adolescents must note during their age group. She explained about importance of prebiotic food and probiotic food. Grace Ann of 3rd year FCS delivered vote of thanks.

Second year students of Family and community science of Home science department given classes for students of different schools as part of Poshan Month September 2021. They explained about different nutrients, sources, nutrients deficiency diseases etc. They also informed them how to prevent anaemia among children and also mention about different eating disorders among adolescent girls