



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

S182

Report Academic Year 2020-2021

Name of the Event: webinar on "Nutritional Problems Among College Students"

Date: 4th August 2020

Venue: Dr. Karuna Diet Care Centre, Thrissur

Organized by: PG Department of Home Science (Nutrition & Dietetics)

Collaboration (if any): Dr. Karuna Diet Care Centre, Thrissur

No. of participants: 75

Brief Report of the Event

The Post Graduate Department of Home Science (Nutrition & Dietetics) organized and conducted a webinar on "**Nutritional Problems Among College Students**" on 4th August 2020. Dr. Karuna M.S, Clinical Nutrition and Research Consultant, Dr.Karuna Diet Care Centre Thrissur, was the resource person for the webinar. The welcome address was delivered by Dr.Thomas Ruby Mariyama, Head Department of Home Science and Ms.Urmila Vijayan (Assistant Professor, on contract) served as moderator for the session. The webinar was for a duration of one hour and commenced at 3.00 pm. First session was about the Nutritional Problems in Adolescents where Dr.Karuna discussed about the life style and problems of college students. Followed by an interactive question and answer session. Ms.Mony Geege (Assistant Professor, Department of Home Science) delivered the vote of thanks. A total of 75 participants attended the session



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Link for feedback: <https://forms.gle/QXwMbURNzCK1f8mh9>

Brochure

Post Graduate Department of Home Science (Nutrition & Dietetics)
Vimala College (Autonomous), Thrissur, Kerala
Presents an Interactive Session
“DIET CHAT WITH AN EXPERT”
Topic: Nutritional Problems Among College Students



Dr. Karuna M.S
Consultant in Clinical Nutrition & Research
Dr. Karuna Diet Care Centre, Thrissur

Date : 4th August 2020 Time : 3:00 - 4:00 pm

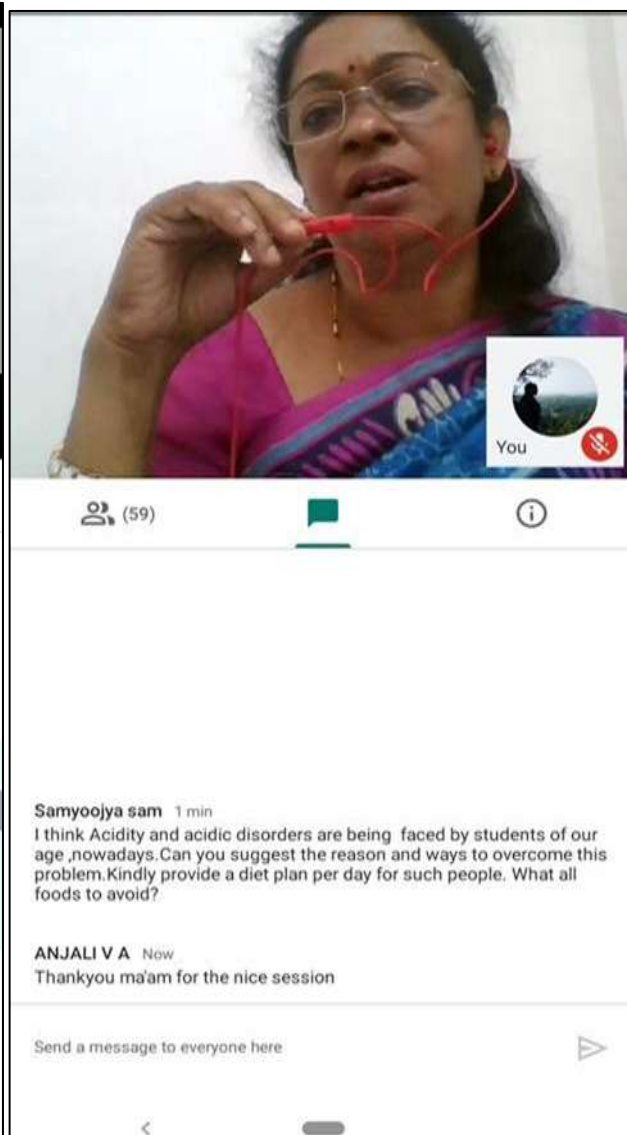
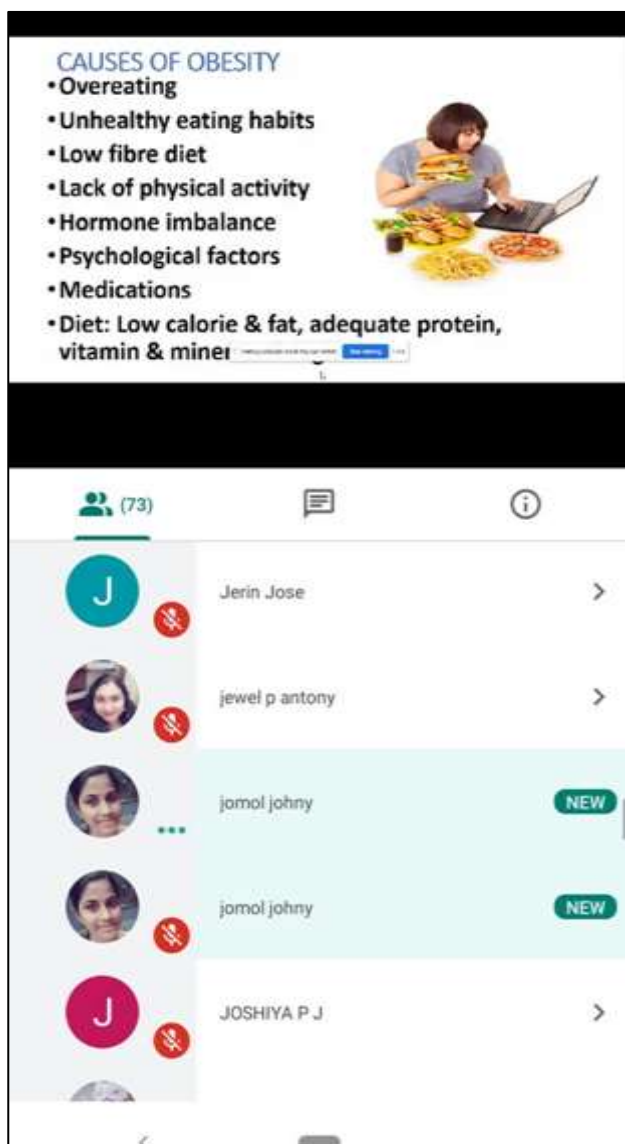
Free Registration
E- Certificate will be issued to all the participants.

Registration Link : <https://forms.gle/HThJss3KiqquvVFEA>

Student Coordinators	Teacher Coordinator	Head of the Department
Ms. Sarika V Rajan	Ms Urmila Vijayan	Dr.Thomas Ruby Mariamma
Ms. Anisha Paul T		



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



List of participants

NO	FULLNAME	DESIGNATIO N	INSTITUTIONAL NAME
1	HELENVINCENT	Student	Vimala college(Autonomous), Thrissur
2	LIVITHATM	Student	Vimala college(Autonomous), Thrissur
3	SARIKAVRAJAN	Student	Vimala college(Autonomous), Thrissur
4	ANUMARIAWILSON	Student	Vimala college(Autonomous), Thrissur
5	ARATHICV	Student	Vimala college(Autonomous), Thrissur
6	ANJANACS	Student	Vimala college(Autonomous), Thrissur
7	BINDHIYAK	Student	Vimala college(Autonomous), Thrissur
8	ATHIRAVNAIR	Student	Vimala college(Autonomous), Thrissur
9	JOMOLO.J	Student	Vimala college(Autonomous), Thrissur
10	SAHVANASRIN MALAYAMKULATHEL	Student	Vimala college(Autonomous), Thrissur
11	JASHLINANNA JAMES	Student	Vimala college(Autonomous), Thrissur
12	ARYAPRASAD	Student	Vimala college(Autonomous), Thrissur



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13	EDWEENARAJU	Student	Vimala college(Autonomous), Thrissur
14	ANUMARIYAT PAULSON	Student	Vimala college(Autonomous), Thrissur
15	ANJUC	Student	Vimala college(Autonomous), Thrissur
16	DEETHYES	Student	Vimala college(Autonomous), Thrissur
17	SMERAGIRISH	Student	Vimala college(Autonomous), Thrissur
18	VISMAYAVINODKP	Student	Vimala college(Autonomous), Thrissur
19	SANIYASINTO	Student	Vimala college(Autonomous), Thrissur
20	AnnaMaryJoy	Student	Vimala college(Autonomous), Thrissur
21	AKSHATHATV	Student	Vimala college(Autonomous), Thrissur
22	SREYAKP	Student	Vimala college(Autonomous), Thrissur
23	SERINJA	Student	Vimala college(Autonomous), Thrissur
24	TASHAMARIA SEBASTIAN	Student	Vimala college(Autonomous), Thrissur
25	TINAROBIN	Student	Vimala college(Autonomous), Thrissur
26	NIYAJJOY	Student	Vimala college(Autonomous), Thrissur
27	DEEPTHYES	Student	Vimala college(Autonomous), Thrissur
28	VIDHYACWILSON	Student	Vimala college(Autonomous), Thrissur
29	NEETHUKRISHNA.E	Student	Vimala college(Autonomous), Thrissur
30	SONAPORINCHU	Student	Vimala college(Autonomous), Thrissur
31	SNEHAGOPINATH	Student	Vimala college(Autonomous), Thrissur
32	SURYAGAYATHRIPS	Student	Vimala college(Autonomous), Thrissur
33	SONAPSABARIDAS	Student	Vimala college(Autonomous), Thrissur
34	NEHAVIJAYAGOPAL	Student	Vimala college(Autonomous), Thrissur
35	SAMYOOJYASURESH	Student	Vimala college(Autonomous), Thrissur
36	BETTYTHOMAS	Faculty	Vimala college(Autonomous), Thrissur
37	NOORAKASIM	Student	Vimala college(Autonomous), Thrissur
38	KAVITHACJ	Student	Vimala college(Autonomous), Thrissur
39	ASWATHYKMADHU	Student	Vimala college(Autonomous), Thrissur
40	MONISHANM	Student	Vimala college(Autonomous), Thrissur
41	KAVYANM	Student	Vimala college(Autonomous), Thrissur
42	ARYAVM	Student	Vimala college(Autonomous), Thrissur
43	KARTHIKAKB	Student	Vimala college(Autonomous), Thrissur
44	SRUTHYKS	Student	Vimala college(Autonomous), Thrissur
45	ARCHANAKS	Student	Vimala college(Autonomous), Thrissur
46	ANISHAPULT	Student	Vimala college(Autonomous), Thrissur
47	JOSHIYAPS	Student	Vimala college(Autonomous), Thrissur
48	THULASI UNNIKRISHNAN	Other Professional	Vimala college(Autonomous), Thrissur
49	ANAANNAJAATHVK	Student	Vimala college(Autonomous), Thrissur
50	ANGELIENAKGEORGE	Student	Vimala college(Autonomous), Thrissur
51	ABHIRAMIBABU	Student	Vimala college(Autonomous), Thrissur
52	ASWATHYKMADHU	Student	Vimala college(Autonomous), Thrissur
53	GRACESUSANBINOY	Student	Vimala college(Autonomous), Thrissur
54	ATHULYAMS	Faculty	Talukhospital,Alathur
55	AMRUTHAUA	Student	Collegeofhorticulture ,Vellanikkara
56	SHEMEEMAKA	Other Professional	Narmc
57	AUSTINJAISON	Student	St.Josephss,Mathilakam
58	PREETHAEWARRIER	Other professional	Dr.Karuna Diet Care Centre ,Thrissur
59	JEWELPANTONY	Other professional	Dr.Karuna Diet Care Centre ,Thrissur
60	AISWARYATS	Other professional	Dr.Karuna Diet Care Centre ,Thrissur
61	JOHNJESWINJACOB	Faculty	St.Josephhs s,Mathilakam
62	GREESHMAKS	Faculty	St.Marys college,Thrissur
63	Dr.LILIABABY	Faculty	Krishivigyankendra, Kerala Agricultural university

Assessment Period (2016 - 2021)



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64	VINISIMON	Student	Sreenarayanaguru college Of advanced studies,Vazhkumpara
65	SANDHRAS RAVIKUMAR	Student	Morningstar homescience College,Angamaly
66	JERINJOSE	Student	IGNOU
67	HILMAJOSEPH	Student	IGNOU
68	MONYGEEGE	Faculty	Vimala college(Autonomous), Thrissur
69	ANJANAPAILY	Student	Vimala college(Autonomous), Thrissur
70	VISHMACS	Other Professional	Notworking
71	MEGHATHAMPY	Faculty	Morningstarhomescience College,Angamaly
72	SANDRAPS	Student	Vimala college(Autonomous), Thrissur
73	DEVIKASANKAR	Student	Vimala college(Autonomous), Thrissur
74	THOMASRUBY MARIAMMA	Faculty	Vimala college(Autonomous), Thrissur
75	ASHIAJULKASAFAR	Faculty	Vimala college(Autonomous), Thrissur

**Head,
Department of Home Science**



**PRINCIPAL IN-CHARGE
VIMALA COLLEGE
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THRISSUR - 680 009**