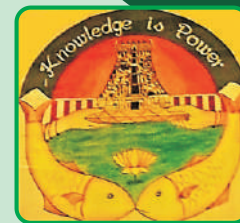




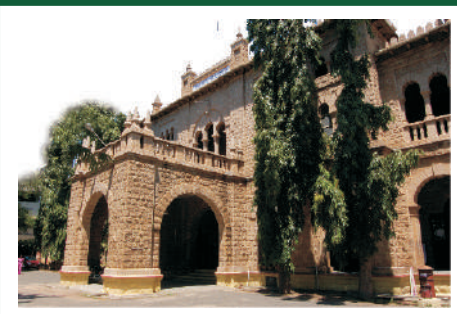
NUTRI NEWS

Sri Meenakshi Govt. Arts College For women (A),
Madurai - 625 002.



Volume - 1

September 2019



PANAGAL BUILDING



DEPARTMENT OF HOME SCIENCE

GOALS OF HOME SCIENCE



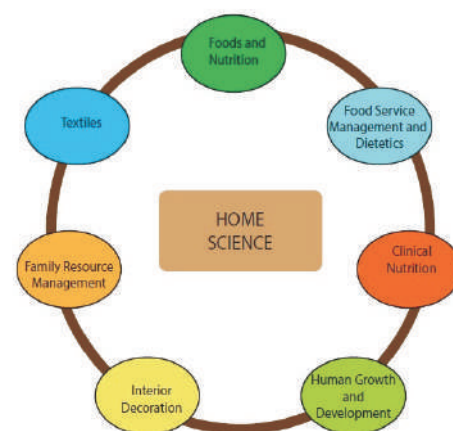
DEFINITION OF HOME SCIENCE

The name being Home Science itself suggests that it is concerned with home and includes health and happiness of each and every person residing in it. It is an interdisciplinary faculty of science that prepares its students to develop themselves with multiple vocational and career options. In very simple words Home Science can be defined as the application of art and science that deals with health, nutrition, food service management, food processing & safety, child care, textile and garment designing, managing family resources, house keeping & interior decoration, community health and other aspects concerned with a home.

SCOPE OF HOME SCIENCE



FACETS OF HOME SCIENCE



VISION OF THE DEPARTMENT

To uplift the socially backward and economically poor young women of the society through value-based education in health & nutrition



MISSION OF THE DEPARTMENT

- ✦ Equip students to become messengers of nutrition to the community at large
- ✦ Impart skills and techniques to find placement in food & health sector
- ✦ Revise syllabus constantly for social relevance & employability
- ✦ Provide flexibility & academic freedom through Choice Based Credit System
- ✦ Identify strengths & eliminate weaknesses
- ✦ Provide accountability & accreditation



Department of Home Science – Origin & Achievements

The department of Home Science was established in the year 1972-1973 offering a pre-university course on Household Arts by the pioneering efforts of Dr.(Mrs.) Suseela James, the founding Head of the department. The department was originally housed in the oldest British cottage within the campus, behind the royal Panagal building with grand wooden interiors. In 1979-80, the course was upgraded to an undergraduate course B.Sc. Home Science - Branch X(B) - Child Care & Pre-School Education along with a Day Care centre managed by the department. Later in 2000-2001, the course was replaced by a job-oriented course B.Sc. Home Science – Branch X(A) - Nutrition, Food Service Management & Dietetics, with a goal to improve skill orientation and employability of the graduates. The introduction of autonomy in the year 1998-1999 paved the way for constituting Board of Studies in Home Science. In adherence to UGC guidelines, the herculean effort towards introduction of CBCS (Choice Based Credit System) crystallised in the year 2005. In 2008-2009, following the recommendations of Tamil Nadu State Council for Higher Education (TANSCH) the common CBCS structure was implemented. In 2018, post graduate programme (M.Sc. Home science) was introduced after a long wait. To add to its pride, two new laboratories have been sanctioned by the State Government of Tamil Nadu in 2018. It indeed is a long journey through forty years of excellence!



Old Home Science Block



New Home Science Block



Biochemistry Laboratory



Foods Lab – Practical session in progress



Library Activity



Smart classroom



PG Laboratory Equipment from RUSA fund

SYLLABUS REVISION- BOS conducted every year With the participation of industry representative



MKU COMMISSION visit to introduce M.Sc. Home Science program in 2018



Industry- Institute Linkages

The department of Home Science has strong collaboration in the form of memorandum of understanding (MoU) signed up with local hospitals such as Arthur Asirvatham Hospital, Asirvatham Speciality Hospital, Alpha hospital & Research Center, Madurai Institute of Diabetes, Endocrine Practice and Research to offer dietetic internship to the final year students and to offer honorary representation in UG Board of Studies in Home Science and with an aim to open up channels for training and employability to the graduates.

Dietetic Internship



Nurture Club

The Home Science Association conducts annual guest lectures and intra-college competitions to mark the National Nutrition week in September every year. To mark the Golden Jubilee of the college, in 2014-2015, it was renamed as 'Nurture Club' and was inaugurated by Dr. Asirvatham, Consultant Diabetologist. Since then every year annual events are held by the club members to spread the message of nutrition and good health.



Extension Activity

The students of the department carry out nutrition awareness programmes in schools and colleges as part of their extension activity every year during the first week of September through nutritional assessment, nutritional recipe demonstrations and exhibitions.

Graduation Outcome

The graduate outcome of 2015-2018 batch was 96 percent out of which 80% have entered higher education and another 10% have found placement in local hospitals as dietitians.



Student participation in inter-department competitions



Technical Textile Exhibition 20.12.2018



Bouquet Made By Our Students



Food Safety Awareness Exhibition



Student Corner

Did you know? Nutraceutical: A food or part of a food that allegedly provides medicinal or health benefits, including the prevention and treatment of disease. A nutraceutical may be a naturally nutrient-rich or medicinally active food, such as garlic or soybeans, or it may be a specific component of a food, such as the omega-3 fish oil that can be derived from salmon and other cold-water fish.



Garlic (*Allium sativum* L.) is an essential vegetable that has been widely utilized as seasoning, flavoring, culinary and in herbal remedies. It is well known to contain an array of phytochemicals. These bioactive molecules are playing pivotal role in maintaining human health and having potential to reduce various ailments. It has distinct nutritional profile with special reference to its various bioactive components that can be used in different diet based therapies to cure various life-style related disorders.

By K.Subalakshmi, II M.Sc. Home Science

PUZZLE TIME

Left to right

- 1 Disease 'bronchitis' is associated with this organ (5)
- 3 Alkaloid contained in famous south Indian beverage (8)
- 6 Favourite green leafy vegetable of 'Popeye the Sailor' (7)
- 12 (---coli) an edible green flower bouquet (4)
- 14 Disease caused by deficiency of iodine (6)

Right to left

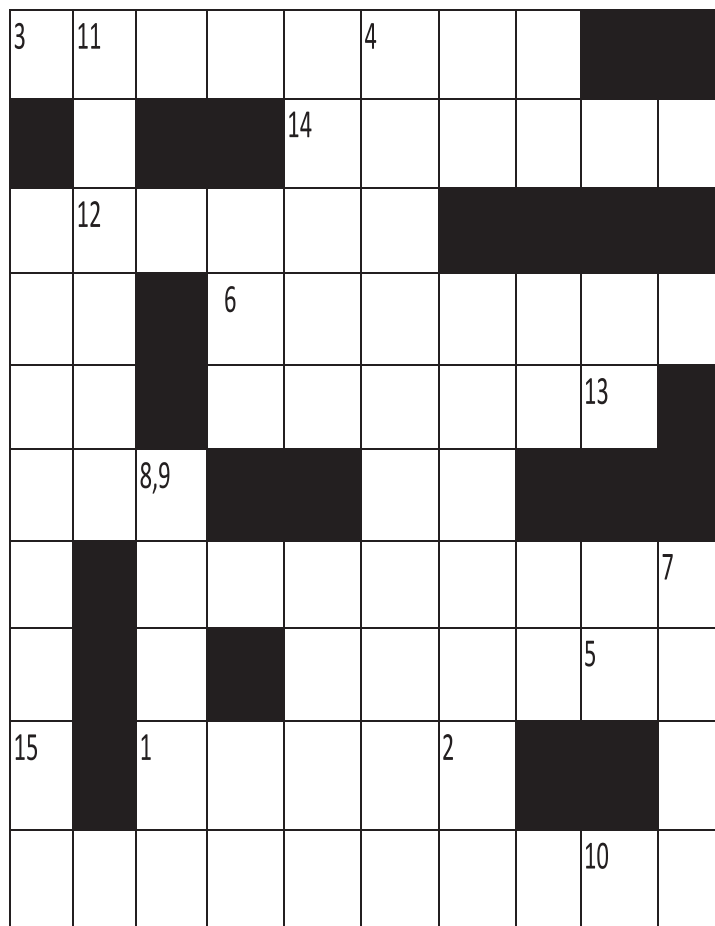
- 5 Helps to maintain constant body temperature (5)
- 7 Tuberculosis is caused by this (t missing) (7)
- 10 Organ system that helps in breathing(- - - - - ry) (9)
- 13 Organ responsible for removing metabolic waste (6)

Up to down

- 4 Mineral which controls thyroid function (6)
- 7 Highest concentration of calcium is found in (4)
- 9 Common type of kidney stone (- - - - te) (5)
- 11 Melanin deficient person (6)

Down to up

- 2 Edible part of ginger plant (4)
- 8 Universal donor blood group (1)
- 15 Simplest sugar (7)



By M.Muthupriya, II M.Sc. Home Science