

THASSIM BEEVI ABDUL KADER COLLEGE FOR WOMEN,KILAKARAI

DEPARTMENT OF HOMESCIENCE

REPORT FOR CSS:

DEPARTMENT & CLASS:

II B.Sc HOME SCIENCE – NUTRITION AND DIETETICS

ACTIVITY DATE:

31.08.2020(MONDAY)

TOPIC:

FANCY MASK CREATED BY STUDENTS.IN ONLINE.

STAFFS IN CHARGE:

1) K.PRIYA (ASST. PROF)

(DEPT OF HOMESCIENCE)

STUDENTS INVOLVED:

- B.INUL FASMIHA
- A.JANNATHUL FIRDOUSE
- S.HARSHINI.

WE ARE THE STUDENTS OF 2ND NUTRITION AND DIETETICS TO CREATING THE FANCY MARK WITH USING HERBS.TO CREATE AWARENESS DUE TO COVID-19 PANDAMIC SITUATION.



DEPARTMENT & CLASS:

II B.Sc HOME SCIENCE – NUTRITION AND DIETETICS

ACTIVITY DATE:

31.10.2020(SATURDAY)

TOPIC:

AWARENESS FOR DUE TO COVID – 19 PANDAMIC SITUATION DURING LACKDOWN IN CHART WORK IN ONLINE.

STAFFS IN CHARGE:

- 1) K.PRIYA (ASST. PROF)
(DEPT OF HOMESCIENCE)

STUDENTS INVOLVED:

- H.F.ABEER.
- J.ARAFATH NISHA
- M.S.SAROBINA AZMI

CHARTWORK PDF LINKS:

1) HISTORY OF CORONO:

https://teams.microsoft.com/_/#/school/files/General?threadId=19%3A46521d764e5b4f71ae244516b199ca70%40thread.tacv2&ctx=channel&context=General&rootfolder=%252Fsites%252FCss-IIND%252FShared%2520Documents%252FGeneral

2)DIETARY MANAGEMENT:

<https://teams.microsoft.com/l/file/E93B38B7-56B7-45CA-99FE-4809F38351E8?tenantId=8f9b5882-955f-4d3d-9cda-68a7a2d70548&fileType=pdf&objectUrl=https%3A%2F%2Fthassim.sharepoint.com%2Fsites%2FCss-IIND%2FShared%20Documents%2FGeneral%2FCSS%20ASSIGNMENT%20-%20Dietary%20management%20for%20covid%20-19.pdf&baseurl=https%3A%2F%2Fthassim.sharepoint.com%2Fsites%2FCss-IIND&serviceName=teams&threadId=19:46521d764e5b4f71ae244516b199ca70@thread.tacv2&groupId=53bf91d8-748c-48c4-ae94-63d346ff6884>

3)TREATMENT:

<https://teams.microsoft.com/l/file/EECF7B0D-2A5F-4DD2-BA89-37549B358851?tenantId=8f9b5882-955f-4d3d-9cda-68a7a2d70548&fileType=pdf&objectUrl=https%3A%2F%2Fthassim.sharepoint.com%2Fsites%2FCss-IIND%2FShared%20Documents%2FGeneral%2FCOVID-19.pdf&baseurl=https%3A%2F%2Fthassim.sharepoint.com%2Fsites%2FCss-IIND&serviceName=teams&threadId=19:46521d764e5b4f71ae244516b199ca70@thread.tacv2&groupId=53bf91d8-748c-48c4-ae94-63d346ff6884>

WE ARE THE STUDENTS OF 2ND NUTRITION AND DIETETICS AWARENESS OF COVID – 19. THE STUDENTS ARE INVOLVED IN CHARTWORK. TO CREATE THE AWARENESS.

DEPARTMENT & CLASS:

II B.Sc HOME SCIENCE – NUTRITION AND DIETETICS

ACTIVITY DATE:

21.11.2020(SATURDAY)

TOPIC:

TO CREATE THE AWARENESS FOR PROMO VIDEO IN YOUTUBE.DURING COVID-19 PANDAMIC SITUATION.

STAFFS IN CHARGE:

- 1) K.PRIYA (ASST. PROF)
(DEPT OF HOMESCIENCE)

STUDENTS INVOLVED:

- M.S.SAROBINA AZMI.
- S.AJEEMA PARVIN.
- S.AFRA FATHIMA.
- J.ARAFATH NISHA.
- S.HARSHINI.

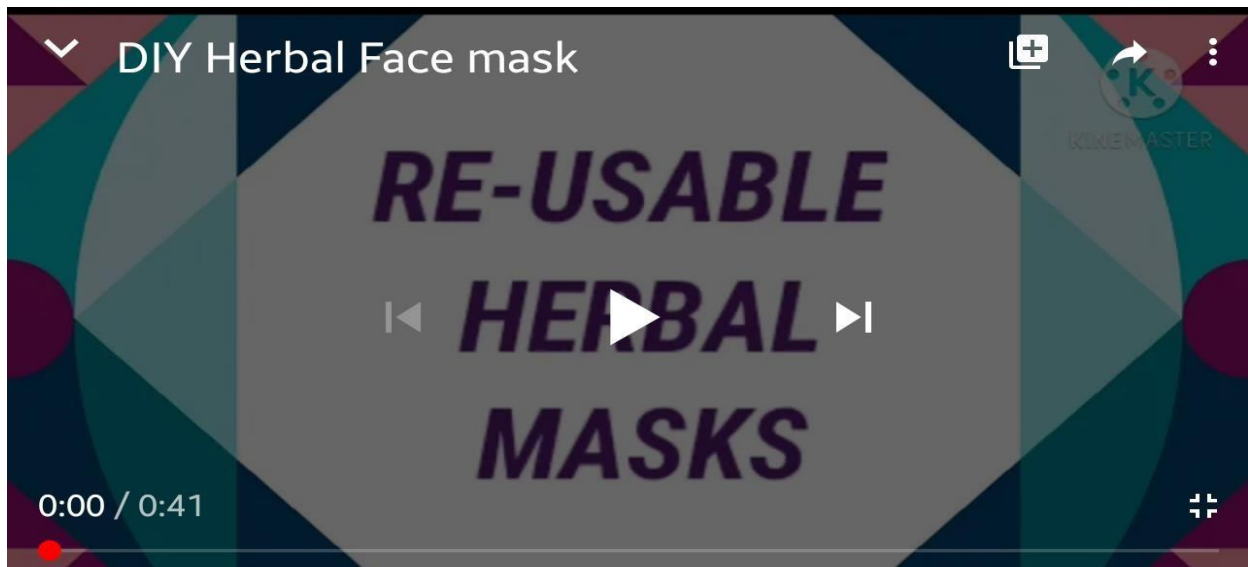
YOUTUBE CHANNEL NAME:

TBAKCW – H.Sc RESEARCH CENTRE,NUTRITION & DIETETICS.

YOUTUBE VIDEO LINK:

DIY HERBAL FACE MASK - PROMOVIDEO LIMIT-0.41

<https://youtu.be/9Ysz9xXmXsw>



DEPARTMENT & CLASS:

II B.Sc HOME SCIENCE – NUTRITION AND DIETETICS

ACTIVITY DATE:

14.12.2020(MONDAY)

TOPIC:

TO CREATE THE AWARENESS FOR FULL VIDEO IN YOUTUBE.DURING COVID-19 PANDAMIC SITUATION.

STAFFS IN CHARGE:

- 1) K.PRIYA (ASST. PROF)
(DEPT OF HOMESCIENCE)

STUDENTS INVOLVED:

- M.S.SAROBINA AZMI.
- S.AJEEMA PARVIN.
- S.AFRA FATHIMA.

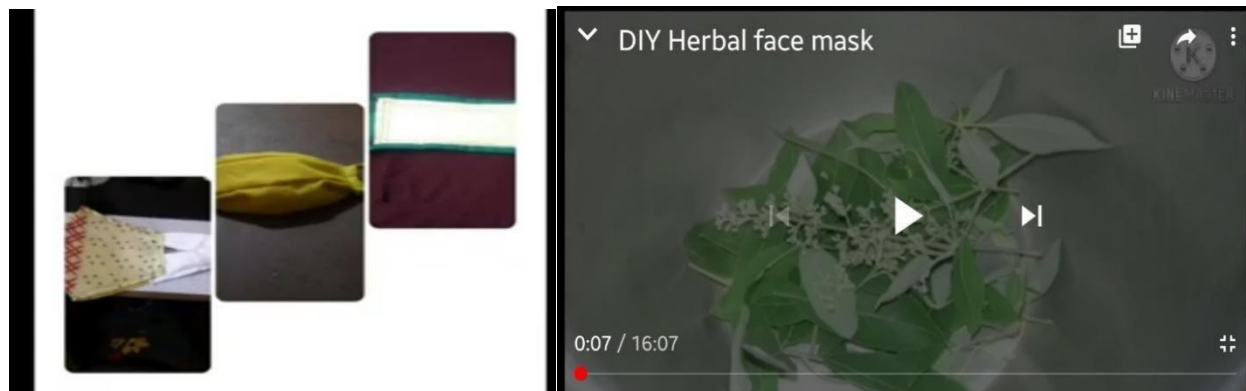
YOUTUBE CHANNEL NAME:

TBAKCW – H.Sc RESEARCH CENTRE,NUTRITION & DIETETICS.

YOUTUBE VIDEO LINK:

DIY HERBAL FACE MASK – FULL VIDEO LIMIT- 16.07

<https://youtu.be/o3QQpY3qVb0>



WE ARE THE STUDENTS OF 2ND NUTRITION AND DIETETICS AWARENESS OF COVID -19 BY USING HERBAL FACE MARK TO CREATE THE AWARENESS.THE HERBS ARE USING NEEM,NOCHI,TURMERIC,SALT. TO CREATE AWARENESS DURING COVID -19 PANDAMIC SITUATION

-----STAY HOME,STAY SAFE-----

THANK YOU

REPORT FOR CSS:

II BSC FOOD PROCESSING AND MANAGEMENT.

TBAKC.

ACTIVITY DATE : 15/09/2020

TOPIC:SAFETY MEASURESOFCOVID 19.

STAFFS INCHARGE : MS. B. SUSINDRA DEVI .

MS. E. AHANA.

STUDENT NAME : A. MOHIDEEN BAJILA.

SUBJECT :

I'M A STUDENT OF FOOD PROCESSING AND
MANAGEMENT DID CHART WORK ON THE GIVEN
TITLE “ **SAFETY MEASURES OF COVID 19** ”.

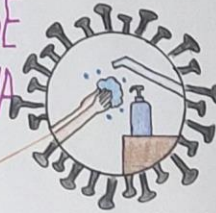
HERE IS MY CHART WORK.

SAFETY MEASURES OF COVID-19

THE HANDSHAKE OF AFFECTION.
THE VIRUS OF INFECTION PRACTISE
SOCIAL DISTANCING. DEFEAT CORONA



DISINFECT ITEMS
YOU BRING HOME



WASH YOUR HANDS
FREQUENTLY



COVER YOUR
NOSE AND
MOUTH WITH
TISSUE WHEN
YOU COUGH
OR SNEEZE



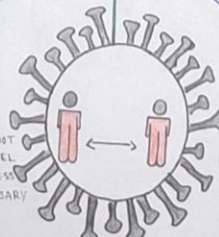
WEAR FACE
MASK WHEN
YOU GO OUTSIDE



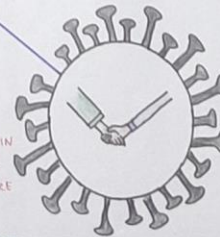
DO NOT TOUCH YOUR
EYES, NOSE AND MOUTH
WITH UNWASHED HANDS



DO NOT
TRAVEL
UNLESS
NECESSARY



MAINTAIN
SOCIAL
DISTANCE



AVOID HANDSHAKES



AVOID CROWD
PLACES

WE NEED TO FOLLOW THESE STEPS TO KEEP
OURSELVES SAFE FROM CORONA VIRUS.

EAT RIGHT BITE BY BITE



EAT WELL
LIVE WELL

YOU DON'T HAVE TO
EAT LESS..
YOU JUST HAVE TO
EAT RIGHT..



FRUITS

- Focus on whole fruits
- Eat fruits for snacks

VEGGIES

- Vary your veggies
- Eat plenty of veggies

PROTEINS

- Go lean with protein
- Choose heart healthy proteins

GRAINS

- Eat more whole grains

OILS AND FATS

- Choose unsaturated oils
- Use in small quantities

LOW FAT DAIRY

- Get your calcium rich foods
- Go for low fat or fat free dairy



The Food & Agriculture Organisation of the UN (FAO) designated 16th October as World Food Day.

"GROW, NOURISH, SUSTAIN TOGETHER"

WORLD FOOD DAY

World Food Day promotes global awareness & action for those who suffer from hunger & for the need to ensure healthy diets for all.



The UN has set a global target as part of the sustainable Development Goals to "end hunger by 2030". Currently we are far from reaching this target https://youtu.be/_I-un8uNXaQ

Hunger and Undernourishment our world in data

People who love to eat are always the best people.

More than 2 billion people do not have regular access to safe, nutrition and sufficient food

An onion can make people cry, but there has never been a vegetable invented to make them laugh



Challenge to achieve zero hunger

820 million people globally are undernourished



Approximately 14% of the food produced for consumption globally each year is lost before reaching the wholesale market

One cannot think well, love well & sleep well if one has not dined well

NUTRITION FOOD

Hunger, Obesity, environment degradation, loss of agro-biological diversity, food loss & waste & a lack of security for food chain workers are only some of the issues that underline this imbalance.



Fat oil, Salt & Sugar, Milk, Meat, Fish, Egg, Vegetables & Fruits

As our countries begin to develop & implement COVID-19 recovery plans, it is an opportunity to adopt innovative solutions based on scientific evidence so they can build back better & improve food systems, making them more resistant to shocks. "Our aim is challenge to achieve a zero hunger"