



**The Standard Fireworks Rajaratnam College for Women (AUTONOMOUS)**

(Affiliated to Madurai Kamaraj University, Re-accredited with 'A+' Grade by NAAC,  
College with Potential for Excellence by UGC & Mentor Institution under UGC PARAMARSH and  
An ISO 9001:2015 Certified Institution)

**SIVAKASI 626123**

## **DEPARTMENT OF NUTRITION AND DIETETICS**

**NATIONAL NUTRITION MONTH CELEBRATION - 2026**

**5 - DAY FACULTY DEVELOPMENT PROGRAMME**

**ON**

**WOMEN'S HEALTH AND WELLNESS**

**07.09.2026 - 16.09.2026 (Hybrid Mode)**

### **Chief Patrons**

**Tmt . Thillagavthay Ravindran**

*President*

**Tmt. Aruna Ashok**

*Secretary*

### **Patron**

**Dr.(Mrs.) R. Sudha Periathai**

*Principal*

### **Convenor**

**Mrs. J. Merlin Rani**

*Head & Assistant Professor*

*Department of Nutrition and Dietetics*

### **Organizing Secretary**

**Ms.J.Mahalakshmi,**

*Assistant Professor,*

*Department of Nutrition and Dietetics*

### **Organizing Committee**

**Ms. C. Selvapriyadharshini,**

**Ms. J. Ananthashree,**

*Assistant Professors,*

*Department of Nutrition and Dietetics*

**Certificates will be provided for all the participants.**

**A healthy woman is the foundation of  
a healthy family and a healthy society.**

**All are cordially invited!!!**



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#### **Programme Schedule**

| <b>Session &amp; Date</b>                        | <b>Resource Person</b>                                                                                           | <b>Title</b>                                                                               | <b>Time &amp; Venue</b>                        |
|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------|
| <b>Session I:<br/>07.09.2026<br/>(Monday)</b>    | <b>Mrs. Ragina Begum Shabnam,<br/>Consultant Psychologist,<br/>Lakshmi Hospital,<br/>Sivakasi.</b>               | <b>Mind Matters: Stress<br/>Management and Emotional<br/>Wellbeing for Women</b>           | <b>10.00 a.m -<br/>11.00 a.m<br/>G Meet</b>    |
| <b>Session II<br/>08.09.2026<br/>(Tuesday)</b>   | <b>Ms. S. Atchaya, Corporate<br/>Dietitian,<br/>V17 Diet Care, Chennai.</b>                                      | <b>Nutrition in the Digital Age:<br/>Separating Diet Facts from<br/>Social Media Myths</b> |                                                |
| <b>Session III<br/>10.09.2026<br/>(Thursday)</b> | <b>Ms. P. Dhanalakshmi,<br/>Dietitian,<br/>PSG Hospital, Coimbatore.</b>                                         | <b>Food as Prevention: Nutrition<br/>strategies for Lifestyle disease<br/>management</b>   |                                                |
| <b>Session IV<br/>12.09.2026<br/>(Saturday)</b>  | <b>Dr.A.Poihai,<br/>Assistant Professor in<br/>Physiology, Government<br/>Medical College,<br/>Virudhunagar.</b> | <b>Women's Health Journey:<br/>Reproductive Health,<br/>Menopause and Beyond</b>           | <b>11.00 a.m -<br/>12.00 p.m<br/>G Meet</b>    |
| <b>Session V<br/>16.09.2026<br/>(Wednesday)</b>  | <b>Ms. J. Mahalakshmi,<br/>Assistant Professor ,<br/>Nutrition and Dietetics,<br/>SFRC, Sivakasi</b>             | <b>Bake Smart: Hands-on<br/>training on Healthy Baking</b>                                 | <b>2.30 p.m - 4.30<br/>p.m<br/>Bakery Unit</b> |

**All are cordially invited!!!**

