



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC & An ISO 9001:2015 Certified Institution)
(Ranked in NIRF 2024)

SUNDARAKKOTTAI, MANNARGUDI-614 016. THIRUVARUR DISTRICT
TAMIL NADU, INDIA.

C.NO: 55 (2025-2026)

DATE: 28.08.2025

CIRCULAR

DEPARTMENT OF NUTRITION AND DIETETICS

COOKERY COMPETITION (Health and Wellness Course)

As per the instructions of the Principal, the Department of Nutrition and Dietetics will be organizing a cookery competition based on the Health and Wellness Course for all II UG Students.

Instructions:

1. All the students must prepare the recipe given by the Nutrition and Dietetics department from the home itself.
2. The recipes should be based on **Millets, Pulses, Fruits, and Vegetables**.
2. Heads of the Department and class in-charges are asked to evaluate the recipes according to the criteria:
 - ❖ Nutritional Value
 - ❖ Taste and Flavour
 - ❖ Creativity and Innovation
 - ❖ Presentation and Aesthetics
 - ❖ Relevance to Health and Wellness

They have to select five out of the class strength and submit it to the Nutrition and Dietetics department.

3. The selected students must bring their prepared dishes to the Nutrition and Dietetics laboratory on **08.09.2025 at 11.00 a.m** for the final round.
4. All the students are encouraged to actively participate in the Cookery Competition as their performance will be given due **weightage in internal assessment**.

"Your active cooperation will ensure the success of this event."

Signature of the Head of the Department

Dr. G.K. GOMATHI
Associate Professor and Head
Department of Nutrition and Dietetics
SLET Women's College (Autonomous)
Mannargudi - 614 016

Signature of the Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.