



NAAC Accredited Institution
KINGS
COLLEGE OF ENGINEERING
AUTONOMOUS



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“Awareness talk on Food security and Nutrition in Indian Households”

REPORT

25.02.2026

The **National Service Scheme (NSS) Units I & II**, in association with the **IEEE Student Branch** and **Kings Youth Club** of **Kings College of Engineering**, organized an **Awareness Talk on "Food Security and Nutrition in Indian Households"** on **23 February 2026 at 2:30 p.m.** in the **S&H Smart Class and Chera Hall**.

The programme was organized with the objective of **creating awareness among students about the importance of food security, balanced nutrition, healthy eating habits, and sustainable food consumption**. The session aimed to educate participants on the significance of maintaining a nutritious diet and adopting healthy lifestyle practices to ensure overall well-being while supporting the United Nations Sustainable Development Goal (SDG 2 – Zero Hunger).

The resource person for the programme was **Mrs. V. Jonce Anjaline, M.Sc., M.Phil. (Ph.D.), Research Scholar, Department of Siddha Medicine, Tamil University, Thanjavur**. She delivered an informative and engaging lecture on the concept of food security and its importance in ensuring access to safe, sufficient, and nutritious food for every household. **She explained the nutritional requirements of different age groups and highlighted the importance of consuming a balanced diet rich in essential nutrients to prevent lifestyle diseases and nutritional deficiencies.**

During the session, the resource person emphasized the importance of reducing food wastage, adopting sustainable food practices, and utilizing locally available nutritious food resources. She also discussed common nutritional deficiencies, healthy dietary choices, food hygiene, and the role of traditional Indian food habits in promoting good health. Participants were encouraged to develop healthy eating practices and spread awareness about nutrition and food security among their families and communities.

An interactive question-and-answer session enabled the **200 participants** to clarify their doubts and gain valuable insights into nutrition and food security. The programme received an enthusiastic response from the participants, who appreciated the informative presentation and practical guidance shared during the session.

The programme was successfully coordinated by **Dr. M. Pugazhenth, NSS Programme Officer (Unit-I)**, and **Mr. S. Ambalatharasu, NSS Programme Officer (Unit-II)** and **Dr. J. Arputha Vijaya Selvi, Principal and IEEE Student Branch Counselor**.

Outcome of the Programme

The programme significantly enhanced participants' awareness of food security, balanced nutrition, and sustainable dietary practices. Students gained valuable knowledge about healthy eating habits, food safety, nutritional requirements, and the importance of reducing food wastage. The interactive session encouraged participants to make informed food choices, adopt healthier lifestyles, and contribute towards achieving food security within their families and communities. Overall, the programme motivated students to become responsible citizens by promoting nutritious food consumption and sustainable food practices in everyday life.

"Awareness talk on Food security and Nutrition in Indian Households"

GLIMPSES OF THE EVENT



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IEEE Student Branch & Kings Youth Club jointly organizes

Awareness Talk on
Food security and Nutrition in Indian Households

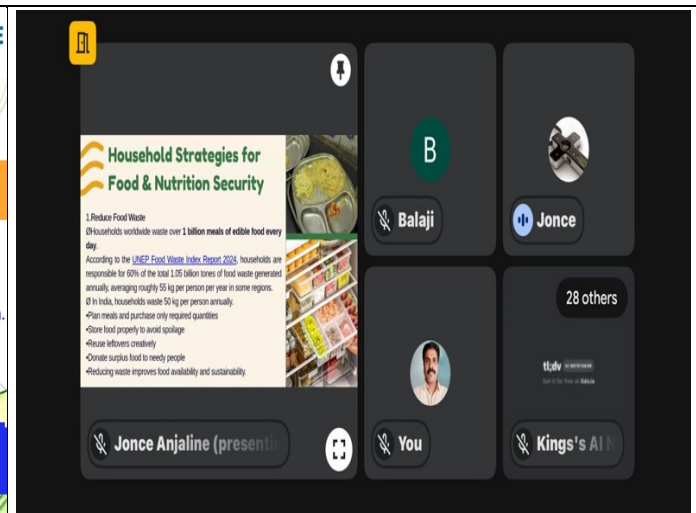
Mrs. V. Jonce Anjaline, M.Sc., M. Phil., (Ph.D.),
Research Scholar,
Department of Siddha Medicine,
Tamil University,
Thanjavur

23.02.2026 | 02:30 p.m.
S&H - Smart Class

Coordinator
Dr. P. Sarvanan
ASP/Chemistry

Dr. V. Sureshkumar
HoD/S&H

SB Counselor
Dr. J. Arputha Vijaya Selvi
Principal



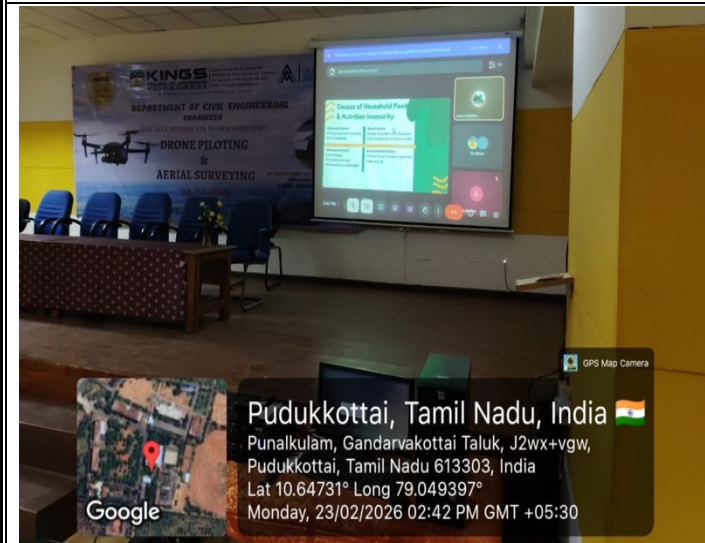
Household Strategies for Food & Nutrition Security

- 1 Reduce Food Waste
Households worldwide waste over 1 billion meals of edible food every day.
- According to the UNEP Food Waste Index Report 2021, households are responsible for 60% of the total 1.05 billion tonnes of food waste generated annually, averaging roughly 55 kg per person per year in some regions.
- Q In India, households waste 50 kg per person annually.
- Plan meals and purchase only required quantities
- Store food properly to avoid spoilage
- Reuse leftovers creatively
- Donate surplus food to needy people
- Reducing waste improves food availability and sustainability.

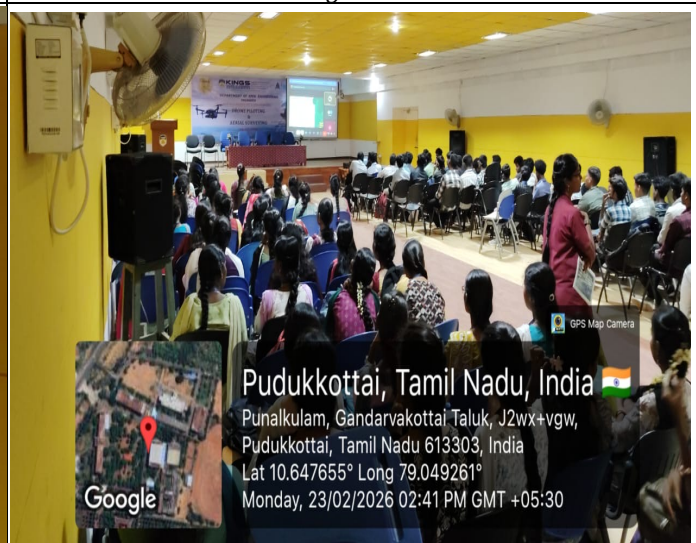
Participants: Balaji, Jonce, 28 others, Jonce Anjaline (present), You, Kings's AI

Programme Poster: Awareness Talk on "Food Security and Nutrition in Indian Households"

Awareness session delivered by Mrs. V. Jonce Anjaline through Google Meet.



Pudukkottai, Tamil Nadu, India
Punalkulam, Gandarvakottai Taluk, J2wx+vgw,
Pudukkottai, Tamil Nadu 613303, India
Lat 10.64731° Long 79.049397°
Monday, 23/02/2026 02:42 PM GMT +05:30

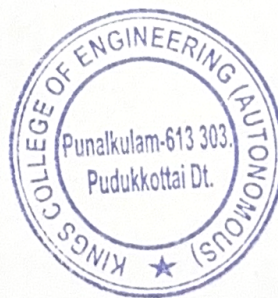


Pudukkottai, Tamil Nadu, India
Punalkulam, Gandarvakottai Taluk, J2wx+vgw,
Pudukkottai, Tamil Nadu 613303, India
Lat 10.647655° Long 79.049261°
Monday, 23/02/2026 02:41 PM GMT +05:30

Participants attending the online awareness talk on "Food Security and Nutrition in Indian Households"

[Signature]
25/02/2026

NSS PROGRAMME OFFICERS
NSS Programme Officer
Kings College of Engineering
(Autonomous)
Punalkulam-613 303



[Signature]
24/2/2026

PRINCIPAL
Principal
Kings College of Engineering
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