



M.O.P. VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)

(Affiliated to University of Madras and Re-accredited at A++ grade by NAAC)

Chennai - 600034, India



B.Sc. FOOD SCIENCE AND MANAGEMENT

(3 year Undergraduate Programme in Food Science)

About us

Established in 1996, the Department initially offered a degree in Nutrition, Dietetics, and Food Service Management. Recognizing the need to expand career prospects and enhance employability, the program was restructured in 2008 to introduce the nation's first-of-its-kind B.Sc. Food Science and Management programme.



**B.Sc.
Food Science
and Management**

This dynamic undergraduate programme equips students with a strong foundation in Food Science, while integrating core business management principles to address the evolving needs of the food industry. Spanning three years (six semesters), the curriculum is designed to develop industry-relevant skills, scientific expertise, managerial competencies, and proficiency in clinical nutrition.

Programme USP

- **Comprehensive Curriculum:** Integrates Food Science, Nutrition, and Management for a well-rounded education
- **Industry-Relevant Skills:** Equips students with theoretical knowledge and hands-on expertise
- **Focus on Food Safety and Sustainability:** Trains students in safe, ethical, and sustainable business practices
- **Industry-Academia Connect:** Provides exposure through internships, industry collaborations, and expert interactions.

Eligibility

Candidates for admission to B.Sc. Food Science and Management programme shall be required to possess a pass in the Higher Secondary Examination of Tamil Nadu Board or an equivalent examination of any other board.

**Any stream; Chemistry with Biology
or Home Science is preferable**

Programme Curriculum (B.Sc. Food Science and Management)

The programme curriculum includes courses that focus on;

SKILL DEVELOPMENT

- Principles of Management
- Physical Chemistry of Food
- Food Science I & II
- Basic Physiology
- Food Chemistry
- Food Microbiology
- AI in Food Industry
- Introductory Nutrition
- Therapeutic Nutrition
- Food Sanitation & Quality Control
- Marketing Research & Consumer Behavior
- Fundamentals of Research

EMPLOYABILITY

- Food Analysis
- Food Packaging
- Post Harvest Technology
- Food Supply Chain Management
- Principles of Food Processing and Preservation
- Functional Foods and Nutraceuticals

ENTREPRENEURIAL DEVELOPMENT

- Baking Science & Techniques
- Food Entrepreneurship
- Nutrition & Menu Development
- Community Nutrition

HIGHLIGHTS OF THE DEPARTMENT

Entrepreneurship Development

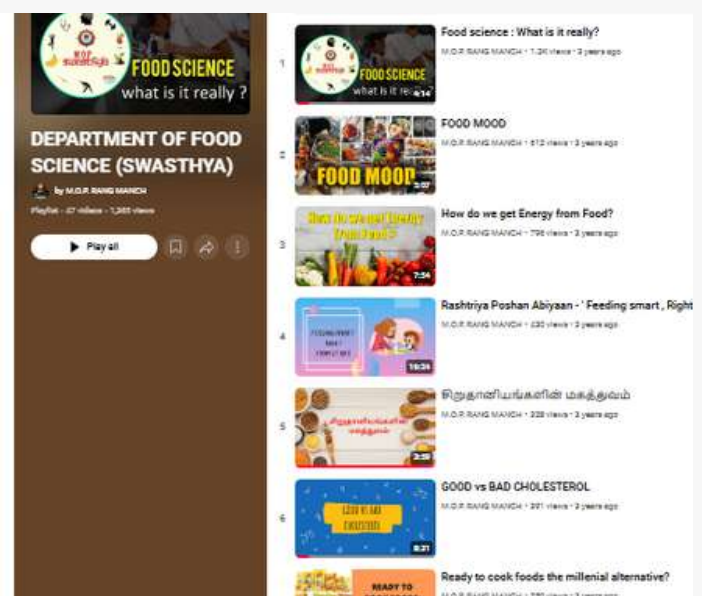
BEYOND BREADS - PRACTICE SCHOOL

- The department fosters entrepreneurship development through experiential learning initiatives.
- The Practice School Beyond Breads bridges theoretical knowledge with real-world application, equipping students with practical business skills.
- The student-run in-house baking unit provides hands-on experience in business operations, strategic planning, procurement, sales, and customer interactions allowing students to showcase their entrepreneurial abilities.



M.O.P SWASTHYA

The department's YouTube channel, M.O.P Swasthya, under M.O.P Rangmanch, enhances skill development through student-created videos on the science behind food, health and wellness, and advanced topics in Food Science and Nutrition. With 55 videos, this initiative strengthens communication, research, digital content, and presentation skills, and serves as a platform to connect with the community, promoting awareness and knowledge sharing in the field of food and nutrition.



https://www.youtube.com/playlist?list=PL_I9Yindlx58VAeTwJVHlncD_LaQOfizG

PRAKRITI CLUB

- The Prakriti Club is a co-curricular initiative established by the students of the Department of Food Science to enhance their learning beyond the classroom.
- The club provides a platform for students to hone their leadership skills, teamwork, and organizational skills by actively engaging in various academic and professional activities.
- These include organizing national and international conferences, guest lectures, intra- and inter-departmental events, inter-school and intercollegiate competitions, and extension activities.

ESSENCE

Inter-school/Inter-collegiate competitions



M.O.P MASTERCHEF



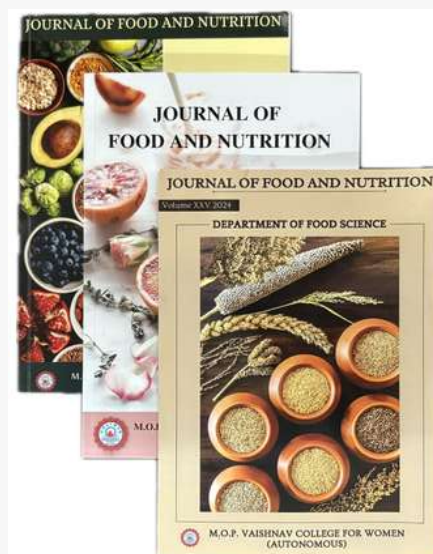
FEASTA

Intra-departmental activities



DEPARTMENT JOURNAL

The Department publishes an annual journal, **Journal of Food and Nutrition**, which showcases research work relevant to the food industry, review articles on emerging trends, and scholarly contributions by students. By actively engaging in the journal's publication, students develop essential skills such as synthesizing information, articulating findings effectively, and scientific writing, while staying updated with advancements in the field.



DELICACIES

Inter-departmental activities



CONFERENCES/ SEMINARS/ WORKSHOPS/ GUEST LECTURES/ FIELD VISITS ORGANIZED BY THE DEPARTMENT



Food Business Initiative 2.0, 2025



**National Nutrition Month Celebration
Panel Discussion, 2025**



Guest Lecture on Sustainability, 2025



**Workshop on Recipe Formulation
and Standardization, 2026**



Freshers' Orientation Session, 2025



**FOODS-International Conference
on Resurgence of Millets, 2023**



**Breastfeeding Week
Celebration, 2023**



Industrial Visit Cum Workshop, 2025

OUTREACH AND EXTENSION ACTIVITIES

The department is committed to instilling a sense of social responsibility in its students. They engage in various outreach and community development programs that benefit school children, corporate employees, and women in self-help groups.



Thozhil Seyyalam Thozhi



Awareness program on importance of healthy lifestyle to corporate employees



Nutrition Education program to school students



Food Safety Practice on Campus

FOOD SAFETY AUDIT



Food safety audits on campus ensure high standards of hygiene and compliance with Good Manufacturing Practices (GMP), maintaining the quality and safety of food served at college and beyond Breads. These audits provide students with hands-on learning in food safety protocols, enhancing their practical knowledge and industry readiness

STUDENT MINISTRY OF HEALTH AND HYGIENE

The Student Cabinet, M.O.P. Sansad, nurtures leadership and organizational skills by involving students in event planning, budgeting, coordination, and analysis, fostering responsibility and teamwork. Within this, the Student Ministry of Health and Hygiene, led by the Department of Food Science and Psychology, promotes student well-being through health campaigns, wellness programs, and competitions.

A key initiative, the **'In Sync' campaign**, promotes menstrual and mental health through expert talks and engaging events like the Iron Chef Corner, Synesthesia, and the Sync Off competition series fostering awareness and participation. Monthly **'Food with Thought'** sessions continue to encourage mindful eating, while **'Outfit for a Cause'** and **Eat Right, Campus!** initiatives drive awareness through impactful campaigns and student-led competitions.

IN SYNC CAMPAIGN FOR MENSTRUAL AND MENTAL HEALTH



Banner Reveal

Expert Talks

Iron Chef Corner

Synesthesia

FOOD WITH THOUGHT

OUTFIT FOR A CAUSE

EAT RIGHT, CAMPUS!



INFRASTRUCTURE

FOOD ANALYTICAL & INSTRUMENTATION LABORATORY

The laboratory is designed to provide students with hands-on experience in food analysis and instrumentation. Analyses carried out include Chemical analysis, Microbiological analysis, Nutrient analysis of food, and Food Safety testing.



FOOD TESTING LABORATORY



This laboratory is equipped with a Texture Analyzer, Spectrophotometer, Kjeldhal protein analyzer, Deep Freezer, and Laminar Air Flow.

PAAKASHALA - FOOD INNOVATION LABORATORY

Paakashala, the state-of-the-art infrastructure is a cutting-edge facility that serves as a hub for innovation, creativity and experimentation in Food Processing and Preservation, Bakery Confectionery and New Product Development.



CAREER PROSPECTS

**FOOD
ENTREPRENEUR**

SKILL TRAINER

**RESEARCH &
DEVELOPMENT**

**PRODUCT
DEVELOPMENT
OFFICER**

FLAVOUR ANALYST

**PRODUCT
MANAGER**

**FREELANCE
NUTRITIONIST**

**FOOD SAFETY
CONSULTANT**

**FOOD
TECHNOLOGIST**

**QUALITY CONTROL
OFFICER**

**CULINARY
CONSULTANT**

DIET COUNSELLOR

INTERNSHIPS

As an integral element of our programme, students engage in internships during their summer breaks in various food industries, hospitals and research institutes. These experiences provide invaluable practical knowledge and equip students with hands-on expertise.



ALUMNI SPEAKS

“It is indeed a great pleasure to talk about M.O.P. Vaishnav College, which has shaped who I am today by providing valuable insights into the food industry through its unique blend of science and management. The course helped me enhance and standardize our family restaurant business, thanks to the faculty’s continuous guidance and support.”



Pavithra S (2014-17 batch)
Director, Adyar Ananda Bhavan
Sweets India Pvt. Ltd.



Sri Sowmitha Manimaran
(2019-22 batch)
Quality Assurance Manager, Al Ameerah
Food Industry (United Arab Emirates).

“My time at M.O.P. Vaishnav College for Women in the Food Science and Technology program provided me with a strong foundation in my field, helping me grow both personally and professionally. The skills and knowledge I gained have been instrumental in my current role. I am proud to be an alumna of this esteemed institution.”

“My journey started with a B.Sc. in Food Science and Management, where I gained valuable knowledge and skills in entrepreneurship. The support and guidance from MOP Vaishnav College for Women have been key to my growth, and I’m proud to be an alumnus.”



Vidyaeswari R (2016-19 batch)
Senior Manager - Food Technology in
Tamil Nadu Food Processing Agri Export
Promotion Corporation (TNAPEX)

FACULTY PROFILE



Ms. Sini Jadeesh

M.Sc, MBA., (UGC - NET)

Assistant Professor and Head

18 years of experience

Area of Expertise:

Food Biotechnology

Ms. Rekha Mahizhnan

M.Sc., (UGC - NET)

Assistant Professor

8 years of experience

Area of Expertise: Food Service

Management and Dietetics



Dr. Sarah Jane Monica

M.Sc, M.Phil, Ph.D., (TN-SET)

Assistant Professor

6 years of experience

Area of Expertise:

Food and Nutrition

Ms. Rakshitha D

M.Sc., (UGC - NET)

Assistant Professor

3 years of experience

Area of Expertise:

Food Technology



Dr. R. Vidhyalakshmi

M.Sc., Ph.D., (UGC - NET)

Assistant Professor

1 year of experience

Area of Expertise:

Food Science and Technology



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