

DKM College For Women(Autonomous), Vellore-1
Department of Foods and Nutrition
Report ON - A Guide To Implement Healthy Eating To Optimize Well Nutrition On The
Road To Recovery

WORKSHOP Conducted On 25-09-2021

INVITATION

DHANABAGYAM KRISHNASWAMY MUDALIAR COLLEGE FOR WOMEN
(Autonomous) – Vellore-1
DEPARTMENT OF FOODS AND NUTRITION
Organizes
National webinar to celebrate

NATIONAL NUTRITION MONTH, SEPTEMBER-2021

Webinar Theme:
**A GUIDE TO IMPLEMENT HEALTHY EATING TO OPTIMISE WELL NUTRITION
ON THE ROAD TO RECOVERY**

Date: 25th September 2021 / Time: 10:00 a.m. to 3 p.m.

Speakers

 Dr.C.A. KALPANA, Professor Department of Food science and Nutrition, Avinashilingam Institute for Women - Coimbatore Topic: Mindful Eating - Need Of The Hour Time: 10:15 am	 Dr.N.SRIVIDYA, Associate Professor & Head Department Foods And Nutritional Science, Sri Sathya Sai Institute Of Higher Learning - Anantapur Topic: Rice Is Right A Fair Story Of Coloured Rice Varieties Of South India Generating Scientific Evidence Time: 11:00 am
 Mrs. MANJU GEORGE, Registered Dietitian, Chief Dietitian, VPS Lakeshore hospital, Kochi - Kerala Topic: Digital Technologies in Therapeutic Diet Implementation During Covid 19 Time: 1:00 pm	 Mrs.LAKSHMI JITHENDRAN, Asst. Professor Department of Home Science, Mount Carmel College - Bangalore Topic: Nutri Greens - Wonder Greens Time: 2:00 pm

Chief Patrons : Dr.T.SIVAKUMAR, President Er. Thiru.D.MANINATHAN, Secretary	Organising Secretaries : Ms.R. TAMISELVI Mrs. S. RANJITHA Mrs. M. ASHIKA Mrs.G.MOUNIKA
Patron : Dr.P.N.SUDHA, Principal Convenor : Mrs.K.GOWTHAMI, HOD	

Registration is free and certificates will be provided to all participants

National Level Webinar
<https://teams.live.com/join/959238879740540>

All are Cordially Invited

REPORT

Webinar theme:

**“A GUIDE TO IMPLEMENT HEALTHY EATING TO OPTIMISE
WELL NUTRITION ON THE ROAD TO RECOVERY”**

National nutrition month celebration has been celebrated this year with 4 speakers. Each speaker is well versed in their profession. Speakers from Tamil Nādu, Kerala, Andhra Pradesh and Karnataka have been invited to give elaborate talk about various topics. Students from all four states have participated in the webinar which is conducted on 25th September 2021 by the department of foods and nutrition. Students instructed to attend the webinar from 10 a.m. the break of 15 minutes for each session. Welcome speech been given by Mrs.K.Gowthami H.O.D.

Dr.C.A. KALPANA, Professor. Department of Food science and Nutrition, Avinashilingam Institute for Women - Coimbatore
Topic: Mindful Eating - Need Of The Hour. The elaborate knowledge regarding the proper eating and what to eat at what time has been discussed. After the sessions students came up with some questions to the speaker and the Q & A session has been successfully ended.

Dr.SRIVIDYA, Associate professor & Head Department Of Foods And Nutritional Science, Sri Sathya Sai Institute Of Higher Learning – Anantapur. Topic: Rice Is Right a Fair Story Of Coloured Rice Varieties Of South India Generating Scientific Evidence. After

the lecture students asked their queries and speaker sorted out their doubts.

Mrs. MANJU GEORGE, Registered Dietitian, Chief Dietitian, VPS Lakeshore hospital, Kochi – Kerala. Topic: Digital Technologies in Therapeutic Diet Implementation during Covid-19. Therapeutic diet been discussed and thus the knowledge been shared.

MRS.LAKSHMI JITHENDRAN, Asst. Professor. Department of Home Science, Mount Carmel College – Bangalore. Topic: Nutri Greens - Wonder Greens. The trending topic is on Greens was the topic and students got up with lot of ideas and doubts on that and the session went out well.Registration is free and certificates will be provided to all participant

Registration link: <https://forms.gle/mY3qRhkJQj2MWm5G9>


NationalLevel

Webinar:<https://teams.live.com/meet/959238879740540>

PHOTO


25

National Level Webinar
02:28 167 attendees






Lakshmi Jithendran (Guest) ...


samiya anj... 


Kanimozhi 


Lakshmi Jithen...

