



DEPARTMENT : NUTRITION & DIETETICS

ACTIVITY : EXTENSION ACTIVITY

YEAR : 2021-2022

DEPARTMENT OF NUTRITION AND DIETETICS

DATE	TIME	VENUE	MODE
13.04.2021	11:30 a.m. to 12:00 Noon	II B.Sc. Nutrition & Dietetics Class Room, EMGYWC	Offline
Theme	Awareness about dietary fibre food for the Public		
Nature of the Activity	Extension Activity		
Title	Role of Fibre Diet in Diabetes Mellitus		
Name of the Convener	P.Tamilarasi Head & Assistant Professor of Nutrition and Dietetics EMGYWC		
Resource Person	K.Janaki Assistant Professor of Nutrition and Dietetics EMGYWC		
No. of Beneficiaries	Public - 10		

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

EXTENSION ACTIVITY "ROLE OF FIBRE DIET IN DIABETES MELLITUS"

Objectives:

To promote the students and parents' awareness about the dietary fibre food in diabetes mellitus.

Programme Outcome:

On Successful completion of this Programme,

- Parents and Students learnt about the role of fibre-rich foods, home remedies to control the blood sugar level among adult men & women, ill effects of fast foods consumption etc.
- Students got educated about the fibre rich foods, positive roles such as reducing cholesterol, promoting a healthy weight, preventing constipation, Managing blood sugar, reducing cancer risk etc.

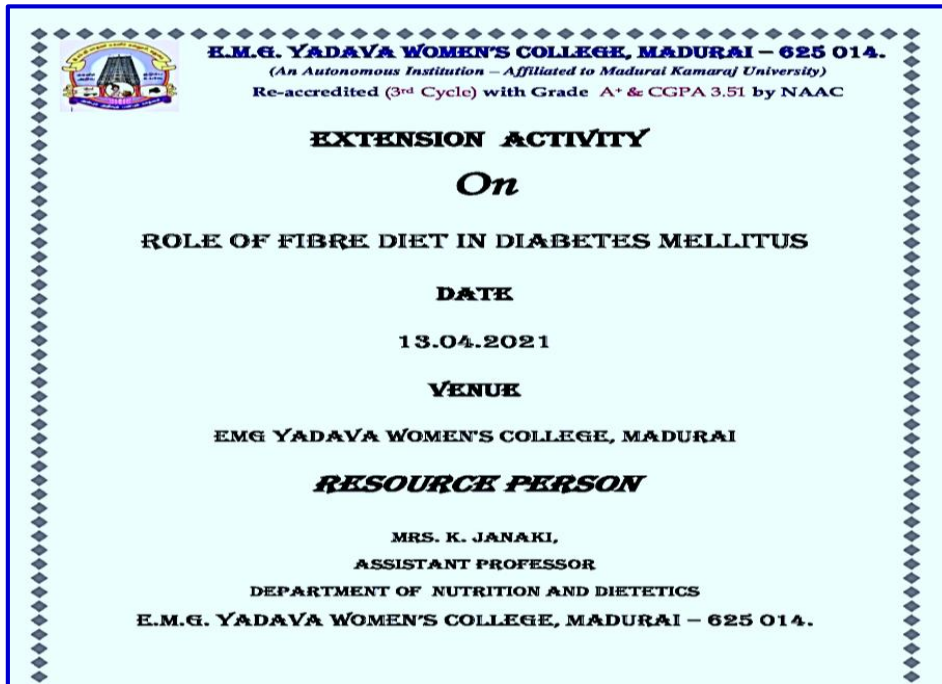
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Enclosures:

a. Invitation:



b. Nominal Roll of Participants:

1. Other participants:

Extension Service "Role of Fibre Diet in Diabetes Mellitus" - 13.04.2021		
S.No.	Name	Place
1.	S.Kala	Residence of Thiruppalai, Madurai
2.	M.Kalaiselvi	Residence of Thiruppalai, Madurai
3.	S.Asha Devi	Residence of Thiruppalai, Madurai
4.	N.Kavitha	Residence of Thiruppalai, Madurai
5.	A.Sangeetha	Residence of Thiruppalai, Madurai
6.	S.Selva Sudha	Residence of Thiruppalai, Madurai
7.	P.Kumaravel	Residence of Thiruppalai, Madurai
8.	N.SamInba Raj	Residence of Thiruppalai, Madurai
9.	C.Saravanan	Residence of Thiruppalai, Madurai
10.	J.Sumathi	Residence of Thiruppalai, Madurai