



**DEPARTMENT : NUTRITION & DIETETICS**

**ACTIVITY : GUEST LECTURE**

**YEAR : 2021-2022**

**DEPARTMENT OF NUTRITION & DIETETICS**

DATE	TIME	VENUE	MODE
28.04.2022	10.00 a.m. to 12.00 noon	E.S.R. Alamelu Ammal Memorial Hall, EMGYWC	Offline
<b>Theme</b>	World Day for Safety and Health at Work		
<b>Nature of the Activity</b>	Guest Lecture		
<b>Title</b>	Occupational Health and Stress		
<b>Name of the Convener &amp; Organizers</b>	<b>Mrs.P.Tamilarasi</b> Head & Assistant Professor of Nutrition and Dietetics EMGYWC		
<b>Resource Person</b>	<b>Dr.Kayalvizhi Balamurugan</b> Assistant Professor of Home Science, Bharathidasan Government College for Women, Pondicherry		
<b>No. of Participants of Our College</b>	Students - 86 Faculty - 4		

**GUEST LECTURE “OCCUPATIONAL HEALTH AND STRESS”**

**Objectives:**

- To apply the knowledge among students in maintenance of good health and to balance stress.

**Programme Outcome:**

1. An awareness was created among the college girls regarding the relationship between Health and Stress.
2. Students got encouraged and educated about how to prevent and manage long term stress.


**Photograph:**



**Mrs.Dr.Kayalvizhi, Assistant Professor of Home Science, Bharathidasan Government College for Women, has delivered a Guest Lecture entitled "Occupational Health and Stress" - 28.04.2022**

# E.M.GOPALAKRISHNAKONEYADAVA WOMEN'S COLLEGE

Feedback:

 <b>E.M.S. YADAVA WOMEN'S COLLEGE, MADURAI - 625 014.</b> <small>(An Autonomous Institution - Affiliated to Madurai Kamaraj University)</small> <small>Re-accredited (3<sup>rd</sup> Cycle) with Grade 'A' and CGPA 3.33 by NAAC</small>			
<b>DEPARTMENT OF NUTRITION &amp; DIETETICS</b> <b>1 YEAR - NAME LIST</b> <b>WORLD DAY FOR SAFETY &amp; HEALTH AT WORK</b> <b>GUEST LECTURE - OCCUPATIONAL HEALTH &amp; STRESS</b> <b>TIME:10.00AM TO 12.00P.M</b> <span style="float: right;"><b>DATE:28.04.2022</b></span>			
S.NO	REGNO	STUDENTS NAME	STUDENTS SIGNATURE
1	21NAD01	AAFRIJ.J	A. Afrija
2	21NAD02	ABINAYA.A	A. Abinaya
3	21NAD03	ABINAYA.R	R. Abinaya
4	21NAD04	ABIRAM.S	S. Abirami
5	21NAD05	ANGELINE GLENCY.V	ANGELINE Glency-V
6	21NAD06	ASHIKA.K	K. Ashika
7	21NAD07	BACKIYANIVETHA.N	N. Backiyani
8	21NAD08	DEVADHARSHIN.K.R	P.D. Devadharshini
9	21NAD09	DIVYA DHARSHINI.S	S. Divya Dharshini
10	21NAD10	DIVYA DHARSHINI.V	V. Divya Dharshini
11	21NAD12	ELAVARASI.R	Elavarasir
12	21NAD13	GUNASRI.T	T. Gunasri
13	21NAD14	ISHWARIYA.T	T. Ishwariya
14	21NAD16	KANIMOZH.K	K. Kanimozhi
15	21NAD17	KANJANA.U	U. Kanjana
16	21NAD18	KAVIYADHARSHINI.R	R. Kaviyadharshini
17	21NAD19	KEERTHANA.B	B. Keerthana
18	21NAD20	KEERTHANA.R	R. Keerthana
19	21NAD21	MARI KRISHNA.K	K. Mari Krishna

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20	21NAD22	MARI SELV.K	K. Mari Selva
21	21NAD23	NASIMA SULTHANA.S	S. Nasima Sulthana
22	21NAD24	NIVARTHANA.G	G. Nivarthana
23	21NAD25	PREETHA ROSY.C	C. Preetha Rosy
24	21NAD26	RAGAVI.K	K. Ragavi
25	21NAD27	RANJITHA.A	A. Ranjitha
26	21NAD28	REGINA JOICY.C	C. Regina Joicy
27	21NAD29	SALAI ISHWARYAM.S	S. Salai Ishwaryam
28	21NAD30	SELVAKIRUBA.B	B. Selvakiruba
29	21NAD31	SHALINI.K	K. Shalini
30	21NAD32	SHALINI.S	S. Shalini
31	21NAD33	SHARMILA.M	M. Sharmila
32	21NAD34	SHREENITHI.S	S. Shreenithi
33	21NAD35	SUBHA ELAKKIA.B	B. Subha Elakkia
34	21NAD36	SUMALATHA.V	V. Sumalatha
35	21NAD37	SWARNASOUNTHERYA.N	N. Swarnasountherya
36	21NAD38	SWATHI.R	R. Swathi
37	21NAD39	SWETHA.B	B. Swetha
38	21NAD40	UMA.A	A. Uma
39	21NAD41	UMA MAHESHWARI.A	A. Umamaheshwari
40	21NAD42	UMMA SALEEMA BEEVI.J	J. Umma Saleema Beevi
41	21NAD43	VAHIDHA SHIFANA.A	A. Vahidha Shifana
42	21NAD44	VAIGAIMREENA.R	R. Vaigaimreena
43	21NAD45	VARSHINI.L	L. Varshini
44	21NAD46	ZUNAITHA BANU.A	A. Zunaita Banu

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# E.M.GOPALAKRISHNAKONEYADAVA WOMEN'S COLLEGE



E.M. YADAVA WOMEN'S COLLEGE, MADURAI - 625 014.  
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Re-accredited (3<sup>rd</sup> Cycle) with Grade 'A' and CGPA 3.51 by NAAC.

## DEPARTMENT OF NUTRITION & DIETETICS II YEAR - NAME LIST

### WORLD DAY FOR SAFETY & HEALTH AT WORK

#### GUEST LECTURE - OCCUPATIONAL HEALTH & STRESS

TIME: 10.00AM TO 12.00P.M

DATE: 28.04.2022

S.NO	REG.NO	STUDENTS NAME	STUDENTS SIGNATURE
1.	20NAD01	ABINAYA.B	B. Abinaya
2.	20NAD02	AISHVARYA.S	S. Aishwarya
3.	20NAD03	AKILA JEEVANA.K	K. Akila Jeevana
4.	20NAD06	ANIES FATHIMA.M	Anies Fathima M
5.	20NAD07	ASHAR HASOORA.M.F	Ashar Hasoora M.F.
6.	20NAD08	ASMA MEENAL.R	A. Asma Meenal
7.	20NAD09	ASWIN JEMLIH	Aswin Jemlih
8.	20NAD10	BACKIYALAKSHMI.G	G. Backiya
9.	20NAD11	DHANUSHYA.L	L. Dhanyia
10.	20NAD12	DHARANIK	
11.	20NAD13	DHINESHYA.B	
12.	20NAD14	DIVYA.N	N. Divya
13.	20NAD15	DIVYA JOTHIM	M. Divya Jothi
14.	20NAD17	HAZIRA NAGSATH.M.A	Hazira Nagsath M.A
15.	20NAD18	ISHWARYA.T	T. Ishwarya
16.	20NAD19	KARANYA.V	V. Karanya
17.	20NAD20	LAVANYA.N	N. Lavanya
18.	20NAD21	MAGESHWARLK	K. Mageshwar
19.	20NAD22	MANJU BHARATHI.S	S. Manju Bharathi
20.	20NAD23	MATHI MEENA.M	M. Mathi Meena
21.	20NAD24	MEENAKSHI.G	G. Meenakshi
22.	20NAD25	MENAL.A	A. Menal
23.	20NAD26	MERCY HELAN.C	C. Mercy Helan


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24.	20NAD27	MUKHIL.K.A	K.A.K.
25.	20NAD28	MUTHU MEENA.L	Muthu Meena L.
26.	20NAD29	PARIMALAM.E.L	El. Parimalam
27.	20NAD30	PREETHLM	M. Preethi
28.	20NAD31	ROHINLA	A. Rohini
29.	20NAD32	SAKTHI DEVI.S	S. Sakthi Devi
30.	20NAD33	SHAJITHA RISHANA.M	M. Shajitha Rishana
31.	20NAD34	P.SHANMUGA PRIYA	P. Shanmuga Priya
32.	20NAD35	SHANTHINLV	S. Shanthini
33.	20NAD36	SHARMILA.S	S. Sharmila
34.	20NAD37	SHIFANA PARVEEN.P.M	S. Shifana
35.	20NAD38	SIVA SAKTHI PRIYA.K	K. Siva Sakthi Priya
36.	20NAD39	SOWMIYA.R	R. Sowmya
37.	20NAD40	SRI DHARSHINLV	V. Sri Dharshini
38.	20NAD41	SRI RAJALAKSHMI.R	R. Sri Rajalakshmi
39.	20NAD42	SURIYAKALA.K	K. Suriyakala
40.	20NAD43	SWATHLM	
41.	20NAD44	TINA JANE SARA.D	D. Tina Jane Sara
42.	20NAD45	USHARANI.S	S. Usharani
43.	20NAD46	VIDHYAVARSSHINI.R	R. Vidhyavarshini
44.	20NAD47	YAMUNA.A	A. Yamuna
45.	20NAD48	ISHWARYA.R	R. Ishwarya


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Enclosures:

a. Invitation:




**E.M.G.YADAVA WOMEN'S COLLEGE, MADURAI -14.**  
 (An Autonomous Institution - Affiliated to Madurai Kamaraj University)  
 Re-accredited (3<sup>rd</sup> Cycle) with Grade A<sup>+</sup> and CGPA 3.51 by NAAC



**DEPARTMENT OF NUTRITION & DIETETICS**


In Commemoration of "World Day for Safety & Health at Work"  
 Organizes Guest Lecture on

**Occupational Health & Stress**



25-04-2022,  
10.00 AM - 12.00 PM.

**Resource person**  
 Dr. Kayalvizhi Balamurugan,  
 Assistant Professor of Home Science,  
 PG and Research Department of Home Science,  
 Bharathidasan Government College for Women (Autonomous),  
 Pondicherry University,  
 Puducherry.



**Convenor**  
 Mrs. P. Tamilarasi,  
 Head, Department of Nutrition &  
 Dietetics

**Dr. (Mrs). V. Pushpalatha,**  
 Principal (I/c).

## E.M.GOPALAKRISHNAKONEYADAVA WOMEN'S COLLEGE

### c. Nominal Roll of Participants:

Student participants from our college:

<b>Guest Lecture entitled "Occupational Health and Stress" - 28.04.2022</b>			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1.	21NAD01	Aafrin.J	I B.Sc. Nutrition & Dietetics
2.	21NAD02	Abinaya.A	I B.Sc. Nutrition & Dietetics
3.	21NAD03	Abinaya.R	I B.Sc. Nutrition & Dietetics
4.	21NAD04	Abirami.S	I B.Sc. Nutrition & Dietetics
5.	21NAD05	Angeline Glency.V	I B.Sc. Nutrition & Dietetics
6.	21NAD06	Ashika.K	I B.Sc. Nutrition & Dietetics
7.	21NAD07	Backiyaniyetha.N	I B.Sc. Nutrition & Dietetics
8.	21NAD08	Devadharshini.K.R	I B.Sc. Nutrition & Dietetics
9.	21NAD09	DivyaDharshini.S	I B.Sc. Nutrition & Dietetics
10.	21NAD10	DivyaDharshini.V	I B.Sc. Nutrition & Dietetics
11.	21NAD12	Elavarasi.R	I B.Sc. Nutrition & Dietetics
12.	21NAD13	Gunasri.T	I B.Sc. Nutrition & Dietetics
13.	21NAD14	Ishwariya.T	I B.Sc. Nutrition & Dietetics
14.	21NAD16	Kanimozhi.K	I B.Sc. Nutrition & Dietetics
15.	21NAD17	Kanjana.U	I B.Sc. Nutrition & Dietetics
16.	21NAD18	Kaviyadharshini.R	I B.Sc. Nutrition & Dietetics
17.	21NAD19	Keerthana.B	I B.Sc. Nutrition & Dietetics
18.	21NAD20	Keerthana.R	I B.Sc. Nutrition & Dietetics
19.	21NAD21	Mari Krishna.K	I B.Sc. Nutrition & Dietetics
20.	21NAD22	Mari Selvi.K	I B.Sc. Nutrition & Dietetics
21.	21NAD23	NasimaSulthana.S	I B.Sc. Nutrition & Dietetics
22.	21NAD24	Nivarthana.G	I B.Sc. Nutrition & Dietetics
23.	21NAD25	Preetha Rosy .C	I B.Sc. Nutrition & Dietetics
24.	21NAD26	Ragavi.K	I B.Sc. Nutrition & Dietetics
25.	21NAD27	Ranjitha.A	I B.Sc. Nutrition & Dietetics
26.	21NAD28	Regina Joicy.C	I B.Sc. Nutrition & Dietetics
27.	21NAD29	SalaiIshwaryam.S	I B.Sc. Nutrition & Dietetics
28.	21NAD30	Selvakiruba.B	I B.Sc. Nutrition & Dietetics
29.	21NAD31	Shalini.K	I B.Sc. Nutrition & Dietetics
30.	21NAD32	Shalini.S	I B.Sc. Nutrition & Dietetics
31.	21NAD33	Sharmila.M	I B.Sc. Nutrition & Dietetics
32.	21NAD34	Shreenithi.S	I B.Sc. Nutrition & Dietetics
33.	21NAD35	SubhaElakkia.B	I B.Sc. Nutrition & Dietetics
34.	21NAD36	Sumalatha.V	I B.Sc. Nutrition & Dietetics
35.	21NAD37	Swarnasountherya.N	I B.Sc. Nutrition & Dietetics
36.	21NAD38	Swathi.R	I B.Sc. Nutrition & Dietetics

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37.	21NAD39	Swetha.B	I B.Sc. Nutrition & Dietetics
38.	21NAD40	Uma.A	I B.Sc. Nutrition & Dietetics
39.	21NAD41	Uma Maheshwari.A	I B.Sc. Nutrition & Dietetics
40.	21NAD42	UmmaSaleemaBeevi.J	I B.Sc. Nutrition & Dietetics
41.	21NAD43	VahidhaShifana.A	I B.Sc. Nutrition & Dietetics
42.	21NAD44	Vaigaimeena.R	I B.Sc. Nutrition & Dietetics
43.	21NAD45	Varshini.E	I B.Sc. Nutrition & Dietetics
44.	21NAD46	ZunaithaBanu.A	I B.Sc. Nutrition & Dietetics
45.	20NAD01	Abinaya.B	II B.Sc. Nutrition & Dietetics
46.	20NAD02	Aishvarya.S	II B.Sc. Nutrition & Dietetics
47.	20NAD03	AkilaJeevana.K	II B.Sc. Nutrition & Dietetics
48.	20NAD06	AniesFathima.M	II B.Sc. Nutrition & Dietetics
49.	20NAD07	AsharHasoora.M.F	II B.Sc. Nutrition & Dietetics
50.	20NAD08	AsmaMeeral.R	II B.Sc. Nutrition & Dietetics
51.	20NAD09	AswinJemi.H	II B.Sc. Nutrition & Dietetics
52.	20NAD10	Backiyalakshmi.G	II B.Sc. Nutrition & Dietetics
53.	20NAD11	Dhanushya.L	II B.Sc. Nutrition & Dietetics
54.	20NAD14	Divya.N	II B.Sc. Nutrition & Dietetics
55.	20NAD15	DivyaJothi.M	II B.Sc. Nutrition & Dietetics
56.	20NAD17	HaziraNagsath.M.A	II B.Sc. Nutrition & Dietetics
57.	20NAD18	Ishwarya.T	II B.Sc. Nutrition & Dietetics
58.	20NAD19	Karanya.V	II B.Sc. Nutrition & Dietetics
59.	20NAD20	Lavanya.N	II B.Sc. Nutrition & Dietetics
60.	20NAD21	Mageshwari.K	II B.Sc. Nutrition & Dietetics
61.	20NAD22	ManjuBharathi.S	II B.Sc. Nutrition & Dietetics
62.	20NAD23	MathiMeena.M	II B.Sc. Nutrition & Dietetics
63.	20NAD24	Meenakshi.G	II B.Sc. Nutrition & Dietetics
64.	20NAD25	Menal.A	II B.Sc. Nutrition & Dietetics
65.	20NAD26	Mercy Helan.C	II B.Sc. Nutrition & Dietetics
66.	20NAD27	Mukhil.K.A	II B.Sc. Nutrition & Dietetics
67.	20NAD28	MuthuMeena.L	II B.Sc. Nutrition & Dietetics
68.	20NAD29	Parimalam.E.L	II B.Sc. Nutrition & Dietetics
69.	20NAD30	Preethi.M	II B.Sc. Nutrition & Dietetics
70.	20NAD31	Rohini.A	II B.Sc. Nutrition & Dietetics
71.	20NAD32	SakthiDevi.S	II B.Sc. Nutrition & Dietetics
72.	20NAD33	ShajithaRishana.M	II B.Sc. Nutrition & Dietetics
73.	20NAD34	P.ShanmugaPriya	II B.Sc. Nutrition & Dietetics
74.	20NAD35	Shanthini.V	II B.Sc. Nutrition & Dietetics
75.	20NAD36	Sharmila.S	II B.Sc. Nutrition & Dietetics
76.	20NAD37	ShifanaParveen.P.M	II B.Sc. Nutrition & Dietetics
77.	20NAD38	Siva SakthiPriya.K	II B.Sc. Nutrition & Dietetics
78.	20NAD39	Sowmiya.R	II B.Sc. Nutrition & Dietetics

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79.	20NAD40	Sri Dharshini.V	II B.Sc. Nutrition & Dietetics
80.	20NAD41	Sri Rajalakshmi.R	II B.Sc. Nutrition & Dietetics
81.	20NAD42	Suriyakala.K	II B.Sc. Nutrition & Dietetics
82.	20NAD43	Swathi.M	II B.Sc. Nutrition & Dietetics
83.	20NAD44	Tina Jane Sara.D	II B.Sc. Nutrition & Dietetics
84.	20NAD45	Usharani.S	II B.Sc. Nutrition & Dietetics
85.	20NAD46	Vidhyavarsshini.R	II B.Sc. Nutrition & Dietetics
86.	20NAD47	Yamuna.A	II B.Sc. Nutrition & Dietetics

### **2. Faculty participants of our College:**

<b>Guest Lecture entitled "Occupational Health and Stress" - 28.04.2022</b>		
<b>S.No.</b>	<b>Name</b>	<b>Designation with Department</b>
1.	Mrs. P. Tamilarasi	Head & Assistant Professor of Nutrition & Dietetics
2.	Mrs. K. Gowsalya	Assistant Professor of Nutrition and Dietetics
3.	Mrs. K. Janaki	Assistant Professor of Nutrition and Dietetics
4.	Mrs. B. Rubarani	Assistant Professor of Nutrition and Dietetics