



**DEPARTMENT : NUTRITION & DIETETICS**

**ACTIVITY : EXTENSION ACTIVITY**

**YEAR : 2021-2022**

**DEPARTMENT OF NUTRITION AND DIETETICS**

| DATE                          | TIME  | VENUE  | MODE    |
|-------------------------------|---|--|---------|
| 13.04.2022                    | 11:30 a.m.<br>to<br>12:00 noon  | II B.Sc. Nutrition & Dietetics Class Room,<br>EMGYWC | Offline |
| <b>Theme</b>                  | Awareness about dietary fibre food for the Public   |  |         |
| <b>Nature of the Activity</b> | Extension Activity  |  |         |
| <b>Title</b>                  | Role of Fibre Diet in Diabetes Mellitus   |  |         |
| <b>Name of the Convener</b>   | <b>Mrs. P.Tamilarasi</b><br>Head & Assistant Professor of Nutrition and Dietetics<br>EMGYWC |  |         |
| <b>Resource Person</b>        | <b>Mrs. K.Janaki</b><br>Assistant Professor of Nutrition and Dietetics<br>EMGYWC            |  |         |
| <b>No. of Beneficiaries</b>   | <b>Public - 10</b>  |  |         |

**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,

1. 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.
2. 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.

**Photograph:**



**Mrs.K. Janaki, Assistant Professor of Nutrition and Dietetics has offered Extension Service for the Residence of Thirupplai, Madurai, entitled "Role of Fibre Diet in Diabetes Mellitus" 13.04.2022**

## E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

Enclosures:

a. Invitation:



b. Nominal Roll of Participants:

Other participants:

| <b>Extension Service “Role of Fibre Diet in Diabetes Mellitus” - 13.04.2022</b> |               |                                   |
|---|---------------|-----------------------------------|
| <b>S.No.</b>  | <b>Name</b>   | <b>Place</b>                      |
| 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 |