

YEAR

## **DEPARTMENT : NUTRITION & DIETETICS**

ACTIVITY : FACULTY EXCHANGE PROGRAM

: 2021-2022

# **DEPARTMENT OF NUTRITION AND DIETETICS**

DATE	TIME	VENUE	MODE	
01.04.2022	12.12 p.m. to 01:00 p.m.	Standard Fireworks Rajaratnam College for Women, Sivakasi	Offline	
Theme		To make collaborative learning and exchange of subject knowledge		
Nature of the Activity		Faculty Exchange Program		
Title		Role of Micronutrients in Adolescent's Health		
Name of the Resource Person		Mrs.P.Tamilarasi Head & Assistant Professor of Nutrition and Dietetics EMGYWC		
Collaborative Institution		Academic Collaboration (MoU) Standard Fireworks Rajaratnam College for Women, Sivakasi		
No. of Beneficiaries		Standard Fireworks Rajaratnam College for Women Students - 20		

## FEP - "ROLE OF MICRO NUTRIENTS IN ADOLESCENT'S HEALTH"

#### **Objectives:**

- > To promote healthy living by providing better understanding of micronutrients.
- > To inculcate students to know the importance of micronutrients.

#### **Programme Outcome:**

On successful completion of this programme

- 1. Students were empowered to understand their own health system.
- 2. Students acquired ideas about variation in micronutrients that motivated them to take actions towards self care and welfare of the society as well.

The major outcome of the programme was inculcated knowledge among students regarding the major functions of micronutrients, i.e. Vitamins and minerals like vitamin B, iron, iodine, its impact on a body's health, deficiencies can cause reduced educational outcomes, reduced work productivity. Remedies through nutritious foods also discussed among students through interactive session.

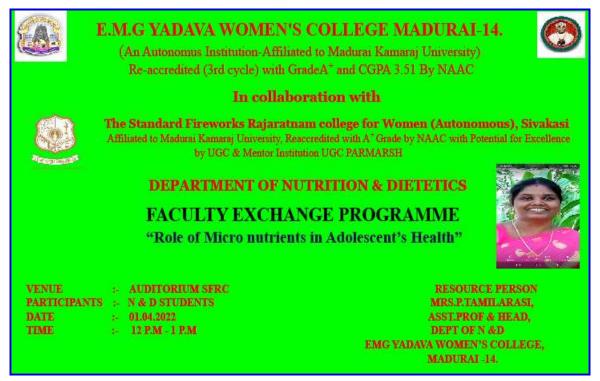
## **Photograph:**



Department of Nutrition and Dietetics, EMGYWC has conducted Faculty Exchange Program at Standard Fireworks Rajaratnam College for Women, Sivakasi, entitled "Role of Micro Nutrients in Adolescent's Health" - 01.04.2022

#### **Enclosures:**

a. Invitation:



## c. Nominal Roll of Participants: Student participants from SFR College:

MoU - FEP : Role Of Micro Nutrients in Adolescent's Health - 01.04.2022				
S.No.	NAME	DEPARTMENT		
1.	V. KaviPriya	Nutrition and Dietetics, SFR College, Sivakasi		
2.	S.Swetha	Nutrition and Dietetics, SFR College, Sivakasi		
3.	Pandilakshmi.S	Nutrition and Dietetics, SFR College, Sivakasi		
4.	GayathriHarikumar	Nutrition and Dietetics, SFR College, Sivakasi		
5.	Parthiyakavi. T	Nutrition and Dietetics, SFR College, Sivakasi		
6.	G Kamaleeshwari	Nutrition and Dietetics, SFR College, Sivakasi		
7.	S.V.Aniruthya	Nutrition and Dietetics, SFR College, Sivakasi		
8.	V.R.Priyadharshika	Nutrition and Dietetics, SFR College, Sivakasi		
9.	R. Bhuvaneshwari	Nutrition and Dietetics, SFR College, Sivakasi		
10.	Kanagaraj	Nutrition and Dietetics, SFR College, Sivakasi		
11.	Ayamita Paul	Nutrition and Dietetics, SFR College, Sivakasi		
12.	Ithika. K	Nutrition and Dietetics, SFR College, Sivakasi		
13.	P.Sandhiya	Nutrition and Dietetics, SFR College, Sivakasi		

14.	SruthiSree S V	Nutrition and Dietetics, SFR College, Sivakasi
15.	Kamali B	Nutrition and Dietetics, SFR College, Sivakasi
16.	Muthulakshmi.S	Nutrition and Dietetics, SFR College, Sivakasi
17.	Pavithra. E	Nutrition and Dietetics, SFR College, Sivakasi
18.	Ishwariyalakshmi E	Nutrition and Dietetics, SFR College, Sivakasi
19.	G. Ragavi	Nutrition and Dietetics, SFR College, Sivakasi
20.	MounikaPriya. N	Nutrition and Dietetics, SFR College, Sivakasi