

**DEPARTMENT: NUTRITION & DIETETICS** 

**ACTIVITY** : FACULTY EXCHANGE

**YEAR** : 2021-2022

# **DEPARTMENT OF NUTRITION AND DIETETICS**

DATE	TIME	VENUE	MODE
01.04.2022	12.12 p.m. to 1:00 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		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  $\varepsilon$  body's health, deficiencies can cause reduced educational outcomes, reduced work productivity. Remedies through nutritious foods also discussed among students through interactive session.

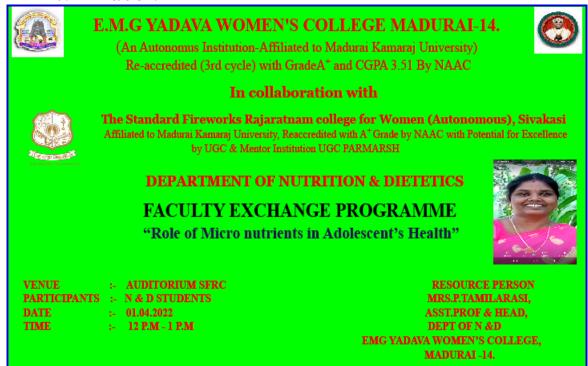
# **Photographs:**



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:
- 1. 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	SFR College, Sivakasi		
2.	S.Swetha	SFR College, Sivakasi		
3.	Pandilakshmi.S	SFR College, Sivakasi		
4.	GayathriHarikumar	SFR College, Sivakasi		
5.	Parthiyakavi. T	SFR College, Sivakasi		
6.	G Kamaleeshwari	SFR College, Sivakasi		
7.	S.V.Aniruthya	SFR College, Sivakasi		
8.	V.R.Priyadharshika	SFR College, Sivakasi		
9.	R. Bhuvaneshwari	SFR College, Sivakasi		

10.	Kanagaraj	SFR College, Sivakasi
11.	Ayamita Paul	SFR College, Sivakasi
12.	Ithika. K	SFR College, Sivakasi
13.	P.Sandhiya	SFR College, Sivakasi
14.	SruthiSree S V	SFR College, Sivakasi
15.	Kamali B	SFR College, Sivakasi
16.	Muthulakshmi.S	SFR College, Sivakasi
17.	Pavithra. E	SFR College, Sivakasi
18.	Ishwariyalakshmi E	SFR College, Sivakasi
19.	G. Ragavi	SFR College, Sivakasi
20.	MounikaPriya. N	SFR College, Sivakasi