



DEPARTMENT : NUTRITION AND DIETETICS

ACTIVITY : GUEST LECTURE

YEAR : 2022-2023

DEPARTMENT OF NUTRITION & DIETETICS

DATE	TIME	VENUE	MODE
20.09.2022	2:47 p.m. to 3:45 p.m.	Room No. 52 EMG Yadava Women's College	Offline
Theme	National Nutrition Month Celebration		
Nature of the Activity	Guest Lecture		
Title	Adolescent Health		
Convener	Mrs.P.Tamilarasi Head, Assistant Professor of Nutrition & Dietetics EMGYWC		
Resource Person	Mrs. S.Chitra Devi Child Development Project Officer - Supervisor Anganwadi centre, Iyer bungalow, Madurai.		
Participants	Faculty - 4 Students - 41		

GUEST LECTURE ON "ADOLESCENT HEALTH"

Objectives:

- To promote awareness about the health effects of fast-food consumption among college girls.
- To educate participants on the nutritional value of healthy foods and their benefits for overall well-being.
- To highlight the relationship between poor dietary choices and common health issues, such as anaemia and obesity.
- To provide practical strategies for incorporating healthy foods into daily diets.
- To raise awareness about the role of iron in preventing anaemia and discuss methods to improve iron intake.

- To introduce the concept and benefits of kitchen gardening for cultivating fresh, nutritious produce.

Report: The guest lecture on "Adolescent Health" effectively addressed the impact of fast-food consumption on college girls. The speaker highlighted the detrimental health effects of fast foods, including their link to anaemia and other health issues. Emphasis was placed on the importance of healthy dietary practices, with practical tips provided to prevent iron deficiency anaemia. The lecture also introduced kitchen gardening as a practical solution for accessing fresh, nutritious produce. Participants gained valuable insights into improving their dietary habits and understanding the broader implications of nutrition on their overall health and well-being.

Programme Outcome:

Upon successful completion of the program,


- The participants became aware of the importance of consuming healthy foods.
- Know the ill effects of fast-food consumption and its link to anaemia.
- Gained information on healthy dietary practices to prevent iron deficiency anaemia.
- Learned the benefits of kitchen gardening for improved nutrition and self-sufficiency.

Photographs:



On National Nutrition Month, the Department of Nutrition & Dietetics organized a guest lecture on "Adolescent Health" on 20.09.2022.

Enclosures:
a. Invitation:



**E.M.G. YADAVA WOMEN'S COLLEGE,
MADURAI – 625 014.**

(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
Re-accredited (3rd Cycle) with Grade A+ & CGPA 3.51 by NAAC

DEPARTMENT OF NUTRITION & DIETETICS

GUEST LECTURE

ADDRESSED BY – Mrs .S.CHITRA DEVI

Child Development Project Officer - Supervisor,
Anganwadi centre,
Iyer bungalow,
Madurai – 14.


TOPIC – Adolescent Health

PARTICIPANTS – I,II,III YEAR N&D STUDENTS

VENUE – ROOM NUMBER - 52

DATE – 20.9.2022

Ponnanganni keerai



1. Nominal Roll of Participants: Student participants of EMGYWC:

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Guest Lecture on "Adolescent Health" - 20.9.2022			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1.	20NAD01	Abinaya.B	Nutrition & Dietetics
2.	20NAD02	Aishvarya.S	Nutrition & Dietetics
3.	20NAD03	Akila Jeevana.K	Nutrition & Dietetics
4.	20NAD06	Anies Fathima.M	Nutrition & Dietetics
5.	20NAD07	Ashar Hasoora.M.F	Nutrition & Dietetics
6.	20NAD08	Asma Meeral.R	Nutrition & Dietetics
7.	20NAD09	Aswin Jemi.H	Nutrition & Dietetics
8.	20NAD10	Backiyalakshmi.G	Nutrition & Dietetics
9.	20NAD11	Dhanushya.L	Nutrition & Dietetics
10.	20NAD14	Divya.N	Nutrition & Dietetics
11.	20NAD15	Divya Jothi.M	Nutrition & Dietetics
12.	20NAD17	Hazira Nagsath.M.A	Nutrition & Dietetics
13.	20NAD18	Ishwarya.T	Nutrition & Dietetics
14.	20NAD19	Karanya.V	Nutrition & Dietetics
15.	20NAD20	Lavanya.N	Nutrition & Dietetics
16.	20NAD21	Mageshwari.K	Nutrition & Dietetics
17.	20NAD22	Manju Bharathi.S	Nutrition & Dietetics
18.	20NAD23	Mathi Meena.M	Nutrition & Dietetics
19.	20NAD24	Meenakshi.G	Nutrition & Dietetics
20.	20NAD25	Menal.A	Nutrition & Dietetics
21.	20NAD26	Mercy Helan.C	Nutrition & Dietetics
22.	20NAD27	Mukhil.K.A	Nutrition & Dietetics

23.	20NAD28	Muthu Meena.L	Nutrition & Dietetics
24.	20NAD29	Parimalam.E.L	Nutrition & Dietetics
25.	20NAD30	Preethi.M	Nutrition & Dietetics
26.	20NAD31	Rohini.A	Nutrition & Dietetics
27.	20NAD32	Sakthi Devi.S	Nutrition & Dietetics
28.	20NAD33	Shajitha Rishana.M	Nutrition & Dietetics
29.	20NAD34	P.Shanmuga Priya	Nutrition & Dietetics
30.	20NAD35	Shanthini.V	Nutrition & Dietetics
31.	20NAD36	Sharmila.S	Nutrition & Dietetics
32.	20NAD37	Shifana Parveen.P.M	Nutrition & Dietetics
33.	20NAD38	Siva Sakthi Priya.K	Nutrition & Dietetics
34.	20NAD39	Sowmiya.R	Nutrition & Dietetics
35.	20NAD40	Sri Dharshini.V	Nutrition & Dietetics
36.	20NAD41	Sri Rajalakshmi.R	Nutrition & Dietetics
37.	20NAD42	Suriyakala.K	Nutrition & Dietetics
38.	20NAD44	Tina Jane Sara.D	Nutrition & Dietetics
39.	20NAD45	Usharani.S	Nutrition & Dietetics
40.	20NAD46	Vidhyavarshini.R	Nutrition & Dietetics
41.	20NAD48	Ishwarya.R	Nutrition & Dietetics

Coordinator: *K. Janaki*

P. Vanlae
Head of the Department

A. Kalita
Principal
PRINCIPAL I/C
E.M.G. YADAVA WOMEN'S COLLEGE
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