



KONGU ARTS AND SCIENCE COLLEGE (AUTONOMOUS), ERODE

DEPARTMENT OF BIOCHEMISTRY

DBT STAR COLLEGE SCHEME



One Day Workshop on Nutrition and Diet Therapy for Lifestyle and Nutritional Disorders
on 21.02.2022

REPORT

KONGU ARTS AND SCIENCE COLLEGE (AUTONOMOUS)
ERODE - 638107

DBT STAR COLLEGE SCHEME
DEPARTMENT OF BIOCHEMISTRY

Cordially invites you to the
One Day Workshop on
Nutrition and Diet Therapy for
Lifestyle and Nutritional Disorders

Presidential Address
Thiru.K.Palanisamy
Correspondent

Felicitation
Dr.N.Raman
Principal

Resource Person
Mrs.A.Jenifer Gladious (Alumni)
(2011-2014 Batch)
Consultant Dietitian
Certified Holistic Health Coach

Date: 21.02.2022
Time: 10.00 am
Venue: Ramanujam Hall

A One day Workshop on “Nutrition and Diet Therapy for Lifestyle and Nutritional Disorders” was organized for Students of Biochemistry Department under DBT Star College Scheme on 21/02/2022 in Ramanujam Hall. Special address was given by **Mrs.A.JENIFER GLADIOUS (Alumni)**, 2011-2014 BATCH, Consultant Dietitian, Certified Holistic Health Coach. 140 students participated in this workshop.

She started her key note address by sharing informations about the difference between simple and complex carbs, Healthy and unhealthy fats with the students. Her talk carried several informations regarding Exercise, Food balance especially nutritional balance in breakfast and Dinner. She also voiced out about the common problem among women like Irregular menstruation, PCOD and measures to control it. This workshop made students to clearly understand about the role of nutrition to live a balanced life. As she was a Consultant Dietitian, She also clarified student’s doubts regarding their own diet problems. She also made students to gain knowledge about sources of healthy foods by presenting models. The programme completed with knowledge sharing and interaction.

