

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



DEPARTMENT : NUTRITION & DIETETICS

ACTIVITY : GUEST LECTURE

YEAR : 2018-2019

DEPARTMENT OF NUTRITION & DIETETICS

DATE	TIME	VENUE
07.02.2019	10:30 a.m. to 12:00 noon	Seminar Hall EMG Yadava Women's College
Theme	Adolescent mental health awareness programme	
Nature of the Activity	Guest Lecture	
Title	Mental Health and Nutrition	
Convener	P.Tamilarasi Head & Assistant Professor of N & D EMGYWC	
Resource Person	Mrs.J.Harine Sargunam Assistant Professor of Nutrition and Dietetics, Jamal Mohamed College, Trichy.	
No. of Participants	Faculty- 4 Students- 41	

GUEST LECTURE ON "MENTAL HEALTH AND NUTRITION"

Objectives:

- To create awareness about the importance of mental health among adolescent girls.
- To highlight the role of nutrition in maintaining emotional and psychological well-being.

Programme Outcome:

The guest lecture provided valuable insights into the connection between mental health and nutrition, emphasizing how a balanced diet can positively influence mood, concentration, and overall mental wellness. The session helped students understand the impact of stress and offered practical strategies to manage it through healthy eating and

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lifestyle changes. As a result, students became more mindful of their mental well-being and learned how to adopt habits that support a balanced, stress-free life.

Photographs:



Guest Lecture on "Mental Health and Nutrition"- 07.02.2019

Enclosures:

a. Nominal Roll of Participants:

1. Student participants of EMGYWC:

Guest Lecture on "Mental Health and Nutrition"- 07.02.2019			
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

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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

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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	Vidhyavarsshini.R	Nutrition & Dietetics
41.	20NAD48	Ishwarya.R	Nutrition & Dietetics

2. Faculty participants of EMGYWC:

Guest Lecture on "Mental Health and Nutrition"- 07.02.2019		
S.No.	NAME	DESIGNATION WITH DEPARTMENT
1.	P.Tamilarasi	Head & Assistant Professor of N&D
2.	K.Gowsalya	Assistant Professor of N&D
3.	K.Janaki	Assistant Professor of N&D
4.	B.Ruba Rani	Assistant Professor of N&D