

## E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



**DEPARTMENT** : YRC & RRC

**ACTIVITY** : WEBINAR

**YEAR** : 2021-2022

### YOUTH RED CROSS & RED RIBBON CLUB

DATE	TIME	PLATFORM	MODE
30.09.2021	11:00 a.m. to 12:00 noon	Google Meet	Online
<b>Theme</b>	Nourishing the Body, & Healing the Mind		
<b>Nature of the Activity</b>	Webinar		
<b>Title</b>	Unavae Marunthu(Food is Medicine)		
<b>Organising Committee</b>	Dr.Mrs.Nambithai Assistant Professor of Tamil Dr.Mrs.M.R.Gurulakshmi Assistant Professor of Physics Ms. R.Kaninozhi Assistant Professor of English		
<b>Resource Person</b>	Dr. K.Sendesh Kannan, M.Sc., M.Phil., Ph.D., Head, Assistant Professor of Microbiology, Yadava College, Madurai		
<b>Programme Link</b>	<a href="https://drive.google.com/file/d/19kG6jt7Ihw8MMujZ_4yXMOIzl6xKbUqs/view?usp=share_link">https://drive.google.com/file/d/19kG6jt7Ihw8MMujZ_4yXMOIzl6xKbUqs/view?usp=share_link</a>		
<b>No. of Beneficiaries of our College</b>	Students - 44		

### WEBINAR ON "UNAVAE MARUNTHU(FOOD IS MEDICINE)"

#### Objectives:

- To create an awareness on how much nutritional food intake build our path to healthy life.
- To promote awareness about the connection between dietary choices and overall well-being, emphasizing the role of food as a preventive and therapeutic tool.
- To educate individuals on the transformative power of nutrition by highlighting the healing properties of foods.

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### Programme Outcome:

Through this webinar, individuals has gained a heightened understanding of the impact of nutrition on both physical and mental health. To understand the importance of medicinal value in the food. The outcome is a community empowered to make informed dietary choices, fostering holistic well-being and resilience in the face of health challenges.

### Screenshot:



Webinar on “Unavae Marunthu(Food is Medicine)” - 30.09.2021

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Enclosures:

a. Invitation:



**E.M.G YADAVAWOMEN'S COLLEGE, MADURAI-14.**  
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
Re-accredited (3<sup>rd</sup> Cycle) with Grade A<sup>+</sup> & CGPA 3.51 by NAAC



**WEBINAR  
ON**

**உணவே மருந்து**

**Organized by**

**RED RIBBON CLUB**

**Date: 30.09.2021 Monday**  
**Time: 11.00 AM**  
**Platform: Google Meet**



**Resource Person:**

**Dr. K. Sendesh Kannan**  
**M.Sc., M.Phil, Ph.D.,**  
**Head, Assistant Professor,**  
**Department of Microbiology,**  
**Yadava College,**  
**Madurai-14.**



b. Nominal Roll of Participants:

1. Student participants from our college:

<b>Webinar on "Unavae Marunthu(Food is Medicine)" - 30.09.2021</b>			
<b>S.No.</b>	<b>REGISTER NUMBER</b>	<b>NAME</b>	<b>DEPARTMENT</b>
1.	20ZOO26	S.Mahasri	Zoology
2.	20ZOO19	V. Jayasri	Zoology
3.	20ZOO05	B.Abitha	Zoology
4.	20ZOO12	S. Deepika	Zoology
5.	20ZOO03	R.Abibha Sulthana	Zoology
6.	20ZOO34	R.Rajalakshmi	Zoology
7.	20ZOO25	K.Logasri	Zoology
8.	20ZOO10	R.Bhuvaneshwari	Zoology

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9.	20ENA11	G Dharani	English
10.	20ENA16	S.Harisha begam	English
11.	20ENA29	K.Neha	English
12.	20ENA08	J. Bhuvaneshwari	English
13.	20ENA36	A.Shakira	English
14.	20ENA51	E.Vinothini	English
15.	20ENA37	M.Sheelavathi	English
16.	20TAM37	M.Raja Rajeshwari	Tamil
17.	20TAM35	R.Punithavalli	Tamil
18.	19TAM37	C.Pradeesha	Tamil
19.	20CGB19	T.Kathambari	B.Com
20.	19CGB10	S. Dhanalakshmi	B.Com
21.	19CGB45	J. Rupashika	B.Com
22.	20CGB78	A.Yazhini	B.Com
23.	20CGB12	E.Geetha	B.Com
24.	20CGB60	K.Sri Brindha	B.Com
25.	20CGB76	P.Vigneshwari	B.Com
26.	20CSA26	S.Rajameena	Computer Science
27.	20CSA24	K.Priyadharshini	Computer Science
28.	20CSB12	P.Gokila	Computer Science
29.	20BCA20	S.Soundarya	BCA
30.	20BCA14	D.Parkavi	BCA
31.	20MKA24	S.Priyadharshini	Maths (R)
32.	20 PHY21	S.Subashini	Physics
33.	20PHY18	G.Santhiya	Physics
34.	20PHY08	N.Kanishka	Physics
35.	20PHY06	R.Harini Devi	Physics
36.	20PHY09	S.Mahajothi Kiruba	Physics
37.	20PHY03	M.Deepadharshini	Physics
38.	20CCC15	N.Janaki	B.Com(CA)
39.	19CCC26	B.Nivetha	B.Com(CA)
40.	19CCC22	M.Munees Prabha	B.Com(CA)
41.	20CCB01	M.Aarthilakshmi	B.Com(CA)
42.	20NAD23	M.Mathi Meena	N & D
43.	20NAD28	L.Muthumeena	N & D
44.	20NAD18	T.Ishwarya	N & D