

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



**DEPARTMENT : ZOOLOGY**

**ACTIVITY : GUEST LECTURE**

**YEAR : 2018-2019**

### DEPARTMENT OF ZOOLOGY

| DATE                   | TIME                           | VENUE                                                                                                                                                                                                                                                |
|------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11.02.2019             | 02:00 p.m.<br>to<br>04:00 p.m. | ESR Alamelu Ammal Memorial Hall,<br>EMGYWC                                                                                                                                                                                                           |
| Theme                  |                                | To balance the free radicals and antioxidants for human health                                                                                                                                                                                       |
| Nature of the Activity |                                | Guest Lecture                                                                                                                                                                                                                                        |
| Title                  |                                | Importance of Antioxidants in Diet                                                                                                                                                                                                                   |
| Convener               |                                | Dr.G.Indira Rani<br>Head & Associate Professor of Zoology<br>EMGYWC                                                                                                                                                                                  |
| Resource Persons       |                                | Dr. Mrs. J. Jacqueline Chitra<br>Assistant Medical Officer (Siddha)<br>Government Primary Health Centre<br>Kallandiri, Madurai<br>Dr. Mrs. S. Punitha<br>Assistant Medical Officer (Siddha)<br>Government Primary Health Centre<br>Elumalai, Madurai |
| No. of Beneficiaries   |                                |                                                                                                                                                                                                                                                      |
| Faculty                |                                | Students                                                                                                                                                                                                                                             |
| 7                      |                                | 125                                                                                                                                                                                                                                                  |

**GUEST LECTURE ON "IMPORTANCE OF ANTIOXIDANTS IN DIET"**

**Objectives:**

To educate students about the significance of antioxidants in maintaining overall health.

**Key Points Covered:**

- The speakers provided an overview of antioxidants, explaining their role in neutralizing free radicals and preventing oxidative damage in the body.
- Various sources of antioxidants in the diet, including fruits, vegetables, nuts, seeds, and herbs, were discussed. The importance of consuming a diverse range of antioxidant-rich foods for optimal health was emphasized.
- The lecture highlighted the health benefits of antioxidants, such as reducing the risk of chronic diseases, supporting immune function, and promoting overall well-being.
- Also explained how antioxidants help in preventing various diseases, including cancer, cardiovascular diseases, and age-related conditions.
- Practical tips on incorporating antioxidant-rich foods into the diet were provided, along with suggestions for maintaining a balanced and healthy lifestyle.

**Outcome:**

The lecture on the "Importance of Antioxidants in Diet" provided valuable insights to the students of the Department of Zoology. They gained a deeper understanding of the role of antioxidants in maintaining health and preventing diseases. The practical tips shared by the speakers will help students make informed dietary choices for their well-being.

**Feedback:** It was recommended to organize more such informative lectures on topics related to health and nutrition to enhance students' awareness and knowledge.

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

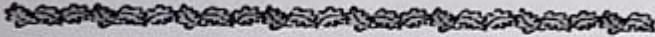
**Photograph:**



**Department of Zoology organised a Guest Lecture entitled "Importance of Antioxidants in Diet" - 11.02.2019**

Enclosures:

1. Circular:

|                                                                                                                                     |                              |
|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
|                                                    |                              |
| <b>E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI - 625 014.</b>                                                                            |                              |
| <i>(An Autonomous Institution - Affiliated to Madurai Kamaraj University)</i>                                                       |                              |
| Re-accredited (3 <sup>rd</sup> Cycle) with Grade 'A' by NAAC                                                                        |                              |
| CGPA 3.51                                                                                                                           |                              |
| <b>ASSOCIATION MEETING</b>                                                                                                          |                              |
|                                                   |                              |
| <b>DATE</b><br>11.02.2019                                                                                                           |                              |
| <b>TIME</b><br>2.00 to 4.00 pm                                                                                                      | <b>VENUE</b><br>Seminar Hall |
| <b>RESOURCE PERSONS</b>                                                                                                             |                              |
| Dr. J. Jacqueline Chitra BSMS<br>Assistant Medical Officer (Siddha)<br>Government Primary Health Centre,<br>Kallandiri,<br>Madurai. |                              |
| Dr. S. Punitha BSMS<br>Assistant Medical Officer (Siddha)<br>Government Primary Health Centre,<br>Elumalai,<br>Madurai.             |                              |
| <b>TOPIC</b><br><b>"IMPORTANCE OF ANTI OXIDANTS IN DIET"</b>                                                                        |                              |
| <b>PARTICIPANTS</b><br>Students of Zoology Department                                                                               |                              |
| <b>All are cordially invited</b>                                                                                                    |                              |

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

**a. Nominal Roll of Participants:**

**1. Student participants of EMGYWC:**

| <b>Guest Lecture on " Importance of Antioxidants in Diet " - 11.02.2019</b> |                            |                      |                   |
|-----------------------------------------------------------------------------|----------------------------|----------------------|-------------------|
| <b>S.No.</b>                                                                | <b>REGISTER<br/>NUMBER</b> | <b>NAME</b>          | <b>DEPARTMENT</b> |
| 1.                                                                          | 18ZOO02                    | T.Ajitha             | I Year Zoology    |
| 2.                                                                          | 18ZOO03                    | S.Barveen Sulthana   | I Year Zoology    |
| 3.                                                                          | 18ZOO04                    | G.Bavani             | I Year Zoology    |
| 4.                                                                          | 18ZOO05                    | B.Deepika            | I Year Zoology    |
| 5.                                                                          | 18ZOO06                    | D.K.Dharani Priya    | I Year Zoology    |
| 6.                                                                          | 18ZOO07                    | K.Gayathri           | I Year Zoology    |
| 7.                                                                          | 18ZOO08                    | R.Gokila             | I Year Zoology    |
| 8.                                                                          | 18ZOO09                    | S.Harini             | I Year Zoology    |
| 9.                                                                          | 18ZOO10                    | K.Iswarya            | I Year Zoology    |
| 10.                                                                         | 18ZOO11                    | S.Kalaivani          | I Year Zoology    |
| 11.                                                                         | 18ZOO12                    | T.Karpagam           | I Year Zoology    |
| 12.                                                                         | 18ZOO13                    | M.Karthiga           | I Year Zoology    |
| 13.                                                                         | 18ZOO14                    | V.Karthiyayini       | I Year Zoology    |
| 14.                                                                         | 18ZOO15                    | Z.Kathambari Barjana | I Year Zoology    |
| 15.                                                                         | 18ZOO16                    | K.Logeshwari         | I Year Zoology    |
| 16.                                                                         | 18ZOO17                    | S.Logeshwari         | I Year Zoology    |
| 17.                                                                         | 18ZOO18                    | M.Malarvizhi         | I Year Zoology    |
| 18.                                                                         | 18ZOO19                    | B.Muthu              | I Year Zoology    |
| 19.                                                                         | 18ZOO20                    | T.Muthu lakshmi      | I Year Zoology    |
| 20.                                                                         | 18ZOO21                    | G.Nandhini           | I Year Zoology    |
| 21.                                                                         | 18ZOO23                    | R.Parameshwari       | I Year Zoology    |
| 22.                                                                         | 18ZOO24                    | P.Pavithra           | I Year Zoology    |

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|     |         |                  |                 |
|-----|---------|------------------|-----------------|
| 23. | 18ZOO25 | S.Praveena       | I Year Zoology  |
| 24. | 18ZOO26 | R.Priyadharshini | I Year Zoology  |
| 25. | 18ZOO27 | V.Priyadharshini | I Year Zoology  |
| 26. | 18ZOO28 | P.Remuki         | I Year Zoology  |
| 27. | 18ZOO29 | J.Safrina        | I Year Zoology  |
| 28. | 18ZOO30 | V.Shakthi Meena  | I Year Zoology  |
| 29. | 18ZOO31 | R.Sandhiya       | I Year Zoology  |
| 30. | 18ZOO32 | B.Sarusri        | I Year Zoology  |
| 31. | 18ZOO33 | M.Sathana Sri    | I Year Zoology  |
| 32. | 18ZOO34 | N.Shalini        | I Year Zoology  |
| 33. | 18ZOO35 | S.Sharmila       | I Year Zoology  |
| 34. | 18ZOO36 | M.Sneha          | I Year Zoology  |
| 35. | 18ZOO37 | M.Subha          | I Year Zoology  |
| 36. | 18ZOO38 | P.Sumithra       | I Year Zoology  |
| 37. | 18ZOO39 | R.Swetha         | I Year Zoology  |
| 38. | 18ZOO40 | M.Thenmozhi      | I Year Zoology  |
| 39. | 18ZOO41 | M.Usha           | I Year Zoology  |
| 40. | 18ZOO42 | P.Valarmathi     | I Year Zoology  |
| 41. | 18ZOO43 | V.Vani Sri       | I Year Zoology  |
| 42. | 19ZOO01 | A. Abitha        | II Year Zoology |
| 43. | 19ZOO02 | A. Ajitha        | II Year Zoology |
| 44. | 19ZOO03 | M. Ajitha        | II Year Zoology |
| 45. | 19ZOO04 | R. Anitha        | II Year Zoology |
| 46. | 19ZOO05 | M. Brintha       | II Year Zoology |
| 47. | 19ZOO06 | M. Deepika       | II Year Zoology |
| 48. | 19ZOO07 | S. Deepika       | II Year Zoology |

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|     |         |                     |                 |
|-----|---------|---------------------|-----------------|
| 49. | 19ZOO08 | K. Dharani Selvi    | II Year Zoology |
| 50. | 19ZOO09 | S. Durga            | II Year Zoology |
| 51. | 19ZOO10 | D. Janani           | II Year Zoology |
| 52. | 19ZOO11 | K. Janaphernisha    | II Year Zoology |
| 53. | 19ZOO12 | R. Jeyapriya        | II Year Zoology |
| 54. | 19ZOO13 | M. Jeyashree        | II Year Zoology |
| 55. | 19ZOO14 | A. Jothika          | II Year Zoology |
| 56. | 19ZOO15 | S. Kanagalakshmi    | II Year Zoology |
| 57. | 19ZOO16 | T. Kaviya           | II Year Zoology |
| 58. | 19ZOO17 | R. Kayathri         | II Year Zoology |
| 59. | 19ZOO18 | T. Leenashree       | II Year Zoology |
| 60. | 19ZOO19 | P. Lingeswari       | II Year Zoology |
| 61. | 19ZOO20 | S. Maya Siva Sakthi | II Year Zoology |
| 62. | 19ZOO21 | R. Nandhini         | II Year Zoology |
| 63. | 19ZOO22 | B. Nithyasri        | II Year Zoology |
| 64. | 19ZOO23 | C. Parameshwari     | II Year Zoology |
| 65. | 19ZOO24 | R. Pavithra         | II Year Zoology |
| 66. | 19ZOO25 | T. Pavithra         | II Year Zoology |
| 67. | 19ZOO26 | T. Prabhavathi      | II Year Zoology |
| 68. | 19ZOO27 | V. Priyadharshini   | II Year Zoology |
| 69. | 19ZOO28 | M. Rajalakshmi      | II Year Zoology |
| 70. | 19ZOO29 | S. Saraspathi       | II Year Zoology |
| 71. | 19ZOO30 | B. Sathyasree       | II Year Zoology |
| 72. | 19ZOO31 | B. Shamimbanu       | II Year Zoology |
| 73. | 19ZOO32 | R. Sindhuja         | II Year Zoology |
| 74. | 19ZOO33 | J. Sivatharaniya    | II Year Zoology |

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|      |         |                   |                  |
|------|---------|-------------------|------------------|
| 75.  | 19ZOO34 | R. Sneka          | II Year Zoology  |
| 76.  | 19ZOO35 | T. Sneka          | II Year Zoology  |
| 77.  | 19ZOO36 | G. Sowmiya        | II Year Zoology  |
| 78.  | 19ZOO37 | M. Sridharshini   | II Year Zoology  |
| 79.  | 19ZOO38 | M. Subapriya      | II Year Zoology  |
| 80.  | 19ZOO39 | B. Subasri        | II Year Zoology  |
| 81.  | 19ZOO40 | V. Suganya        | II Year Zoology  |
| 82.  | 19ZOO41 | S. Thilagavathy   | II Year Zoology  |
| 83.  | 19ZOO42 | N. Vaishali       | II Year Zoology  |
| 84.  | 19ZOO43 | P. Varsha         | II Year Zoology  |
| 85.  | 19ZOO44 | R. Yogapriya.     | II Year Zoology  |
| 86.  | 20ZOO01 | T.Aaliya Samrin   | III Year Zoology |
| 87.  | 20ZOO02 | M.Aasika kaviya   | III Year Zoology |
| 88.  | 20ZOO03 | R.Abibha Sulthana | III Year Zoology |
| 89.  | 20ZOO04 | S Abinaya Sri     | III Year Zoology |
| 90.  | 20ZOO05 | B.Abitha          | III Year Zoology |
| 91.  | 20ZOO06 | M.Aiswarya        | III Year Zoology |
| 92.  | 20ZOO07 | D.Akila           | III Year Zoology |
| 93.  | 20ZOO08 | N.Ameera Aysha    | III Year Zoology |
| 94.  | 20ZOO09 | S.Aruna Devi      | III Year Zoology |
| 95.  | 20ZOO10 | R.buvaneshwari    | III Year Zoology |
| 96.  | 20ZOO11 | S.Chitra          | III Year Zoology |
| 97.  | 20ZOO12 | S.Deepika         | III Year Zoology |
| 98.  | 20ZOO13 | T.Devipriya       | III Year Zoology |
| 99.  | 20ZOO14 | M.Elakkiya        | III Year Zoology |
| 100. | 20ZOO15 | M.Gayathri        | III Year Zoology |

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|      |         |                      |                  |
|------|---------|----------------------|------------------|
| 101. | 20ZOO16 | T.Gayathri           | III Year Zoology |
| 102. | 20ZOO17 | M.GokulaDharshini    | III Year Zoology |
| 103. | 20ZOO18 | K.K.Hema             | III Year Zoology |
| 104. | 20ZOO19 | V.Jayasri            | III Year Zoology |
| 105. | 20ZOO20 | K.Jegalakshmi        | III Year Zoology |
| 106. | 20ZOO21 | S.Jeniparpandi       | III Year Zoology |
| 107. | 20ZOO22 | K.Kalaiselvi         | III Year Zoology |
| 108. | 20ZOO23 | R.Karthigayini       | III Year Zoology |
| 109. | 20ZOO24 | N.Kopperundevi       | III Year Zoology |
| 110. | 20ZOO25 | K.Logasri            | III Year Zoology |
| 111. | 20ZOO26 | S.Mahasri            | III Year Zoology |
| 112. | 20ZOO27 | P.Meenambikai        | III Year Zoology |
| 113. | 20ZOO28 | P.Megala             | III Year Zoology |
| 114. | 20ZOO30 | M.Narmatha           | III Year Zoology |
| 115. | 20ZOO31 | C.Pandimeena@Sowmiya | III Year Zoology |
| 116. | 20ZOO32 | V.Praveema           | III Year Zoology |
| 117. | 20ZOO34 | R.Rajalakshmi        | III Year Zoology |
| 118. | 20ZOO35 | J.Ramalakshmi        | III Year Zoology |
| 119. | 20ZOO36 | S.Rashmi             | III Year Zoology |
| 120. | 20ZOO37 | S.Roobavathi         | III Year Zoology |
| 121. | 20ZOO38 | K.Santhiya           | III Year Zoology |
| 122. | 20ZOO39 | C.Saranya            | III Year Zoology |
| 123. | 20ZOO40 | B.Shalini            | III Year Zoology |
| 124. | 20ZOO42 | G.Sukirtha           | III Year Zoology |
| 125. | 20ZOO43 | S.Vijaya             | III Year Zoology |

**2.**

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

**2. Faculty Participants of EMGYWC:**

| <b>Guest Lecture on " Importance of Antioxidants in Diet " - 11.02.2019</b> |                  |                                         |
|-----------------------------------------------------------------------------|------------------|-----------------------------------------|
| <b>S.No.</b>                                                                | <b>NAME</b>      | <b>DESIGNATION WITH DEPARTMENT</b>      |
| 1.                                                                          | Dr.G.Indira Rani | Head & Associate Professor of Zoology   |
| 2.                                                                          | Mrs. C.Kamala    | Head & Associate Professor of Chemistry |
| 3.                                                                          | R.S.Rajalakshmi  | Assistant Professor of Zoology          |
| 4.                                                                          | Dr.M.A.Soniya    | Assistant Professor of Zoology          |
| 5.                                                                          | Mrs.S.Sharmila   | Assistant Professor of Zoology          |
| 6.                                                                          | Dr.V.Vijaya      | Assistant Professor of Botany           |
| 7.                                                                          | Mrs.Nisath       | Assistant Professor of Chemistry        |