



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f)&12(B) of UGC Act 1956 Permanently Affiliated to Thiruvalluvar University

Re-Accredited with "A" Grade by NAAC (3rd Cycle) An ISO 9001:2015 Certified Institution

DEPARTMENT OF NUTRITION, FSM & DIETETICS

ORGANIZES

INTERNATIONAL WEBINAR ON HEALTHY LIFESTYLE 3.6.2020

INVITATION



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

VANIYAMBADI

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DEPARTMENT OF NUTRITION, FOOD SERVICE MANAGEMENT AND DIETETICS

Invites you to

INTERNATIONAL WEBINAR ON HEALTHY LIFESTYLE

RESOURCE PERSONS	
 <p>Ms. PREMALATHA. P HYGIENE OFFICER AL ADIL TRADING CO.L.L.C DUBAI, UAE</p>	 <p>Ms. SHANTHI KAAVERY CONSULTANT DIETITIAN FOUNDER & MD ELITE DIET STUDIO, CHENNAI, INDIA</p>
TOPIC : PERSONAL HYGIENE AND FOOD SAFETY	TOPIC : HOLISTIC APPROACH TOWARDS A FAMILY HEALTH

<p>Date : 3rd June 2020 Time : 2.00 p.m. onwards</p>	<p>Sri. C. Lickmichand Jain Secretary</p> <p>Dr. T. Balasubramanian Principal</p>	<p>No Registration Fee E-Certificate will be provided</p>
<p>Live in :  GoToWebinar</p>	<p>Dr. M. Inbavalli Vice Principal</p> <p>Ms. R. Mahalakshmi HOD & Convenor</p>	<p>Registration Link : https://forms.gle/MCKYSKa5YeDGJejQ8</p>

website : www.mkjc.in

CMY Press

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Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751



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**MARUDHAR NAGAR, CHINNAKALLUPALLI
VANIYAMBADI-635 751.
TIRUPATTUR DISTRICT.**

**DEPARTMENT OF NUTRITION
FOOD SERVICE MANAGEMENT AND DIETETICS**

**Organizes
INTERNATIONAL WEBINAR ON
HEALTHY LIFESTYLE**

Date : 3rd June 2020 Time : 2.00 p.m. onwards

ORGANIZING COMMITTEE

MANAGEMENT TRUSTEES

Sri. M. Vimmal Chand Jain	President
Sri. J. Rathanlal Jain	Vice President
Sri. C. Lickmichand Jain	Secretary
Sri. D. Utham Chand Jain	Joint Secretary
Sri. N. Sripal Kumar Jain	Treasurer
Sri. M. Sudarsan Kumar Jain	Trustee
Sri. K. Rajesh Kumar Jain	Trustee
Sri. N. Lalith Kumar Jain	Trustee
Sri. K. Anand Kumar Jain	Trustee

PATRON

Dr. T. Balasubramanian
Principal

CO-PATRON

Dr. M. Inbavalli
Vice Principal

CONVENOR

Mrs. R. Mahalakshmi,
Head of the Department

CO-ORDINATORS

Mrs. S. Yamuna, Assistant Professor
Ms. S. Harshini, Assistant Professor
Ms. M. Hajira Kouser, Assistant Professor
Ms. N. Pragathi, Assistant Professor



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ABOUT OUR INSTITUTION

Marudhar Kesari Jain College for Women, Vaniyambadi (25th Year of Excellence) MKJC, established in the year 1994, is approved by Govt. of Tamilnadu, and is **permanently affiliated** to Thiruvalluvar University. It has been re-accredited with "A" grade by NAAC, Bangalore (UGC recommended) in the year 2019 and certified by BSI as an **ISO 9001:2015 certified** institution in the year 2018.

The focus of the college is RURAL DEVELOPMENT through women education, especially those from inclusive society with RIGHT KNOWLEDGE and make them self-sufficient to develop holistic personality and excellence in their walks of life. The college is offering **16 U.G. courses, 12 P.G. courses, 8 M.Phil. courses and 6 Ph.D course** with 2700 students, 200 Teaching staff and 162 Non Teaching staff.

MKJC has proud history of achievement in promoting academic and professional excellence that has led to strong outcomes in securing above 90% of results and 5 gold medals and 39 University Ranks. For over 25 years MKJC have achieved a long list of accolades with stories of success within the region.

Also to extend and support the dreams of the rural and economical background students MKJC associated with Distance Education study centre of

- **Mother Teresa University**
- **Tamilnadu Physical Education and Sports University**
- **The Institute of company Secretaries of India in PURSUIT of Professional Excellence statutory body under the act of parliament.**

The college is located in Vaniyambadi - Tirupattur Highway in Tirupattur District. It has a sprawling campus of 25 acres. It is set amidst beautiful sylvan surroundings at the foot of Yelagiri Hills with vast stretches of greenery all around providing a congenial atmosphere for teaching and learning.

website: www.mkjc.in

ABOUT THE DEPARTMENT

The department of Nutrition, FSM & Dietetics laid its cornerstone in the year 2010 with M.Sc Foods & Nutrition as the main course and spread its wing in post-graduation in the year 2016. Many students have benefited through this course in their career. The department is enlisted with five well accomplished faculties. Workshops, National level and International level seminars are conducted every year and students are motivated to take active participation in it. The department also conducts Inter and Intra department competition using various activities. The department has built its programs oriented towards excellence and community development, to shape the future. Every year our department students actively participate in Community Nutrition Survey, Hospital Internship, Hotel and Industrial Visits to empower their knowledge.

OBJECTIVES OF THE WEBINAR

- To create exposure among the society regarding family health.
- To impart knowledge on personal hygiene and food safety



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AGENDA



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Marudhar Nagar, Chinnakallupalli, Vaniyambadi



DEPARTMENT OF NUTRITION, FSM & DIETETICS

Organizing International Webinar On
"HEALTHY LIFESTYLE"

On 3rd June 2020 @ 02:00 pm

Agenda

Welcome Address	:	R. Mahalakshmi HOD, Dept of Nutrition, FSM&D
Felicitation	:	Dr. T. Balasubramanian Principal
Chief Guest Introduction	:	S. Harshini Assistant Prof. Dept of NFSM&D
Address By Chief Guest	:	Ms. ShanthiKaavery Consultant Dietitian Founder & MD, Elite Diet Studio, Chennai, India Ms. Premalatha Hygiene officer Al Adil Trading CO.L.L.C, Dubai, UAE
Vote Of Thanks	:	Dr. M. Inbavalli VicePrincipal

All are invited



T. P. S.

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REPORT

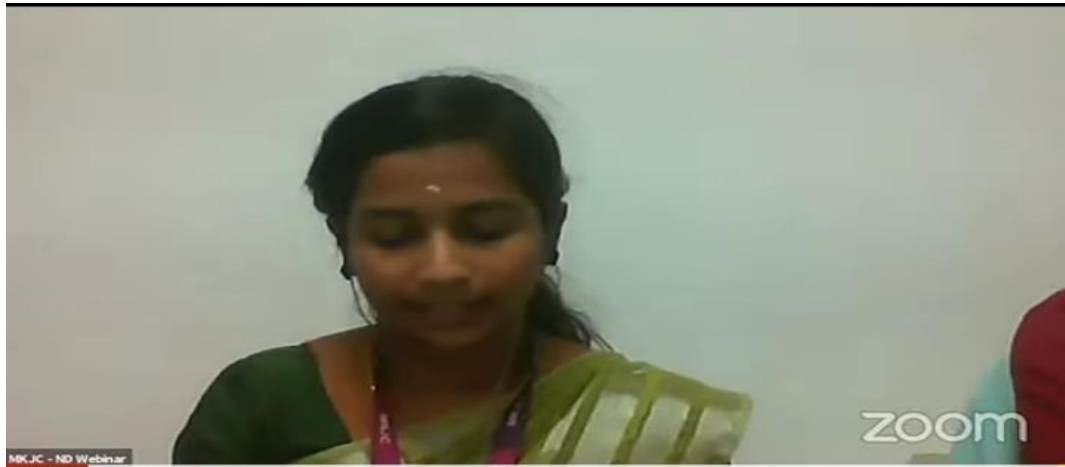
Marudhar Kesari Jain College for Women, Vaniyambadi, Department of Nutrition, Food Service Management and Dietetics Organized One Day International Webinar on **"Healthy Life Style"** which was held on 03/06/2020. The Programme began with prayer song followed by Welcome address by Ms. R. Mahalakshmi, Head, and Department of Nutrition. Dr. T. Balasubramanian, Principal of MKJC facilitated the gathering. Ms. S. Harshini, Assistant Professor, Department of Nutrition introduced the Chief Guest.

Ms. Shanthi Kavery, Consultant Dietitian, Chennai spoke about Healthy Life Style and also highlighted about the diets on various diseases condition. The chief guest of next session was Ms. B. Premlatha, Hygiene Officer; Dubai spoke on Personal Hygiene and Food Safety. Finally, Dr. M. Inbavalli, Vice Principal of MKJC Delivered Vote of Thanks and The Programme concluded with National Anthem. About 77 students and staffs took part in the conference.

HEAD OF THE DEPARTMENT

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PHOTOS– 3.6.2020



HOW TO MAINTAIN HEALTHY
LIFESTYLE, INTERNATIONAL WEBI...



HOW TO MAINTAIN HEALTHY
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