



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**S19**

### Report Academic Year 2016-2017

**Name of the Event: Nutraceuticals A New Era of Health Care**

**Date: 15<sup>th</sup> February 2017**

**Venue: Silver Jubilee Seminar Hall**

**Organized By: PG Students of Dept. Of Home Science, Vimala College**

**Participants: 27**

State level workshop on “NUTRACEUTICALS A NEW ERA OF HEALTH CARE “was conducted on 15/02/2017 Wednesday at silver jubilee seminar hall. PG and Diploma students of nutrition and dietetics organised the workshop. The programme started with registration at 9 am. Official function started with seeking blessing from the god and Reshmi Balakrishnan of first MSc. Nutrition & Dietetics welcomed the guests and participants from various colleges. Dr. Karuna M.S, Assoc. Prof and Head, Dept. Home science preside the function. And she shared her thoughts on importance of nutrition in daily life.

In the absentia of Principal, Vice Principal Sr. Ritty Nedumpara inaugurated the workshop. Smt . Ann Mary Thomas, IQAC Joint coordinator, Vimala College and Asha P. Rao, VCASS Cordinator, Vimala College felicitated the function. Dr .Siby Jose of PG diploma gave the vote of thanks.

The technical sessions was handled by **Shri. Somasekharan, secretary and palakad organic trust and Shri.Linn Kannya** organic director on the topic ‘IMPORTANCE OF MILLETS’. They talked about importance of millets & also they introduced food products made up of millets such as biriyani, noodles, kanji, coffee etc. And there was a power point presentation on the topic millets which is handled by Varsha C.V of first year PG student. She shared about nutritive value of different types of millets and its health benefits.

After the lunch break, second technical session was handled by **Dr. Prasanna Venugopal, Yoga & Naturopathy Centre**, on the topic nutraceutical a new era of health care and she told about use of nutraceuticals in naturopathy. The session ended with a vote of thanks at 3:30pm.



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Proofs attached

Brochure

**VIMALA COLLEGE (AUTONOMOUS) THRISSUR**  
NAAC Re-accredited (3rd cycle) A grade, CGPA 3.50 on a 4 Point Scale

**Post Graduate Students Department Of Home science**  
Presents

**NUTRACEUTICALS - A New Era of Health Care**

**On 15th February 2017**  
**Time - 9.00 AM to 4.00 AM**

**Venue - Sliver Jubilee Seminar Hall**

Dr Sr Maries VL      Dr Karuna MS      Faculty Coordinator      Student Coordinator  
Principal      Head of Dept of Home Science  
Vimala College      Vimala college      Ms.Mony Geege      Reshmi Balakrishnan  
(Autonomous) Thrissur      (Autonomous) Thrissur

Photos:-





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### List of Participants

### PG and PG Diploma course in Nutrition and Dietetics

1 Arya Rajan V
2 Athira K A
3 Kajal M A
4 Krishnendhu V C
5 Mariya Thomas
6 Priya T F
7 Renitha Richard
8 Reshmi Balakrishnan V
10 Simla Thomas
11 . Theertha U Nair
12 .Varsha C V
13 .Athira
14 .Aiswarya
15 Delvi
16 .Ashiya
17 Gadtha
18 Sr.Jolly
19 .Shilpa
20. Riswana
21. Akshatha T.V
22 Anisha paul.T
23 Anjana C.S
24 Anu Maria Wilson
25 Arathi C.V
26 Athira V Nair
27. Bindhiya K

*Luby Thomas*

Head, Department of Home Science



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PRINCIPAL IN-CHARGE  
VIMALA COLLEGE  
(AUTONOMOUS)  
THRISSUR - 680 009

*Assessment Period (2016 - 2021)*