

Seminar on Nutrition

Organised by: Department of Zoology

Report -

A seminar on Nutrition was organized by the Department on 13 August 2018. All the students and staff of the college benefitted from the event. Mr. A. Sasidharan, Managing Director, Wellness Diet and Ms. Biniya Baby, Nutritionist, St. James Hospital Chalakudy were the resource persons. They also conducted an exhibition of their Wellness Diet products.

Ms. Biniya Baby is a nutritionist at St. James Hospital and she gave a class on food, types of food, how food is digested and so on. Food is something that provides nutrients. Nutrients are substances that provide: energy for activity, growth, and all functions of the body such as breathing, digesting food, and keeping warm; materials for the growth and repair of the body, and for keeping the immune system healthy.

She then stressed on the various bad eating and lifestyle habits of college students and especially teens which can cause many ill-effects, such as avoiding breakfast which was common among college students especially girl students. She also mentioned how food resources today are extremely adulterated. Right from sowing to reaping, the application of pesticides makes the food we eat today a poison.

Mr. Sasidharan, Managing Director of Wellness Diet Pvt. Ltd. is a company registered at Pune but has operations in Kerala. He explained about the company which specializes in Hospital dietary, Hospital Canteen and also promotes functional food ingredients. Some of the hospitals which offer their services are

Amala medical college Thrissur; Elite Mission hospital Thrissur; Little flower Hospital Angamaly, KVM hospital cherthala Allappu, St James Hospital Chalakudy, Thrissur etc..

Staff and students were asked questions and those who gave correct answers were given free samples of the Wellness Diet company.

Students of the college present on 13th August 2018

List of participants from Zoology department -

S.No.	Name of the student	Class
1.	Aleena Wilson	III DC
2.	Alfiya Pappachan	III DC
3.	Amritha S.K.	III DC
4.	Anjitha Chandran	III DC
5.	Anusha Reji	III DC
6.	Binitha Baby	III DC

7.	Blessy Babu	III DC
8.	Gayathry Viswanathan	III DC
9.	Georgeena Jose	III DC
10.	Lisha K.S.	III DC
11.	Namitha P.K.	III DC
12.	Pooja Pradeep	III DC
13.	Reshma N.S.	III DC
14.	Risna Basheer	III DC
15.	Shajana K. Kumar	III DC
16.	Abiya Prasad	III DC
17.	Akhila Jose	III DC

18.	Ashmy Shakkeer	III DC
19.	Aswathy V.S.	III DC
20.	Christeena N.D.	III DC
21.	Hima Vijayan	III DC
22.	Jesny James	III DC
23.	Megha T.K.	III DC
24.	Pooja K.P.	III DC
25.	Renjima Jose	III DC
26.	Vidya Anand	III DC
27.	Vijithra A.	III DC
28.	Vismaya Vinod	III DC

29.	Aleena Devassy	II DC
30.	Annam C.T.	II DC
31.	Arathy V.R.	II DC
32.	Ashira Ashokan	II DC
33.	Aswathy C.J.	II DC
34.	Athulya Krishnan K.	II DC
35.	Devika C.S.	II DC
36.	Devika P. Sajan	II DC
37.	Ganga K.S.	II DC
38.	Jithiya Kosmin	II DC
39.	Krishnaveni K.A.	II DC

40.	Lakshmi Chithran	II DC
41.	Mariya Peter	II DC
42.	Namitha Babu	II DC
43.	Ragendu P.B.	II DC
44.	Sandra Mohan	II DC
45.	Silpa K.S.	II DC
46.	Sivani Dinesh	II DC
47.	Aleena Siby	II DC
48.	Amala Vincent	II DC
49.	Anjana P. Sreedhar	II DC
50.	Anju P.P.	II DC

51.	Anu B.L.	II DC
52.	Athira P.R.	II DC
53.	Dalna Davis	II DC
54.	Dibina A.S.	II DC
55.	Kavery Ratheesh	II DC
56.	Kavya K.S.	II DC
57.	Merlin Michael	II DC
58.	Nayana Mathew	II DC
59.	Sr. Sani Cicily K.C.	II DC
60.	Sanila K.S.	II DC
61.	Shani N.S.	II DC

62.	Silpa Gopi	II DC
63.	Silvy K.J.	II DC
64.	Sona Jayson	II DC
65.	Sree Parvathy K.D.	II DC
66.	Anitta Jose	I DC
67.	Atheena Sojan	II DC
68.	Athira T.U.	II DC
69.	Bhagyasree M.B.	II DC
70.	Christy M.B.	II DC
71.	Ganga V	II DC
72.	Janofer Arshin	II DC

73.	Lakshmi K.B.	II DC
74.	Liya Jose	II DC
75.	Meghana Francis	II DC
76.	Sadya Sadath	II DC
77.	Sethulakshmi P.M.	II DC
78.	Sreekutty P.	II DC
79.	Aiswarya M.	II DC
80.	Amiya M.P.	II DC
81.	Amrutha K.K.	II DC
82.	Ann Mariya Antony	II DC
83.	J. Janaki	II DC

84.	Jesna Maria	II DC
85.	Jismi Jose	II DC
86.	Lakshmi P.S.	II DC
87.	Medha B. Rajan	II DC
88.	Raghi Vasu	II DC
89.	Reshma Rose Shaji	II DC
90.	Sandhra Sarang	II DC
91.	Sethulakshmi L.R.	II DC
92.	Sona Pauly	II DC
93.	Suma M.	II DC
94.	Surya E.A.	II DC

95.	Vismaya Jayachandran	II DC
-----	----------------------	-------

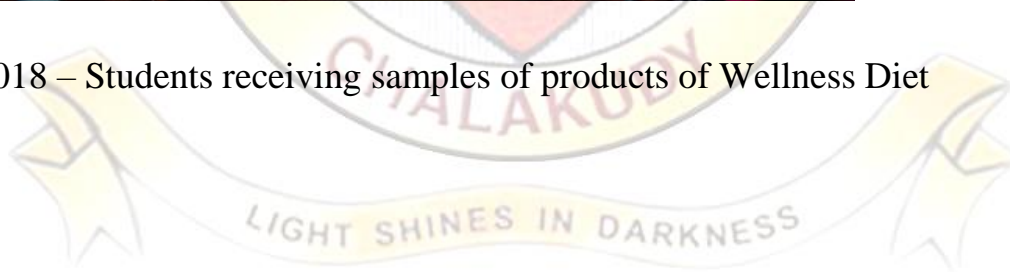
13/8/2018 – Seminar on nutrition by Ms. Biniya Baby, Nutritionist, St. James Hospital



13/8/2018 – Talk on products of Wellness Diet Pvt. Ltd. by Mr. Sasidharan,
Managing Director



13/8/2018 – Students receiving samples of products of Wellness Diet





13/8/2018 – Staff receiving samples of products of Wellness Diet

