



Sri G.V.G. Visalakshi College For Women, Udumalpet- 642128
Autonomous and Affiliated to Bharathiar University, Coimbatore
Accredited at A⁺ grade by NAAC (Fourth cycle)
An ISO 9001:2015 Certified Institution

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Department of Economics

**SRI GVG VISALAKSHI COLLEGE FOR WOMEN
(AUTONOMOUS) AFFILIATED TO BHARATHIAR UNIVERSITY
ACCREDITED TO A+ GRADE BY NAAC (4TH CYCLE)
AN ISO 9001:2015 CERTIFIED INSTITUTION
UDUMALPET, TAMILNADU**

WORLD FOOD SAFETY DAY JUNE 7 2021
**Awareness Programme Organised by Department of
Economics in Coordination with Unnat Bharat Abhiyan
on June 8th 2021**

Guest Speaker :
Dr.Sivakani Subash,
Sivakani Hospital, Nehru
Street, Udumalaipettai,
Tamil Nadu 642126



Topic :
Safety Food for
Healthy Life
during Pandemic



World
FOOD SAFETY
DAY

Google Meet Link: meet.google.com/wtj-heqb-kda
Time : 11.00 am to 12.00 pm

Watermark: PosterMyWall.com

Department of Economics organised online guest lecture on “World Food Safety Day”.

Objective of the Guest Lecture:

- To create basic awareness about the importance of intake of healthy foods.
- To educate the students about the vaccination to immunize against the deadly virus.



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Post Graduate & Research Department of Economics
Online Guest Lecture on Safety Food for Healthy Life during Pandemic

Programme Sheet

Date: 08.06.2021

Time: 11.00 am -12.00 p.m.

Online Platform: Google Meet

Prayer Song

: Ms R. Monika

III BA Economics

Welcome Address

: Dr.G.Yamuna

Associate Professor of Economics

Resource Person

: Dr. Sivakani Subash

Sivakani Hospital

Udumalpet

Vote of Thanks

: Dr.S. Sripriya

Assistant Professor of Economics

All are cordially invited

Report:

Awareness Programme on Safety food for healthy life during pandemic was organized by Department of Economics in coordination with UNNAT BHARAT ABHIYAN on behalf of World Food Safety Day on 08.06.2021 through video conferencing using Google meet.

The aim was to provide the awareness about the importance of safety food particularly during pandemic period. A total of 160 participants comprising students from various departments of the host institution and faculty members attended the programme. The programme started at 11.00 am with the welcome to the resource person Dr. Sivakani Subash, Physician, Udumalpet by Dr.G.Yamuna Associate Professor of Economics.

Dr. Sivakani Subash explained the importance of taking fresh food with Macronutrient (Protein, Carbohydrate, fat) and Micronutrient (Vitamin, Mineral Specific nutrient) to avoid “double burden” of malnutrition, when both under nutrition and over nutrition will promote severity of disease. She suggested Oral Nutritional Supplements (ONS) should be used whenever possible to meet individual’s needs, when dietary counseling and food fortification are not sufficient to increase dietary intake and reach nutritional goals, ONS provide at least 400 kcal/day including 30 g or more of protein per day and can be continued for at least one month. She motivated the participants to be self dependent by every day practicing of yoga, physical exercises, following safety food and good hygienic practices .She cautioned students the consequences skipping breakfast and importance of morning food.

In the interactive session queries of participants were addressed by the resource person. The programme ended with concluding vote of thanks by Dr.S. Sripriya.



Rajeshwari
8/6/21

M. Radha

Dr. M. RADHA, M.A., M.Phil., Ph.D.,
ASSOCIATE PROFESSOR OF ECONOMICS & HEAD
SRI GVG VISALAKSHI COLLEGE FOR WOMEN
UDUMALPET - 642 126, TIRUPPUR (DT), TN.

Students Attendance:

S.No	Register Number	Name of the Student	Class
1	19ME8898	Gowri.K	II MA
2	19ME8899	Ishwarya.S	II MA
3	19ME8900	Keerthana.G	II MA
4	19ME8901	Lavanya.MM	II MA
5	19ME8902	Mahalakshmi.S	II MA
6	19ME8903	Mahalakshmi.V	II MA
7	19ME8904	Ramya.R	II MA
8	19ME8905	Thatchayini.S	I MA
9	20ME9662	Narmadha R	I MA
10	20ME9663	Pavithra S	I MA
11	20ME9664	Priyadharshini B	I MA
12	20ME9665	Revathi R	I MA
13	20ME9666	Santhiya	I MA
14	20ME9668	Uma Maheswari T	I MA
15	18BE6970	Abarna. M	
16	18BE6971	Angalaeswari.D	
17	18BE6973	Chitra. G	
18	18BE6974	Deepika. V	
19	18BE6975	Dharani. M	
20	18BE6976	Elakkiya. M	
21	18BE6977	Gayathri. E	
22	18BE6978	Gokila. P	
23	18BE6979	Gokilavani. V	
24	18BE6980	Hemalatha. A	
25	18BE6982	Jeevitha.S	
26	18BE6983	Kalaivani. R	
27	18BE6985	Kiruthika. M	
28	18BE6986	Kiruthika. S	
29	18BE6987	Lakshmisri. S	
30	18BE6988	Latha. S	
31	18BE6989	Mahalakshmi. K	
32	18BE6990	Mathuniya. P	
33	18BE6992	Narmadha. S	
34	18BE6993	Narmatha. J	
35	18BE6994	Nisha Parveen. A	
36	18BE6995	Nivetha. P	
37	18BE6997	Pandeeshwari. S	
38	18BE6998	Pirabha. P	
39	18BE6999	Ramshree. S	

