



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(AUTONOMOUS)

VANIYAMBADI, TIRUPATTUR DT - 635 751

- ✓ Recognized u/s 2(f) & 12(B) of UGC Act 1956
- ✓ Permanently Affiliated to Thiruvalluvar University
- ✓ Supported by DST - FIST | DBT STAR College Scheme



INSTITUTION'S
INNOVATION
COUNCIL



PG & Research Department of **Foods and Nutrition**

organizes

Guest Lecture on

Gut Health and Gastrointestinal Disorders:

From Diagnosis to **Medical Nutrition Therapy**

Supported by

DBT STAR COLLEGE SCHEME



Date :
21.09.2026



Time :
10.00 am



Venue :
Sri Arihanth Seminar Hall

CHIEF GUEST

Ms. K. Janani

Nutrition Faculty at VLCC Clinical Dietitian at
Kremlin Aesthetics

Chrompet, Chennai

Sri. V. Dilip Kumar Jain
President

Sri. Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751, Tirupattur District
Head

PRINCIPAL



**MARUDHAR KESARI JAIN
COLLEGE FOR WOMEN (AUTONOMOUS),
VANIYAMBADI**



(A Project of Sri Marudhar Kesari Jain Trust) Marudhar Nagar, Chinnakallupalli, Vaniyambadi.
Recognized u/s 2(f) & 12(B) by UGC Act, 1956 | Permanently Affiliated to Thiruvalluvar University
Accredited by NAAC with "A+" Grade (4th Cycle) | An ISO 21001:2018 (EOMS) Certified Institution

PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION

Organizes

GUEST LECTURE

**TOPIC: "GUT HEALTH AND GASTROINTESTINAL DISORDERS: FROM
DIAGNOSIS TO MEDICAL NUTRITION THERAPY"**

SUPPORTED BY DBT STAR COLLEGE SCHEME

Date: 21-09-2026

Time: 10.00 am

Venue: Sri Arihanth Seminar Hall

PRAYER

WELCOME ADDRESS

: Ms. SHAFIYA KOWSER A

II MSc. Foods and Nutrition

FELICITATION

: Dr M INBAVALLI

Principal, MKJC

CHIEF GUEST INTRODUCTION

: Ms. LIBINA CRISTY S

II-MSc. Foods and Nutrition

CHIEF GUEST

: Ms. K JANANI

Nutrition Faculty at VLCC Clinical dietitian at
Kremlin Aesthetics, Chennai

VOTE OF THANKS

: Ms. SADIYA C S

II-M.Sc. Foods and Nutrition

NATIONAL ANTHEM

***** ALL ARE CORDIALLY INVITED *****

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Activity Report

“GUT HEALTH AND GASTROINTESTINAL DISORDERS: FROM DIAGNOSIS TO MEDICAL NUTRITION THERAPY”

Input

The PG & Research Department of Foods and Nutrition, School of Life Sciences, organized a programme on “Gut Health and Gastrointestinal Disorders: From Diagnosis to Medical Nutrition Therapy”, with support from the DBT STAR College Scheme. The programme focused on strengthening students’ understanding of gut health, gastrointestinal disorders, diagnostic approaches, and Medical Nutrition Therapy. The session was led by Ms. Janani K, M.Sc., CDE, Nutrition Faculty, VLCC, and Clinical Dietitian, Kremlin Aesthetics, Chrompet, who provided valuable academic and clinical perspectives on gastrointestinal health and nutritional management. The expert-led session built upon the students’ existing knowledge of nutrition, physiology, and dietetics and provided practical insights into the application of Medical Nutrition Therapy in gastrointestinal conditions. A total of 121 students participated in the programme and gained valuable insights into gut health, gastrointestinal disorders, dietary management, and evidence-based nutritional care.

Objectives of the Programme

The major objectives of the programme were to:

- Create awareness about gut health and gastrointestinal well-being.
- Educate students about common gastrointestinal disorders and their symptoms.
- Promote healthy dietary and lifestyle practices for better gut health.
- Highlight the importance of early diagnosis and appropriate management.
- Address the nutritional needs of individuals with gastrointestinal disorders.

Process

Theory Session:

The theory session was delivered by Ms. Janani K, M.Sc., CDE, Nutrition Faculty, VLCC, and Clinical Dietitian, Kremlin Aesthetics, Chrompet, with the objective of providing students with a comprehensive understanding of gut health, gastrointestinal disorders, diagnostic procedures, and Medical Nutrition Therapy. The session commenced with an overview of the gastrointestinal tract, its major organs, and their functions in digestion, absorption, metabolism, and elimination. The significance of maintaining a healthy gut and

the interrelationship between gut microbiota, dietary habits, immunity, and overall health were also explained.

The resource person discussed various factors influencing gut health, including dietary habits, inadequate fibre intake, hydration, physical activity, stress, sleep, medication use, and lifestyle practices. Students were introduced to common gastrointestinal disorders such as gastroesophageal reflux disease (GERD), gastritis, peptic ulcer disease, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), constipation, diarrhoea, coeliac disease, and lactose intolerance. The session covered their causes, risk factors, signs and symptoms, complications, and associated nutritional concerns.

The diagnostic aspects of gastrointestinal disorders were also explained, with emphasis on medical history, clinical symptoms, physical assessment, dietary assessment, laboratory investigations, and other relevant diagnostic procedures. Students gained an understanding of how gastrointestinal disorders can influence food intake, digestion, nutrient absorption, and nutrient utilization, thereby affecting overall nutritional status.

The session provided detailed insights into Medical Nutrition Therapy, emphasizing the importance of individualized dietary management based on the patient's health condition and nutritional requirements. Topics including energy and nutrient requirements, fibre modification, fluid intake, meal frequency, food consistency, food selection, and portion control were discussed. The importance of modifying dietary patterns according to individual symptoms and disease conditions was highlighted.

Specific dietary strategies for the management of conditions such as acid reflux, constipation, diarrhoea, IBS, and inflammatory bowel disorders were discussed, with emphasis on symptom management and maintenance of adequate nutritional intake. The role of probiotics, prebiotics, dietary fibre, and adequate hydration in promoting and maintaining gut health was also explained.

Clinical examples and case-based discussions were included to help students relate theoretical concepts to practical situations. Students were encouraged to identify nutrition-related problems associated with various gastrointestinal conditions and suggest appropriate dietary interventions. The session also emphasized the importance of nutrition assessment, individualized diet planning, patient counselling, monitoring, and follow-up in effective nutritional care.

The session concluded with a discussion on the role of nutritionists and dietitians as members of the multidisciplinary healthcare team in the management of gastrointestinal disorders. The importance of evidence-based Medical Nutrition Therapy in improving

digestive health, nutritional status, symptom management, and quality of life was emphasized. The session provided students with valuable clinical exposure and strengthened their ability to apply nutrition knowledge in the management of gastrointestinal health and disorders.

Output

- Gained knowledge about gut health and gastrointestinal functions.
- Identified common gastrointestinal disorders and their symptoms.
- Understood the basic diagnostic approaches for GI disorders.
- Learned the nutritional implications of gastrointestinal conditions.
- Gained knowledge of Medical Nutrition Therapy (MNT).

The programme primarily supports SDG 3 – Good Health and Well-being by creating awareness about gut health, gastrointestinal disorders, prevention, diagnosis and appropriate Medical Nutrition Therapy. It also contributes to SDG 2 – Zero Hunger by promoting adequate nutrition and healthy dietary practices, and SDG 4 – Quality Education by enhancing students' knowledge and skills in clinical nutrition and gastrointestinal care. The programme further encourages informed and responsible food choices, contributing to SDG 12 – Responsible Consumption and Production.

Outcome

- Enhanced awareness of gut health and gastrointestinal well-being.
- Improved understanding of common gastrointestinal disorders.
- Developed knowledge of diagnostic approaches for GI disorders.
- Improved understanding of Medical Nutrition Therapy.
- Developed knowledge of therapeutic diets and dietary modifications.

The activity successfully enhanced students' awareness of gut health and gastrointestinal disorders while strengthening their knowledge of Medical Nutrition Therapy, dietary management and healthy lifestyle practices, and also promoted clinical thinking, communication, teamwork and interdisciplinary learning in alignment with the objectives of the DBT STAR College Scheme.


28/9/26

Head of the
Department


28/9/26

Dean


28/9/2026

IQAC Director


28/9/26

Principal

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Tirupattur District



MARUDHAR KESARI JAIN
College for Women (Autonomous), Vaniyambadi



Topic: "Gut Health and Gastrointestinal Disorders: From Diagnosis to Medical Nutrition Therapy"

Date: 21.09.2026

Organized by: PG and Research Department of Foods and Nutrition

Venue: Sri Arihanth Seminar Hall



R. Maline
Head 21/9/26

M. Sanyal
Principal
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