



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS), 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 (3<sup>rd</sup> Cycle) An ISO 21001:2018 (EOMS) Certified Institution

Supported by DST-FIST

**INTERNATIONAL ONLINE WORKSHOP ON PRECISION NUTRITION**

**24-08-2024**

**INVITATION**



## INTERNATIONAL ONLINE WORKSHOP

### Precision Nutrition

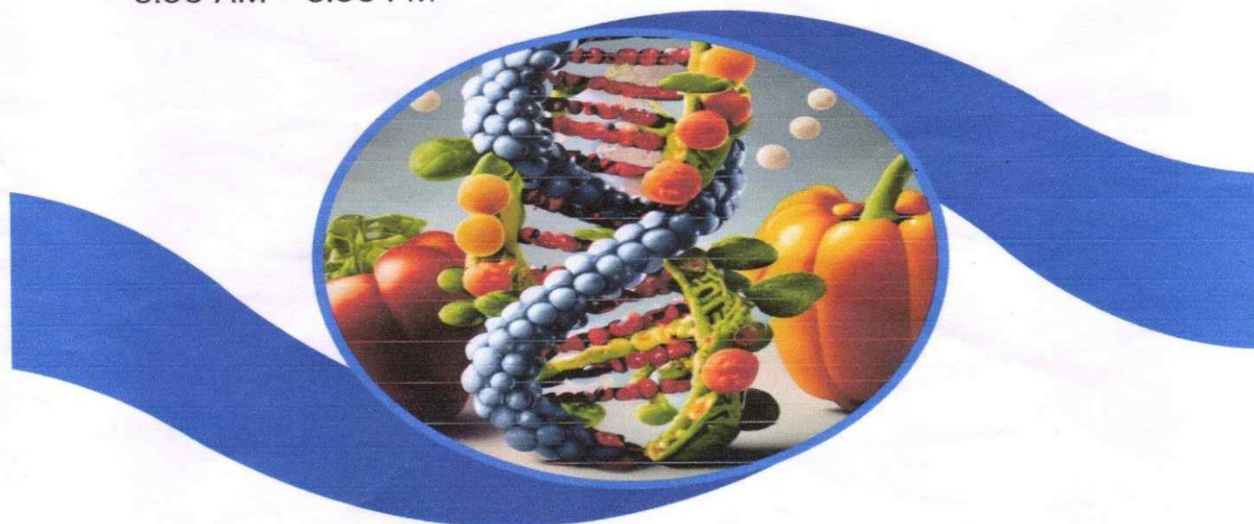
**REGISTER NOW**

**24 AUGUST, 2024**

**9:00 AM - 5:00 PM**



INSTITUTE OF NUTRIGENETICS



#### ACADEMIC PARTNERS



Department of Nutrition,  
St. Ann's College for Women, MehdiPatnam,  
Hyderabad.



PG & Research Department of Foods & Nutrition,  
Marudhar Kesari Jain College for Women (Autonomous),  
Vaniyambadi.



#### INDUSTRY COLLABORATORS



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#### REGISTRATION LINK:

<https://forms.gle/iCwvtj4rgWVnFU2b8>

*M. Anand*

**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 635 751

## REPORT



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



### Activity Report

<b>Title</b>	International online workshop in collaboration with institute of Nutrigenetics		
<b>Organized By</b>	PG and Research Department of Foods and Nutrition		
<b>Type of Activity</b>	International online workshop		
<b>Level</b>	Institutional		
<b>Date</b>	24/08/2024	<b>Time</b>	09.00am -5.00pm
<b>Venue</b>	Microsoft teams	<b>Mode</b>	Online
<b>Resource Person Details</b>	<p>Dr. Debmalya barh, Prof.(Titular), Dept. of Genetics, Ecology and Evolution, Federal University of Minas Gerai, Brazil.</p> <p>Ms. Roshini prasad, Nutrition Expert (Microbiome Diet), Bug speaks, Bangalore.</p> <p>Ms. Jyothi Sharma rangrej Fermentation Educator,Certified Nutrition Coach &amp; Yoga instructor-insideout Healthrail</p> <p>Many more Resource person.</p>		
<b>Objective of the Programme</b>	<p>Introduce basic concept of Nutrigenetics Insights into personalised nutrition Educate about Nutrigenetic, Epigenetic and Gut microbiome testing Train for the creation of personalised nutrition plans Discuss lifestyle, diet and gene interactions.</p>		
<b>Internal Participants Count</b>	<b>Students : 31 Faculty: 1</b>	<b>External Participants Count</b>	132

## Summary

PG and Research Department of Foods and Nutrition collaborated with institute of Nutrigenetics for international online workshop. The Programme began with an inauguration by Head of the department, St. Ann's college for women, Hyderabad shared information about the workshop. The first session was handover to Dr. Debmalya barh, Prof.(Titular), Dept.of Genetics, Ecology and Evolution, Federal University of Minas Geraí, Brazil explained about the Nutritional food intake during COVID - 19 and also the benefits of food. He elaborated the speech with preparation of food items and its values. The next session was handled by Ms. Roshini prasad, Nutrition Expert (Microbiome Diet), Bug speaks, Bangalore, Started about the Microbiome present in stomach, lungs, mouth etc., and also explained about bug speaks collection kit, microbial metabolism and the procedure for preparation of natural remedies for cold, flu, throat infection with honey and garlic and the case study of gut microbiome. The session was continued with many resource persons. The students interacted with the resource person effectively registered their valuable feedbacks regarding the session and completed successfully. Ms.R.Mahalakshmi Head Department of Foods and Nutrition addressed the valediction.

## Programme Outcomes

The students learned about

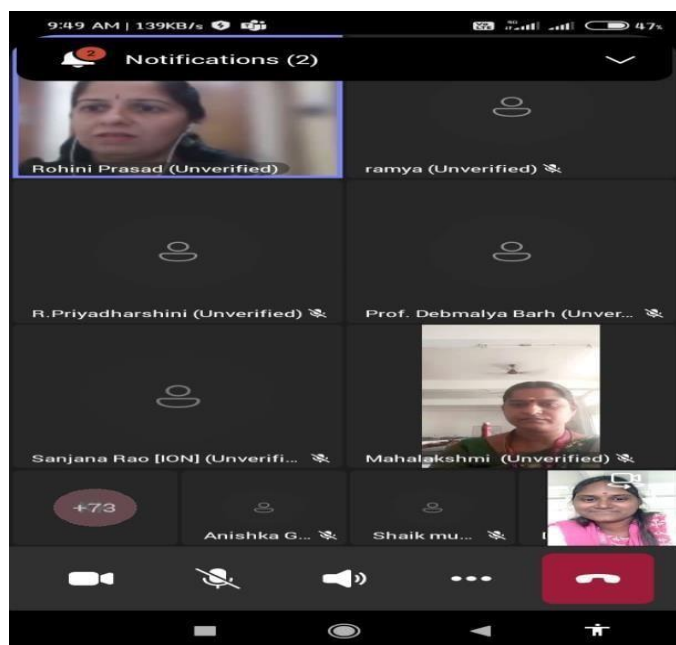
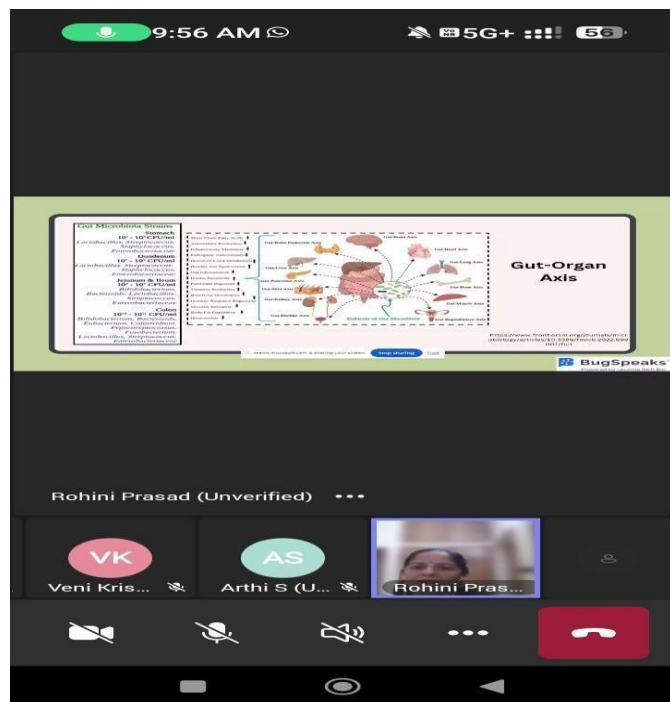
1. Basic concept of Nutrigenetics
2. Natural remedies for Health issues

  
24.8.24  
Head of the Department

  
Principal  
Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,  
PRINCIPAL  
Jyothirudha Kesari Jain College for Women  
Vaniyambadi-635 751.



## PHOTOS



**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 635 751.