



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
(A project of Sri Marudhar Kesari Jain Trust)



Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University  
Re-Accredited by NAAC with "A" Grade –An ISO 21001:2018 Certified Institution

### **JOURNAL CLUB MEETING-III**

#### **INVITATION**

MARUDHAR KESARI JAIN COLLEGE  
FOR WOMEN, VANIYAMBADI

# **Journal Club Meeting - 3**


Date : 14-02-2023  
Venue : Old Seminar Hall

..... **SPECIAL GUEST: DR.REGUNATH** .....

**TOPIC: HERBALIFE NUTRITION IS  
MORNING MEAL REPLACEMENT**

Presenter: Libina Cristy.S,  
I B.Sc.Nutrition.FSM  
& Dietetics

**All are cordially invited**

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



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
(A project of Sri Marudhar Kesari Jain Trust)



Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University  
Re-Accredited by NAAC with "A" Grade –An ISO 21001:2018 Certified Institution

**JOURNAL CLUB MEETING-III**

**AGENDA**

**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN,  
VANIYAMBADI**

**Journal Club Meeting – 3**


**Agenda**

**Date : 14-02-2023**  
**Venue : Old Seminar Hall**  
**Event Organiser : Dr. J. Lesitha Jeeva Kumari**  
**Presenter: Libina Cristy. S, I.B.Sc.Nutrition  
FSM & Dietetics**  
**Topic : Herbalife Nutrition is Morning Meal  
Replacement**  
**Special guest : Dr.Regunath**

**Special guest introduction** **Dr.Jesu Jaya Sudhan**  
**Research coordinator,**  
**Department of Biotechnology**

**Special guest speech**

**Presentation**  
**Discussion**  
**Feedback Session**

  
**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 625 751



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
(A project of Sri Marudhar Kesari Jain Trust)



Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University  
Re-Accredited by NAAC with "A" Grade –An ISO 21001:2018 Certified Institution

**JOURNAL CLUB MEETING-III REPORT**

The third Journal Club meeting was held on 14-02-2023 in Old Seminar Hall. The special guest of this event was Dr.L.Regunath, Emeritus Fellow. The presenter of this session was Libina Cristy.S of I Nutrition Fsm & Dietetics. The presentation topic was herbalife nutrition is morning meal replacement. All the journal club members attended this meeting.

Dr. R. Jesu Jaya Sudhan, Research Coordinator, Department of Biotechnology introduced the special guest. Dr.L. Regunath Sir addressed the gathering about the importance of research. The above mentioned article was discussed in the meeting. Ms. S. Libina Cristy explained about the importance of herbal supplements to lead a healthy life. Background ,technology gap, objective , methodology , result , discussion , and conclusion of the above mentioned research paper was discussed in the meeting.

The participants learned about the nutritions and its importance for the betterment of immune function.She also elucidated the importance of fibre in weight loss. Fibre content helps in relieving constipation and hemorrhoids. After the presentation, the students raised many questions and it was answered by Dr. L.Regunath Sir, Dr. J. Lesitha Jeeva Kumari, Dr. R. Jesu Jaya Sudan, and Libina Cristy. The session was useful to the participants.Overall, it was an active session.

**INCHARGE OF JOURNAL CLUB**

**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 625 751

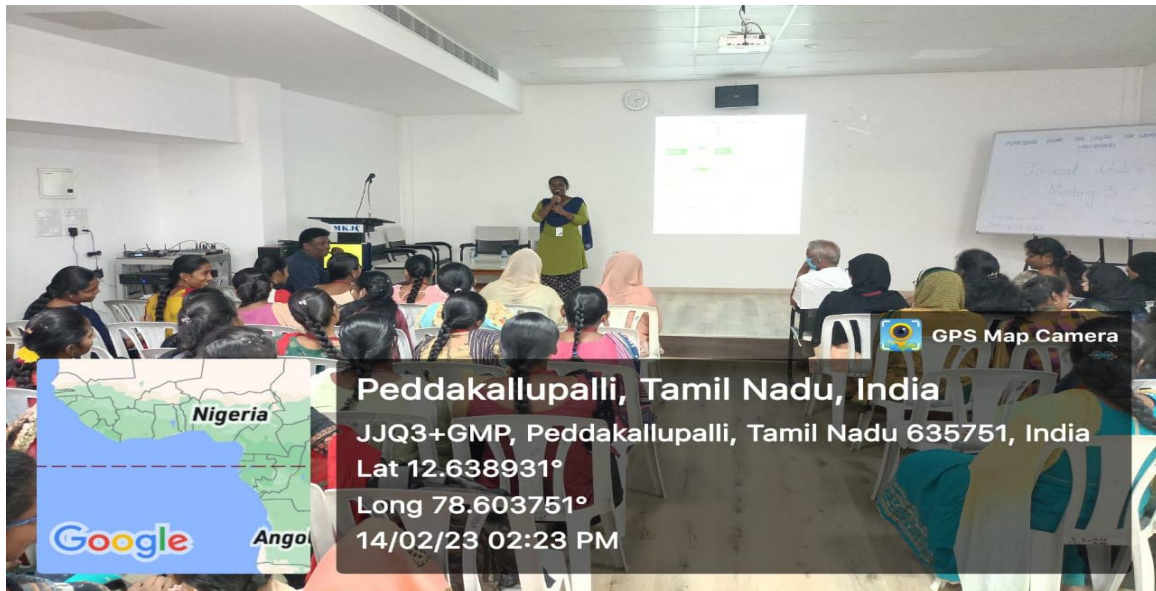




**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
(A project of Sri Marudhar Kesari Jain Trust)



Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University  
Re-Accredited by NAAC with "A" Grade –An ISO 21001:2018 Certified Institution



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