



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN 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 Certified Institution



**PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION  
ORGANIZES  
INTERNATIONAL CONFERENCE ON FOSTERING INSIGHTS ON  
HEALTH AND DISORDERS – FIHD2023 – 08/09/2023**

**INVITATION**



**MANAGEMENT TRUSTEES**

Sri. M. Vimal Chand Jain	Ambur
Sri. C. Lickmichand Jain	Ambur
Sri. J. Rathankal Jain	Vaniyambadi
Sri. M. Sudarsan Kumar Jain	Vaniyambadi
Sri. K. Rajesh Kumar Jain	Vellore
Sri. N. Sripal Kumar Jain	Vaniyambadi
Sri. K. Anand Kumar Jain	Tirupattur
Sri. N. Lalith Kumar Jain	Vaniyambadi
Sri. U. Rishab Jain	Vaniyambadi

REGISTRATION LINK:  
<https://forms.gle/1SHkWzckCKuQ7h5Bv5>



**Chief Patron**

**Sri. C. Lickmichand Jain**  
Secretary, MKJC

**Patron**

**Dr. M. Inbavalli**  
Principal MKJC

**Convenors**

**Ms. R. Mahalakshmi**  
Head, Department of  
Foods & Nutrition, MKJC

**Ms. R. Malarkodi**  
Head, Department of  
Biochemistry, MKJC

**Dr. M. Gomathi**  
Head, Department of  
Biotechnology, MKJC



**MARUDHAR KESARI JAIN  
COLLEGE FOR WOMEN**

**PG and Research Department  
of Foods and Nutrition ,  
Biochemistry, Biotechnology**

Jointly Organizes

**International Conference  
on**

**FOSTERING INSIGHTS ON  
HEALTH AND DISORDERS-  
FIHD2023**

**8th September 2023  
Time: 9:30 a.m**



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

## ABOUT MKJC

Marudhar Kesari Jain College for Women, Vaniyambadi (30 Years of Excellence) MKJC, established in the year 1994, Recognized under Sec. 2(f) & 12(B) of the UGC Act 1956, approved by Govt. of Tamilnadu, and Permanently Affiliated to Thiruvalluvar University. It has been Accredited with "A" grade by NAAC, Bengaluru (3rd Cycle) in the year 2019 and certified by BSI as an ISO 21001:2018 (EOMS) Certified Institution.

The college takes tremendous steps to march towards the development of Rural Society especially of women. The Institute take hold of the life of rural women by providing them an experimental and high quality education to make them self-paced. The College is offering high impact academic program that keeps our students interested and excited to learn: 18 UG Programmes, 15 PG Programmes, 7 M.Phil Programmes and 10 Ph.D Programmes with 3150 Students, 202 Teaching, 200 Non Teaching Staff and 11 Sports Coaches.

The College is located in Vaniyambadi - Tirupattur Highway, Tirupattur District. It has a sprawling campus of 25 acres. It is set amidst beautiful sylvan surroundings at the foot of Yelagiri Hills with vast stretches of greenery all around providing a congenial atmosphere for teaching and learning.



## CONFERENCE FOCUSING AREAS

It is intended to create awareness among students about nutrition in relation to genetics.

To bestow information on propels in wellbeing science.

## THEMATIC AREAS AND SUB-THEMES

**Theme: FOSTERING INSIGHTS ON HEALTH AND DISORDERS- "FIHD-2023"**

### Sub Theme

- Plant-based diets
- Personalized nutrition
- Engineering enzymes for industry
- Developing novel therapeutics
- Biomaterials
- AI in Lifescience

  
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## Resource panel



**DR. R. SAHUL HAMEED, PDF**  
**CANADA,,**

Asst. Professor Specialised in  
Food Science and Nutrition,  
Gandhigram Rural Institute-  
Deemed to be University,  
Gandhigram



**DR. VIMAL KARANI S**

Professor in Nutrigenetics &  
Nutrigenomics, Deputy Director of  
Institute for Food Nutrition and  
Health, University of Reading, UK



**DR. DEEPTHA SUKUMAR**

Associate Professor,  
Department of Nutrition  
Sciences, Drexel University,  
College of Nursing and Health  
Professions, Philadelphia.



**DR. PERUMAL MADAN KUMAR**

Senior Scientist, Assistant  
Professor (ACSIR), Department  
of Biochemistry, CSIR- Central  
Food Technological Research  
Institute, Mysuru, Karnataka



**MS. A.T. SHANTHI CAUVERY**

Founder & Consultant  
Dietician, Elite Diet Studio,  
Chennai

  
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## CALL FOR PAPERS

We encourage Students Research scholars, Academicians, Industrialist & Entrepreneurs, across globe to participate and also to present their research papers in the conference.

## GUIDLINES TO AUTHORS

The paper should be original and unpublished.

Authors name with initial at last, designation, name of the institution/organization where currently working, location name and email id should be clearly mentioned.

Maximum THREE authors per paper are allowed. Details of the author and co-authors should be clearly mentioned.

Paper must be presented by either by one of authors.

Softcopy of the Abstract (maximum 250 words) & full Paper should be sent to [conferenceihd@gmail.com](mailto:conferenceihd@gmail.com)

Payment can be made through online. Screen shot of the payment details should be sent after making payment.

Selected papers will be published in conference proceeding bearing ISBN number

Printed original certificates will be provided to all the registered participants/ individually.



## IMPORTANT DATES

Last Date for submission of Abstract & Full Length Paper - 02/09/2023

Last Date for Online payment & Reg. Form - 02/09/2023

## FEE DETAILS

For presentation = Rs 300/-

For participation only= Rs 200/-

## BANK ACCOUNT DETAILS

BANK NAME : CITY UNION BANK  
ACCOUNT NAME : POOJA JAIN  
ACCOUNT NUMBER : 50010101805739  
IFSC CODE : CIUB0000300  
G-PAY : 8825790440

## FOR MORE DETAILS CONTACT

**Ms. R. Mahalakshmi**  
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**Dr. M. Gomathi**  
Head, Department of Biotechnology,  
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FOR  
REGISTRATION



ALL ARE CORDIALLY INVITED

  
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**AGENDA**

 **MARUDHAR KESARI JAIN COLLEGE FOR WOMEN VANIYAMBADI** 

**PG & RESEARCH DEPARTMENT OF FOODS & NUTRITION ,  
BIOCHEMISTRY AND BIOTECHNOLOGY**  
Jointly organizes  
**INTERNATIONAL CONFERENCE  
ON  
FOSTERING INSIGHTS ON  
HEALTH AND DISORDERS - FIHD2023**  
**AGENDA**  
**DATE : 8TH SEPTEMBER, 2023**  
**TIME : 10:00AM**  
**VENUE: NEW SEMINAR HALL**

**Prayer**

**Welcome Address** : N Khathijathul Kubra  
III B.Sc Nutrition, FSM & Dietetics, MKJC

**Felicitation Address** : Dr. M. Inbavalli,  
Principal, MKJC

**Chief Guest Introduction 1** : N Uneza Iffath  
I M.Sc Foods & Nutrition, MKJC

**Chief Guest Address** : Dr S Vimal Karani  
Professor in Nutrigenetics & Nutrigenomics  
University of Reading, London, UK.  
Topic: Precision Nutrition: Translating the  
Science of Nutrigenetics into Practice

**Chief Guest Introduction II** : R Vogapriyadharshini  
III B.Sc Biotechnology, MKJC

  
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**Chief Guest Address** : Dr R Sahul Hameed  
Assistant Professor Specialised in Food Science  
and Nutrition, Gandhigram Rural Institute-  
Deemed to University, Gandhigram  
Topic: The Nuances and complexities in  
understanding food allergens & allergenicity

**Chief Guest Introduction III** : T. Sameeha Anjum  
II B.Sc Nutrition, FSM & Dietetics, MKJC

**Chief Guest Address** : Ms A T Shanthi Cauvery  
Founder & Consultant Dietician  
Elite Diet Studio, Chennai  
Topic: Women: Disorder & Diet

**Chief Guest Introduction IV** : C. Zahra Vaseen  
III B.Sc Biochemistry, MKJC

**Chief Guest Address** : Dr Perumal Madan Kumar  
Senior Scientist, Assistant Professor  
Department of Biochemistry, CSIR - CFTRI  
Mysuru, Topic: Molecular Aspects of Dietary  
Intervention for NAFLD

**Chief Guest Introduction V** : N Uzma Nuzhath  
I M.Sc Biotechnology, MKJC

**Chief Guest Address** : Dr Deeptha Sukumar  
Associate Professor, Department of Nutrition  
Sciences, Drexel University, College of Nursing  
and Health Professions, Philadelphia  
Topic: Overview & Updates of Vitamin D

**Poster Presentation**

**Paper Presentation**

**Vote of Thanks**

**National Anthem**

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**REPORT**

**Inaugural Session**

The PG and Research Department of Foods and Nutrition, Biochemistry and Biotechnology of Marudhar Kesari Jain College for Women, Vaniyambadi, organized One Day International Conference on "FOSTERING INSIGHTS ON HEALTH AND DISORDERS - FIHD 2023" on 08.09.2023. The conference began with the Prayer song and Ms. Khathijathul Kubra N of III B. Sc Nutrition FSM and Dietetics proposed the welcome address. The welcome address was followed by the lighting of the kuthuvilakku by all the dignitaries on the dias. Dr. M. Inbavalli, Principal, Marudhar Kesari Jain College for Women, felicitated the gathering by emphasizing the importance of goal setting in everyone's life and healthy eating to lead a happy life. Ms. Uneza Iffath N of II M. Sc Foods and Nutrition introduced the resource person for session I, Dr. S. Vimal Karani, Professor in Nutrigenetics and Nutrigenomics, University of Reading, London, UK, which was followed by the honoring of the resource person by the principal.

**Technical Sessions**

**Session I - Dr. S. Vimal Karani - Precision Nutrition: Translating the Science of Nutrigenetics into practice.**

The session I was then handed over to Dr. S. Vimal Karani, who gave a brief introduction on the basic aspects of genetics, genetic risks like obesity traits, metabolic disease, diabetes etc, life style modification, nutrigenetics and nutrigenomics.

He also highlighted the importance of role of ethnicity in nutrigenetics by comparing the dietary habits of people of various parts of the world like India, Sri Lanka, Africa, Indonesia, Turkey, Brazil and Ghana.

He gave a detailed information on the various areas of nutrigenomics like proteomics, metabolomics followed by the role of gut microbiomes in maintaining our health and the maintenance of personalized nutrition.

The session concluded with the explanation of the shift from DNA to precision nutrition, thereby bringing a breakthrough in the field of nutrition science. The participants got their queries cleared by the resource person at the end of the session.

## **Session II - Dr. R. Shahul Hameed - The Nuances and Complexities in understanding food allergen and allergenicity**

The resource person for session II Dr. R. Shahul Hameed, Assistant Professor, Department of Home Science, Gandhigram Rural Institute, Dindigul, was introduced by Ms. R. Yogapriyadharshini of III B. Sc Biotechnology and the session was handed over to him.

He highlighted various topics like understanding food allergy, allergen and allergenicity, nuances in allergen and allergenicity, impact of food processing on food allergen and allergenicity and issues and challenges with food allergenicity.

He also explained the types of allergies like plant food allergens, animal food allergens, factors influencing allergenicity. The various impacts of processing on food allergenicity like boiling, roasting as well as heating and the role of food industries on allergen management was also explained by him.

He concluded with the remarks that the risk of developing malnutrition and nutrition related disorders is higher in allergenic patients and there is a need to find alternate protein sources compensating both nutritional and functional properties of known allergens.

The participants got their queries cleared by the resource person at the end of the session. The session II was followed by lunch break.

## **Session III - Mrs. A.T. Shanthi Cauvery - Women's health disorders and diet**

The resource person for session III Mrs. A. T Shanthi Cauvery, Founder and Consultant Dietician, Elite Diet Studio, Chennai, was introduced by Ms. T. Sameeha Anjum of II B. Sc Nutrition, Food Service Management and Dietetics and the session was handed over to her.

Some of the key points delivered by the resource person were: Women's health, understanding the concept of health, social wellbeing, women health issues from infancy to old age.

She highlighted the various women's issues during infancy such as sex and nutrition discrimination, during adolescence such as anorexia, nervosa, under nutrition, binge eating, during reproductive years like early and late pregnancy, malnutrition, mood swings and during post reproductive years like breast cancer, uterine cancer, menopause, urinary tract infection.

Some of the solutions given by the resource person to overcome women's health issues were, healthy eating, regular exercise, managing work life-balance, managing stress and getting adequate sleep.

## **Session IV - Dr. Deeptha Sukumar - Vitamin D - An Update**

The resource person for session IV Dr. Deeptha Sukumar, Associate Professor, Department of Nutrition Sciences, Drexel University, Philadelphia, was introduced by Ms. N. Uzma Nuzhath of I M. Sc Biotechnology and the session was handed over to her for the virtual session.

She gave an overview of Vitamin D, its various health benefits, such as healthy bones and teeth and the various factors that influence vitamin D production in the skin like time, season of the year, age and pigmentation.



She also explained the broad functions of vitamin D under two categories namely, calcemic and non-calcaemic. Calcemic functions include the maintenance of serum calcium level under the influence of Parathyroid hormone. The consequences of vitamin D deficiency are mainly rickets in children and osteomalacia in adults. Vitamin D toxicity can lead to anorexia, nausea and vomiting when high levels of vitamin D are taken.

The key take aways from the session were: low vitamin D levels increases the risk for age related comorbidities whereas high doses may end up in cancer.

The participants got their queries cleared by the resource person at the end of the session.

The participants shared their valuable feedback regarding the conference.

### **Valedictory Session**

Paper presentation and poster presentation competitions were also conducted and the best presentations were awarded with I, II and III Prizes by the resource person during the valediction session.

Participation certificates were distributed to all the other college participants.

Ms. Zahra Yaseen C of III B. Sc Biochemistry proposed vote of thanks and the International Conference came to an end by singing the National Anthem.



HEAD OF THE DEPARTMENT



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## PHOTOS



*M. M. M.*  
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