



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 of 1956 - Permanently Affiliated to Thiruvalluvar University

Re-Accredited with "A" Grade by NAAC (3rd Cycle) - An ISO 21001:2018 Certified Institution

**PG AND RESEARCH DEPARTMENT OF BIOTECHNOLOGY ORGANIZED INTERNATIONAL
CONFERENCE ON FOSTERING INSIGHTS ON HEALTH AND DISORDERS - FIHD2023 - 8.9.2023**

INVITATION



MANAGEMENT TRUSTEES

Sri. M. Vimal Chand Jain	Ambur
Sri. C. Lickmichand Jain	Ambur
Sri. J. Rathanalal 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

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**

REGISTRATION LINK:
<https://forms.gle/ISHkWzkCKuQ7h5Bv5>




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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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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, mKIC

Felicitation Address

: Dr. m. Inbavalli,
Principal, mKIC

Chief Guest Introduction I

: N Uneza Iffath,
I m.Sc Foods & Nutrition, mKIC

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 Yogapriyadarshini,
III B.Sc Biotechnology, mKIC

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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, mKIC

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 Yaseen
III B.Sc Biochemistry, mKIC

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, mKIC

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

ALL ARE CORDIALLY INVITED


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REPORT

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 dais. 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.

Head of the department

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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. Yogapriyadarshini 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 well being, 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.



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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 calcemic. 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. Totally 303 Students were participated in the Programme.



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PHOTOS



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