

Guru Nanak College (Autonomous)
(Re-accredited at 'A' Grade by NAAC)
Affiliated to the University of Madras
Guru Nanak Salai, Velachery, Chennai – 42.

1. **Event Title:** The best foods for boosting your immune system
2. **Category:** Webinar
3. **Department:** Biotechnology
4. **Date:** 20.6.2020
5. **No. of Participants:** 116
6. **No. of Resource Person:** 1
7. **Report:** To create a awareness about the nutritional intake to improve our immune response, to improve our innate immune responses.
8. **Report Description:**

The speaker of this webinar was Dr. P.Mahalakshmi, Assistant Professor, Department of Biotechnology, Guru Nanak College and Convener was Dr. Bharathi Ravikrishnan explained the theme of the webinar. Speaker explained importance in nutrients in maintenance of immune responses. She elaborative about the nutrients present in ten easily available Indian fruits and vegetables which we have to consume in order to boost out immune responses. She also gave some easy tips to improve our lifestyle. About 120 Students, faculty members from Guru Nanak College and various other colleges like Ethiraj college, Mohammed Sathak College took part in this webinar.

9.Invitation/Brochure:



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Department of Biotechnology, Biospectra cordially invites you all
for Webinar on

“The best foods for boosting your immune system”

Felicitation Address by



Dr. M.G.Ragunathan
Principal,
Guru Nanak College

Speaker



Dr.P.Mahalakshmi,
Assistant Professor,
Department of Biotechnology,
Guru Nanak College

On

20.6.2020

Time:5.00 p.m. to 6 p.m.

Registration link: <https://forms.gle/iZyYNSJFwAnBjFRz9>

Google link: <https://meet.google.com/sod-faep-sdv>

All are invited!

Dr.M.G.Ragunathan
Principal

Mr.Manjit Singh Nayar
General Secretary and Correspondent



