

SRI MEENAKSHI GOVT ARTS COLLEGE FOR WOMEN (A), MADURAI

DEPARTMENT OF HOME SCIENCE

The department of Home Science organized the 'International Symposium on Dietary Trends' in association with Indian Dietetic Association, Kilakarai Chapter and Alpha Health Foundation, Madurai and supported by TBAK college, Kilakarai, on 17th December 2019. The event was inaugurated by Dr.S.Sumayaa, M.Sc., M.Phil., Ph.D., Founder President IDA Kilakarai Chapter, Principal, TBAK College, Kilakarai. Mrs.Sasi Gangiah, M.Sc., M.Phil. (D.Phil.), Lecturer, Dept. of Hospitality & Tourism, Durban University of Technology, Durban, South Africa delivered the special address on 'Dietary Trends in India and South Africa' in which she compared the dietary trends between the two countries and outlined the sequence of transition in food habits which was the fore-runner behind the incidence of non-communicable diseases. Dr.V.Kumaravel, MD., MSc. Diab (Lond). DNB(Endo)., MNAMS, Chief Endocrinologist and Director, Alpha Hospital & Research Centre, Madurai spoke on 'Fruits and Diabetes – Options & Benefits'. He debunked the myth of restricting fruits in diabetes and enumerated the ways in which fruits could be incorporated in a beneficial way. Mrs.J.B.Sharmila, M.Sc., M.Phil., Ph.D., Secretary, IDA Kilakarai Chapter and Associate Professor, Dept of Home Science, Sri Meenakshi Govt Arts College for Women(A), Madurai decoded the '5 steps to become Registered Dietitian'. Earlier, Dr.Muthumareeswari, Lecturer, Dept of Home Science, TBAK College, Kilakarai welcomed the gathering. Mrs.S.Kowsalya, Joint Secretary, proposed the vote of thanks. The event was attended by around 104 delegates who participated in the event from far and wide.

