

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

B. Voc. Food Processing and Quality Control

Title : The Need of the hour – Food that enhances Immunity

Participants : 206

Resource Person :

1. Dr. Anna Rangini Chellappa, Associate Professor and Head, Dr. Ambedkar Govt. College of Arts and Science

Date : 23 May 2020

Brief Note :

The renowned resource person detailed the steps needed for improving the immunity by natural methods and extolled the virtues of the inclusion of various foods that would build a robust immunity. The feedback was excellent and useful for all