



YOUTH RED CROSS

A Programme on “ Basic Nutrition Tips for Better Health”

A Programme on “ Basic Nutrition Tips for Better Health” to the Youth Red Cross volunteers was conducted on 28.08.2014 at 11.30 AM in our college premises under the banner of YRC. In this function, **Mrs.S.Sharmila, Chief Dietitian, Meenakshi Hospital, Thanjavur** addressed the students. The welcome address was given by **Dr. P.Saravanan, YRC coordinator**, felicitation address was given by **Mrs.T.Vigneswari, COE** of our college and **Dr.S.Udayakumar**, Assistant professor of Chemistry introduced the chief guest. Resource person Mrs S.Sharmila explained briefly about the food pyramids, types of nutrients, components of balanced diet, recommended dietary allowances for adolescents, healthy drinks & unhealthy drinks, related health problems & causes and importance of colourful foods. Finally, the YRC student Chairman S.Vengtesh has delivered the vote of thanks and programme ended with national anthem.

