



# SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University

Tiruchirappalli, Tamil Nadu

Accredited with A+ by NAAC (4<sup>th</sup> Cycle)



## DEPARTMENT OF NUTRITION AND DIETETICS SEERAS DIET CLINIC



INTERNATIONAL YEAR OF MILLETS



ONE DAY SEMINAR

on

**MILLETS – THE MIRACLE FOOD FOR PRESENT & FUTURE**

**19.12.2023**

*In collaboration with*

**MPR Foods & Rotary Club of Tiruchirappalli Metro**

**Venue : Meda Saraswathi Hall**

**Time: 1.00 p.m to 3.30 p.m**

## PROGRAMME

Prayer

Welcome address : Dr. L.Jayaprada  
Associate Professor & Head  
Department of Nutrition and Dietetics  
Seethalakshmi Ramaswami College  
Tiruchirappalli

Felicitation address : Dr.S. Kala  
Dean of Quality and Research  
Associate Professor  
Department of Botany  
Seethalakshmi Ramaswami College  
Tiruchirappalli



## KEY NOTE SPEAKERS

### *Milletts: the miracle grain*

Dr. Senthil Kumar.K M.D., DM., (Neonatology)  
Paediatrician  
KAP Viswanathan Govt. Medical College  
Tiruchirappalli



### *Milletts as key to improve Food & Nutrition Security*

Dr. R. Bhargavi  
Chairperson  
MPR Food Products  
Tiruchirappalli



### *Health Benefits of milletts*

Dr. R. Sugumar BNYS., D.Acu., MS(Psy)  
Naturopathy & Yoga, Su-Jok  
Acupuncture Consultant  
Shri Jayaranga Nature Cure Hospital &  
Yoga Research Centre  
Tiruchirappalli



### **Vote of thanks**

Dr. S.Ithayamalar  
Assistant Professor  
Department of Nutrition & Dietetics  
Seethalakshmi Ramaswami College, Tiruchirappalli