



**SEETHALAKSHMI RAMASWAMI COLLEGE
(AUTONOMOUS)**

TIRUCHIRAPPALLI

Accredited with A+ by NAAC (4th Cycle)



DEPARTMENT OF HOME SCIENCE with MANASA CLUB

ONE DAY NATIONAL LEVEL VIRTUAL CONFERENCE

**Thriving Inside and Out: Nutrition,
Mental Health, and Wellness Made Simple**



Dr.M.V.Alli
Principal,
Seethalakshmi Ramaswami College,
Tiruchirappalli.



Dr.S.Shanthi
Self-Financed Section i/c
Associate Professor,
PG & Research Department of Chemistry, Apollo Speciality Hospitals,
Seethalakshmi Ramaswami College,
Tiruchirappalli.



Dr.V.Suganya Ph.D., RD
Senior Clinical Dietitian & Head,
Department of Dietetics
Apollo Hospitals,
Madurai.



Dr.M.S.Saradha Devi, Ph.D
Consultant Nutritionist & Health Coach,
Pain Management and Wellness Center
Bangalore



Dr. K. Pearlson, MPT(AUS)
Emeritus Professor
Founder- Federation of Indian Manual Therapists (FIMT)
Director - Shree Saradha Academy
Consultant - Pain Management and Wellness Center,
Bangalore



24 January, 2025



Venue : Siddhi Lakshmi Hall

All are cordially invited

Programme

Prayer Song 9.30 am	:	Students, Department of Music
Welcome Address	:	Dr.A.Shakila, Associate Professor & Head, Department of Home Science, Seethalakshmi Ramaswami College, Tiruchirappalli.
Inaugral Address	:	Dr.M.V.Alli Principal, Seethalakshmi Ramaswami College, Tiruchirappalli.
Presidential Address	:	Dr.S.Shanthi Self-Financed Section i/c Associate Professor, PG & Research Department of Chemistry, Seethalakshmi Ramaswami College, Tiruchirappalli.
Speaker 1 Topic : The Power of Mindful Eating 10.00 am- 11.30 am	:	Dr.V.Suganya Ph.D., RD Senior Clinical Dietitian and Head , Department of Dietetics Apollo Speciality Hospitals, Madurai.
Speaker 2 Topic : Fuel your body, Feed your mind - Path to vibrant living 11.30 am- 1.00 pm	:	Dr. M. S. Saradha Devi, Ph.D Consultant Nutritionist and Health Coach, Pain Management and Wellness Center Bangalore
Speaker 3 Topic: Exercise - Prevention is better than cure 1.30 am- 3.00 pm	:	Dr. K. Pearlson, MPT (AUS) Emeritus Professor Founder- Federation of Indian Manual Therapists (FIMT) Director - Shree Saradha Academy Consultant - Pain Management and Wellness Center Bangalore
Poster Presentation Chaired By 3.00 pm	:	Dr. M. S. Saradha Devi, Ph.D Consultant Nutritionist and Health Coach, Pain Management and Wellness Center Bangalore
Vote of Thanks	:	Dr.C.Anitha, Assistant Professor, Department of Home Science, Seethalakshmi Ramaswami College, Tiruchirappalli.

ABOUT THE COLLEGE

Seethalakshmi Ramaswami College was founded by Padmabhushan Sri.N.Ramaswami Ayyar in 1951 with the noble vision of empowering women through education and making them economically self-reliant. He firmly believed in equipping women to face the challenges of modernity. It is one of the most renowned educational institutions, moulding women graduates in Indian tradition and culture and it has a unique history of academic excellence. The college is one of the most popular women's colleges of Tamilnadu and is managed by Sri. R.Panchapakesan, the able and illustrious son of our revered founder. Our college offers 24 courses at the Under Graduate level, 17 courses at the Post Graduate level and 8 Ph.D. programmes. Seethalakshmi Ramaswami College, a pioneer. women's institution in India affiliated to Bharathidasan University attained autonomous status in 1987. It is one among the first seven colleges accredited by National Assessment and Accreditation Council. The college has commendable NCC-Army, Air wing, Sports and Folk-Arts units. The holistic education imparted to the young women in higher education by the institution makes them transformative leaders fostering global competence.

ABOUT THE DEPARTMENT OF HOME SCIENCE

The Department of Home Science was started. in 1961 and is well equipped with Microbiology, Physiology, Foods & Nutrition, Textiles & Apparel Designing, Interior decoration and Biochemistry laboratories. Regular workshops and Internships are arranged for the students to enhance their skill in varied areas which would enable them to choose from a wide range of options not only in career but also in the pursuit of research. Ever since its inception, it has scaled greater heights rendering valuable service to the students' community. The syllabus of Home Science UG course has been planned with the objective of applying the knowledge of Home Science to upgrade the standard and quality of life, family and the society as a whole and to reach the extremities in all activities of life with their skills and talent. The department was granted with COP during the period 2011-2016. The B.Voc. programme on "Apparel Made-Ups and Home Furnishings" was sanctioned by UGC in the year 2018 under the National Skill Development Corporation through National Skill Qualification Framework (NSQF).

SCOPE OF THE CONFERENCE

The conference "Thriving Inside and Out: Nutrition, Mental Health, and Wellness Made Simple" focuses on promoting holistic well-being by addressing the interconnected aspects of physical, mental, and emotional health. It aims to provide practical strategies, evidence-based insights, and inspiring solutions to help individuals thrive in their personal and professional lives. The event will bring together experts, researchers, practitioners, and participants interested in integrating wellness into everyday living.

Goals

- To empower participants with simple, actionable strategies for a healthier lifestyle.
- To foster collaboration among experts & communities in nutrition, mental health & wellness.
- To highlight the importance of a holistic approach to thriving in modern society.
- To inspire individuals to make sustainable changes for long-term well-being.

SUB-THEME FOR POSTER PRESENTATION

- Ø Nutrition for Wellness
- Ø Mental Health Matters
- Ø Physical Activity and Lifestyle
- Ø Holistic Wellness
- Ø Science Behind Wellness
- Ø Practical Tips for Students

POWERPOINT-SPECIFIC GUIDELINES

1. Set Custom Slide Dimensions:
 - Adjust the slide size to match the poster dimensions (e.g., 36x48 inches).
 - In PowerPoint: Design > Slide Size > Custom Slide Size.
2. Export as a PDF:
 - Save the final version as a PDF to ensure formatting remains intact.
3. Use Slide Masters:
 - Apply consistent styles using the Slide Master feature.
4. Proofread Thoroughly:
 - Check for typos, inconsistencies, and errors.

Bank Details:

Name : Seethalakshmi Ramaswami College
Account Number: 110112327605 IFSC Code: CNRB0016365
Bank Name: Canara Bank Branch Name: SR College Branch

Convener

Dr.A.Shakila,
Associate Professor and Head, Department of Home Science

Organizing Secretary

Dr.C.Anitha,
Assistant Professor, Department of Home Science

Organizing Committee

Ms.A.Lavanya, Assistant Professor , Home Science
Ms.P.Sivakami, Lecturer, Home Science
Dr.R.Saraswathy, Assistant Professor, Tamil
Dr.N.Revathi, Lecturer, Mathematics (SF)
Seethalakshmi Ramaswami College,
Tiruchirappalli, Tamilnadu, India 620 002.
9842119011, 9750024080, 9943475975

Registration Fee : Rs.100/-

Registration Link : <https://forms.gle/tkkcdFpPfy9izaX8>

Google Meet Link : <https://meet.google.com/guw-euim-npc>