

AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY

VINAYAKA MISSION RESEARCH FOUNDATION

DEPARTMENT OF BIOTECHNOLOGY

Guest lecture on FOOD AND BRAIN HEALTH

26-9-2018

REPORT

Department of Biotechnology organized a Guest Lecture on “**FOOD AND BRAIN HEALTH**” on 26th September 2018. The program started with Tamil Thai Vazhthu and Dr. R. Devika, Professor and Head, Department of Biotechnology, AVIT, VMRF welcomed the gathering. Dr. B. Prabasheela, Associate Professor, Department of Biotechnology, AVIT, VMRF introduced the chief guest Dr. M. MOHAMED ESSA, Associate Professor, Department of Nutrition, Sultan Qaboos University, Oman. Dr. R. Subbiya, Associate Professor, Department of Biotechnology, AVIT, VMRF honoured the chief guest. Dr. M. Mohamed Essa, gave interesting lecture on ‘**Food and Brain Health**’ he explained about nourishment of food and their importance related to health. Foods which are highly beneficial to brain health and explained about the specific food items which are damaging the brain nerves with numerous examples (toxins present in foods). The faculty and students of AVIT got benefited from this seminar and it was an eye opening for the young minds. The students made the session very interactive by raising questions. The vote of thanks was given by Dr. A. Nirmala, Assistant Professor, Department of Biotechnology, AVIT, VMRF. The function ended with the National Anthem.



