

EGRA SARADA SHASHI BHUSAN COLLEGE

ESTD. : 1968

(Reaccredited by NAAC with - 'B' Grade with a CGPA of 2.32)

An ISO Certified College for ISO 9001 : 2015 & ISO 14001 : 2015

Post - Egra : Dist - Purba Medinipur (West Bengal) : Pin - 721429.

President : Mr. Tarun Kumar Maity, M.L.A., W.B.

Principal : Dr. Dipak Kumar Tamili.



☎ : 03220-244073, Website - www.egrassbcollege.ac.in : E-mail - info@egrassbcollege.ac.in

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One Day State Level seminar

On

Nutrition and Functional Foods for Healthy Ageing

Date:01.03.2019

Organized By

Department Of Nutrition

Egra S S B College

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Nutritional and functional Foods for healthy aging

1st march 2019 (Time: 11 am onwards)

Organized by

DEPARTMENT OF NUTRITION

EGRA S.S.B. COLLEGE

EGRA, PURBA MEDINIPUR, WEST BENGAL, INDIA

Programme Schedule

1st march 2019

11:00 am – 11:10 am	Welcome Address by prof Mamtaj Khatun Assistant Professor, Dept of Botany , Egra S.S.B. College.
11:10 am – 11:20 am	Inaugural speech by Soumendra Nath Manna , Department of nutrition
11:30 am – 12.30 pm	Speaker DR.CHHANDA MALLIK (ASSISTANT PROFESSOR , NUTRITION DEPARTMENT VIDYASAGAR UNIVERSITY)
12.30 p.m-1.30p.m	DR.GOURAB CHATTERJEE (ASSISTANT PROFESSOR DEPARTMENT OF FOOD TECHNOLOGY ,HALDIA INSTITUTE OF TECHNOLOGY)
2:00pm- 2:30 pm	Interaction with the Students

Programme outcome

Nutrition and Functional Foods for Healthy Aging aims to equip anyone studying geriatric nutrition or working with aging adults with the latest scientific reviews of critical topics. The major objective of this book is to review, in detail, the health problems of the aged and how normal food, lifestyle, or nutritional and dietary supplements can help treat them.

Nutrient requirements for optimum health and function of aging physiological systems are often quite distinct from those required for young people. The special nutrition problems of the aged are intensively researched and tested, especially as the elderly become a larger percentage of the population. Many chronic diseases and cancers are found with higher frequency in the aged, and it is also widely known that many elderly people use foods and nutrients well above the recommended daily allowance, which can be detrimental to optimal health.

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Fig: Certificate of "Nutrition and Functional Foods for Healthy Ageing"

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Fig: One Day State Level Seminar on “Nutrition and Functional Foods for Healthy Ageing

**DIPAK
KUMAR
TAMILI**

Digitally signed by DIPAK KUMAR TAMILI
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a159e89ed30aee4042abc6f913d6e4eed49e
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pseudonym=e3a91c86e5b7424fa9bc82279
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