



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

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

Principal: Dr. Dipak Kumar Tamili.

3: 03220-244073, Website - www.egrassbcollege.ac.in : E-mail - info@egrassbcollege.ac.in

One Day State Level seminar

On

Nutrition and Functional Foods for Healthy Ageing

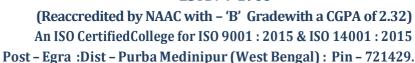
Date:01.03.2019

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

1 st 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 TECHNLOGY)
2:00pm- 2:30 pm	Interaction with the Students
n .	

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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in the One Day State Level Seminar on "Nutrition and Functional Food for Healthy Ageing" on 1" March, 2019 at Egra S.S.B. College, Egra, Purba Medinipur, West Bengal, India.

Dr. Dipak Kumar Tamili Principal, President Seminar Organijing Committee Egra S.S.B. College.

Dr. Chhanda Mallick Assistant Professor Dept. of Bio-Medical Laboratory Science & Management. Vidyasagar University. Gourab Chatterjee Department of Food Technology Haldia Institute of Technology. Mamtaj Khatun Convenor Seminar Organising Committee Egra S.S.B. College.

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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



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