

**KONGUNADU ARTS AND SCIENCE COLLEGE (AUTONOMOUS), COIMBATORE**  
**DEPARTMENT OF COMMERCE**

**Guest Lecture**

**On**

**“Nutrition and Health for Women”**

**October 19<sup>th</sup> - 2022 (Wednesday)**

**REPORT**

The Department of Commerce organized the Guest Lecture on October 19<sup>th</sup> – 2022. **Dr. Lalitha Ramaswamy, Associate Professor and Head, Department of Clinical Nutrition and Dietetics, Kongunadu Arts and Science College, Coimbatore** was the chief guest for the programme titled ‘**Nutrition and Health for Women**’. **Dr.S.Uma, Associate Professor and Head, Department of Commerce** welcomed the gathering. The session highlighted the adequate nutrition is important for women not only because it helps them be productive members of society but also because of the direct effect maternal nutrition has on the health and development of the next generation. Students interacted enthusiastically and gained ample of knowledge on handling life in an efficient manner. Girl students were benefited with the programme.

