

**QUEEN MARY'S COLLEGE, CHENNAI**

**DEPARTMENT OF HOME SCIENCE**

**INTERNATIONAL TALK ON VITAMIN D UPDATE**

**DATE: 20.7.2023**

Dr. Deeptha Sukumar Associate Professor, Drexel University, Philadelphia, USA, presented a lecture series on Vitamin D Update- on 20<sup>th</sup> July 2023. Students from the Department of Home Science, Queen Mary's College including undergraduate and post graduate students (200) and students from other colleges in the city, namely Ethiraj College for Women and SDNB Vaishnav College for Women (30) attended the lecture. In the first session of the lecture, Dr. Deeptha gave a comprehensive overview on the importance of Vit D. The sources, proposed requirements in accordance to different scientific bodies and functions of vit D. New light on the non-calcemic role of vit D especially as nuclear receptors in several organ systems affecting their functions was a key takeaway from the lecture.

In the second session the effects of deficiency and toxicity of Vit D were discussed at length. Highlights of recent research findings on the effect of vit D in the prevention and incidence of many disease conditions were emphasized. At the end of the talk, Dr. Deeptha clarified several doubts and questions raised by the participants on steps to be taken to improve vit D status with due regard to avoid toxic effects that could occur with excess consumption of large supplementary doses. On the whole the lecture was an intellectually engaging and stimulating session which was well received by the students and staff who were present.

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