

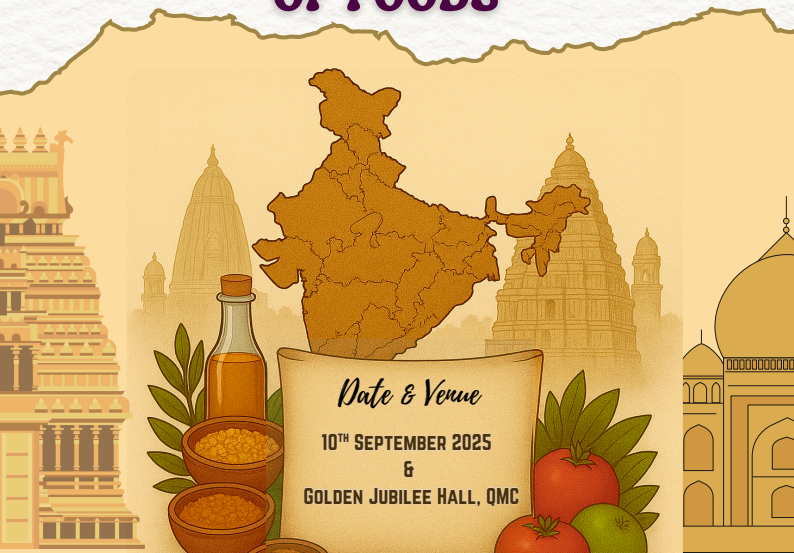


**POST GRADUATE AND RESEARCH DEPARTMENT OF  
HOME SCIENCE**

**QUEEN MARY'S COLLEGE, CHENNAI 600 004**

*Cordially invite you to a  
National Seminar on*

# **“EXPLORING INDIAN KNOWLEDGE SYSTEM OF FOODS”**



*Date & Venue*

**10<sup>TH</sup> SEPTEMBER 2025**

**&**

**GOLDEN JUBILEE HALL, QMC**

# PROGRAMME SCHEDULE

REGISTRATION	8.30-9.30 A.M.
INAUGURATION	9.30-10.00 A.M.
WELCOME ADDRESS	<b>DR. C. KALAIVANI ASHOK</b> ASSOCIATE PROFESSOR AND HEAD DEPARTMENT OF HOME SCIENCE, QUEEN MARY'S COLLEGE, CHENNAI
PRESIDENTIAL ADDRESS	<b>DR.B. UMA MAHESWARI</b> PRINCIPAL, QUEEN MARY'S COLLEGE, CHENNAI
KEY NOTE ADDRESS	<b>DR. SANJ JACOB</b> DIRECTOR, FSSAI, NATIONAL FOOD LABORATORY CHENNAI
TECHNICAL SESSION I 10.00-10.30 A.M.	AYURVEDIC PRINCIPLES OF DIET AND NUTRITION <b>DR. NARENDRA PENDSE</b> CONSULTANT AND SENIOR MEDICAL ADVISOR AT IAIM, PUNE , MAHARASHTRA
TECHNICAL SESSION II 10.30-11.00 A.M.	SEASONAL EATING IN INDIAN TRADITION AND ITS RELEVANCE TODAY <b>DR. NARENDRA PENDSE</b>
11.00-11.30 A.M.	BREAK
TECHNICAL SESSION III 11.30-12.15 P.M.	INDIAN TRADITIONAL FOODS AND FUNCTIONAL NUTRITION : A SCIENTIFIC SYNERGY <b>DR. USHA ANTONY</b> DEAN COLLEGE OF FISH NUTRITION AND FOOD TECHNOLOGY, TAMIL NADU DR. J JAYALALITHAA FISHERIES UNIVERSITY, MADHAVARAM, CHENNAI
TECHNICAL SESSION IV 12.15-1.00 P.M.	TRADITIONAL FERMENTED FOODS <b>DR. ANU APPAIAH</b> RTD. SR. PRINCIPAL SCIENTIST CSIR-CFTRI MYSURU, KARNATAKA SCIENTIFIC COMMITTEE MEMBER -FSSAI GOVT OF INDIA
TECHNICAL SESSION V 1.00 - 1.30 P.M.	TRADITIONAL RICE VARIETIES AND THEIR FUNCTIONAL VALUE <b>DR. KARPOORA SUNDARA PANDIAN NARASINGAM</b> ASSISTANT PROFESSOR TAMIL NADU VETERINARY AND ANIMAL SCIENCES UNIVERSITY (TANUVAS) DEPARTMENT OF FOOD PLANT OPERATIONS, CHENNAI.
1.30-2.30 P.M.	LUNCH
2.30-3.30 P.M.	PANEL DISCUSSION ON - TRADITIONAL FOOD WISDOM MODERATOR <b>DR. RAMA NARAYANAN</b> SENIOR FELLOW, NUTRITION M S SWAMINATHAN RESEARCH FOUNDATION CHENNAI 600 113
	SPECIALLY INVITED PANELIST <b>DR.S. BHARATH NARENDRA</b> BHARATH CLINIC AND VIBHA AYURVEDIC CENTRE, T.NAGAR, MADIPAKKAM, GUINDY CHENNAI
3.30 - 4.30 P.M.	VALEDICTION
	VOTE OF THANKS <b>MRS. NISHA SOLOMON</b> ASSOCIATE PROFESSOR DEPT OF HOME SCIENCE QUEEN MARY'S COLLEGE, CHENNAI