



Seminar on "Bending towards Success: Yoga for Student excellence"

School of Food Science & Technology

School of Food Science and Technology is the new department of Mahatma Gandhi University to provide academic expertise to students in the areas of Food science, Food Technology, Nutrition and Dietetics. The research areas at School of Food Science and Technology includes new food product development, processing and packaging technology, subjective and objective quality analysis of foods and microbial analysis

Organized by,
School of Food Science &
Technology(SFST)
Mahatma Gandhi
University, Kottayam,
Kerala



Mahatma Gandhi University

Mahatma Gandhi University established in 1983, is an eminent collegiate public university in Kerala, approved by UGC, and accredited with NAAC "A++" Grade. With its academic excellence, the University has bagged Chancellor's Award thrice for the best University (2015-16, 2017-18 and 2019-20) within the state of Kerala. It has also secured 30th position in NIRF ranking (April 2019) and 11th position in India Today-MDRA ranking, 2018. At present, Mahatma Gandhi University offers research programs in forty disciplines through its own Schools and approved Research Centers. The university has around 300 affiliated colleges spread over five districts in central Kerala.



9 September 2024



11 am -4 pm



PROGRAMME AGENDA

RESOURCE PERSON



Prof. (Dr.) Sajna Jaleel

Dr. Sajna Jaleel serves as Professor at the School of Pedagogical Science, where she holds a prominent position as an educator and researcher acclaimed for her significant impact on the field of education. With an extensive teaching career exceeding 23 years across diverse educational tiers such as universities, master's programs, and graduate studies, she has consistently exhibited a profound dedication to nurturing learning environments conducive to academic achievement.

11 am -1 pm

- ▶ "Learn mindfully : thriving amidst educational challenges"
-Prof. (Dr.) Sajna Jaleel

2 pm-4 pm

- ▶ "Practice of yoga and natural food in daily life"
- Dr. C. R. Harilakshmeendra Kumar

ORGANISING COMMITTEE

Convenor

Dr. Jisha M S

Coordinator

Dr Anooja Thomas K

Organizing Secretary

Dr. Linu M Salim

Organizing Committee

Dr Radhalakshmi V

Ms.Anjali Palakkeel

Mr.Sajad Rehman

Ms.Sivapriya K C

Ms.Aswathy Asokan

Ms.Amrutha Santosh

RESOURCE PERSON



Dr. C. R. Harilakshmeendra Kumar

C. R. Harilakshmeendra Kumar serves as Assistant Professor at the School of Gandhian Thought and Development Studies. Since 2014, he has held the position of Honorary Director at the Yoga & Naturopathic Center. From 2017 to 2018, he acted as the Director of the School. Currently, Dr. Kumar imparts essential courses to postgraduate students within SGTDS and oversees the academic progress of seven doctoral scholars. Moreover, he fulfills the role of coordinator for the Post-Graduate Diploma program in Yoga and Naturopathy at Mahatma Gandhi University.