



**Loyola College (Autonomous)**  
**Chennai – 600034**

# 'Eat Right Webinar Series'

September 2021 - February 2022

Organised by  
**PG Food Chemistry and Food Processing**  
Department of Chemistry (Shift II)

## WEBINAR 1

*'Eat Right, Stay Fit for Healthy You'*

*in collaboration with*

**Dean of Women Students Office**

Loyola College, Chennai

*Resource person*

**Dr. R. M. Anjana M.D. Ph.D**

*Managing Director and Diabetologist,*

*Dr. Mohan's Diabetes Specialities Centre &*

*Vice President, Madras Diabetes Research Foundation, Chennai.*



**Time: 4.00 – 5.00 PM**

**Date: 28<sup>th</sup> September, 2021**

*Convenor*

**Dr. D. Suresh Kumar**

Head, Department of Chemistry

*Organizing Secretary*

**Ms. P. Rajalakshmi**

Co-ordinator, Department of Chemistry

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# About “Eat Right Initiative”

The Food Safety and Standards Authority of India (FSSAI) is a national body created to ensure the availability of safe and wholesome food for the people in India, and the 'Eat Right India' movement launched in 2018 is a large-scale effort to transform the country's food system into safer and healthier eating habits. This movement was launched to improve public health in India and combat negative nutritional trends to fight lifestyle diseases. 'Eat Right India movement', is built on three broad pillars comprising of 'Eat Healthy', 'Eat Safe' and 'Eat Sustainably'. This pan- India cycle movement has adopted a 'whole of society' approach, bringing all stakeholders such as the food industry, public health professionals, civil society and consumer organizations, influencers and celebrities together on a common platform to take concrete steps to amplify the movement for the healthy growth of the nation. Further to build on this collective action of all stakeholders, we the PG Food Chemistry and Food Processing programme have organised this 'Eat Right Webinar Series' to ensure that we create awareness for making food good, both for the people and the planet.

## *Patrons*

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