

POSTGRADUATE AND RESEARCH DEPARTMENT OF HOME SCIENCE
QUEEN MARY'S COLLEGE, CHENNAI 600 004
NATIONAL SEMINAR ON "EXPLORING INDIAN KNOWLEDGE SYSTEM OF
FOODS
DATE: 10TH SEPTEMBER 2025 VENUE : GJ HALL , QMC
REPORT

The Department of Home Science, Queen Mary's College, organized a seminar on "*Exploring Indian Knowledge System of Foods*" as part of the National Nutrition Month 2025 celebrations. The seminar was attended by 354 participants which included 69 registrations outside Queen Mary's College, that comprised of students and academicians from 11 colleges in the city and others from Indian Dietetic Association, MSSRF, NSI and medical backgrounds.

The event began with a prayer and lamp-lighting, followed by a welcome address from the Head of the Department, who outlined the seminar's objective of bridging Western nutrition principles with Indian traditional food systems for holistic living. Dr. Varalakshmi Anandkumar, senior faculty and Head of French, presided in place of the Principal and emphasized the wisdom in Ayurvedic and Siddha dietary traditions. Dr. Sanu Jacob, Director, FSSAI and President, AFSTI (Chennai Chapter), delivered the keynote address, highlighting the scientific rationale in traditional practices like the Onam Sadhya and FSSAI's role in conserving food heritage.

The technical sessions featured eminent speakers who validated the functional and therapeutic value of traditional foods with scientific evidence. Dr. Narendra Pendse, Ayurvedic practitioner, spoke on diet principles such as *Adhyasana* and *Ritucharya* (seasonal eating), linking them to the prevention of lifestyle diseases and adaptation to climate effects. Dr. Anu Appaiah discussed the therapeutic potential of traditional fermented foods, stressing the need to read food labels carefully and elaborating on the health benefits of probiotics, prebiotics, and bioactive compounds. Dr. Karpoora Sundara Pandian highlighted the nutritional richness of traditional rice varieties like Seeraga Samba, Karuppukavuni, and Mapillai Samba, underscoring their role in reducing risks of diabetes, obesity, and cardiovascular diseases, and called for their conservation for health and sustainability.

In the post-lunch panel discussion moderated by Dr. Rama Narayan (MSSRF, Chennai), experts Dr. Bharat Narendra, Dr. Sanu Jacob, Dr. Appaiah, and Dr. Karpoora Sundara Pandian shared insights from their fields, followed by a lively Q&A with students. The session

concluded with impactful messages encouraging the inclusion of traditional rice, fermented foods, and Ayurvedic dietary principles for healthier, longer lives.

The programme ended with a valedictory session, where Chief Guest Dr. Santhi, COE, Queen Mary's College, delivered a concise presidential address summarizing the day's deliberations. Participants from multiple institutions received certificates, and the seminar concluded with a vote of thanks by Mrs. Nisha Solomon, Associate Professor, Dept. of Home Science, followed by the National Anthem.

**HIGHLIGHTS FROM THE NATIONAL SEMINAR ON EXPLORING INDIAN
KNOWLEDGE SYSTEM OF FOODS**



Dignitaries lighting the lamp during the inauguration



Welcome address by Dr. C. Kalaivani Ashok, extending greetings to all attendees.



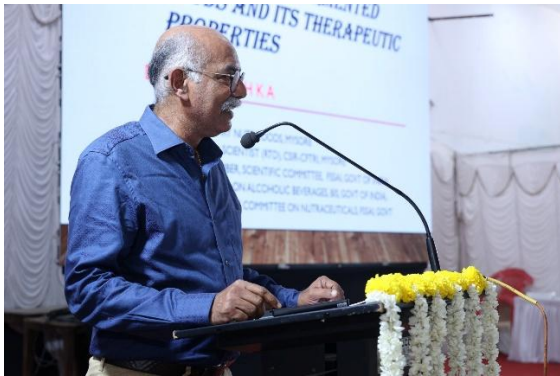
Felicitation of resource persons for their valuable contributions



Dignitaries unveiled the souvenir, commemorating the occasion



The Chief Guest addressing the gathering in the keynote session



Resource persons engaging the audience with insightful sessions



Engaging panel discussion with experts sharing their insight



Valedictory session and certificate distribution by Dr. Shanthi Coe, COE, Queen Mary's College



Vote of Thank by Mrs. Nisha Solomon