

Research and Development Cell
L. T. K. College
PO: Azad, North Lakhimpur, Pin: 787031

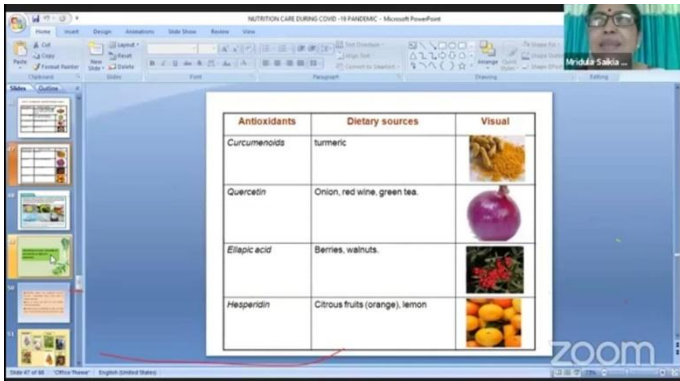
A webinar on
Nutritional Care During Covid-19 Pandemic
Date: 09/07/2021





এল.টি.কে. মহাবিদ্যালয়ৰ আভ্যন্তৰীণ মান নিকপণ কোষৰ উদ্যোগত
আৰু
গৃহ বিজ্ঞান বিভাগৰ সহযোগত
Online বক্তৃতানুষ্ঠান- ৪

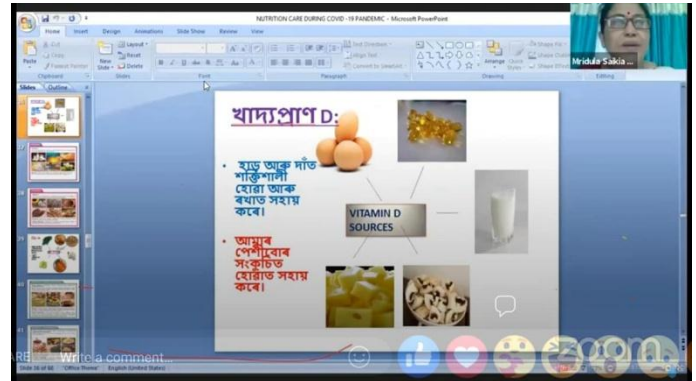
বিষয় : কভিডকালীন পৰিস্থিতিত পুষ্টিগত সচেতনতা
(Nutritional Care During COVID-19 Pandemic)
Date : 9th July, 2021 (Friday) :: Time : 11-00 AM

Inaugurator	Resource Person
 Dr. Bubul Kumar Saikia Principal L.T.K. College, Azad, NL	 Dr. Mridula Saikia Barooh Professor College of Community Science Assam Agricultural University Jorhat
 Mr. Biju Kr. Sonowal Coordinator, IQAC L.T.K. College, Azad, NL	 Dr. Swapna Dutta HoD, Dept. of Home Scienc L.T.K. College, Azad, NL

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Antioxidants	Dietary sources	Visual
Curcuminoids	turmeric	
Quercetin	Onion, red wine, green tea.	
Ellipic acid	Berries, walnuts.	
Heaspendin	Citrous fruits (orange), lemon	




খাদ্যপ্ৰাণ D:

• হাড় আৰু দাঁত শক্তিশালী বোৱা আৰু বৰষুণত সহায় কৰে।

• আমাৰ পেশীৰ সংক্ৰতিত হোৱাত সহায় কৰে।

VITAMIN D SOURCES



A webinar on **Nutritional Care During Covid-19** Pandemic was held on 14/07/2021, where Dr Mridula Saikia Baruah, Professor, Assam Agricultural University; was the resource person.



M Saikia
Principal
L. T. K. College, Azad
North Lakhimpur