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To
The Editor,

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Sir,

I request that the following matter may kindly be published in your esteemed daily:

Eat 3G for a healthy life – Says Food Scientist

National Service Scheme of TNAU in association with Ramasamy Chinnammal Trust, Vadavalli, Coimbatore jointly organized an awareness programme on chief nutrition and health on 1-10-2016 with Special focus on in which 700 NSS volunteers and NSS officers participated adolescents and women and NSS officer participated.

Dr. Saraswathi Eswaran, former Professor, Tamil Nadu Agricultural University and presently the secretary of the trust in her thought provoking address on the importance of millets said that 11 percent of the Cardiovascular diseases reported are in adolescents. She emphasized the importance of breakfast, eating 1 gram of protein per kg body weight, eating fats with less carbon chains and 22 – 30 gram of fat per person per day 3G – Grain, Gram and Greens are important for a healthy life, she added. She said millets provide balanced nutrition.

Mrs. Rajalakshmi, Dietitian and nutritional consultant highlighted the fact that 90% of expenditure on health is spent on the last year of life. Average life span on Indian has increased from 31 years at 1940 to 72 years at present. But we live too short and die too long due to non communicable dies earlier. Maturity onset diabetes once has now income juvenile diabetes due to change in habits and life style.

Dr. Shantha Adayar Institute, Chennai saying current generation will see their children dying before them. She also highlighted the alarming report of World Health Organisation that by 2020, 85% of deaths will be due to non communicable diseases Human body highly resilient and meant for health and not for disease.

She retreated that selfishness and graced to earn with fast food habits have been the causes of life style diseases. Food, exercise and stress have to be managed for better health. Eating chemical free, locally available and seasonal fresh fruits and vegetables traditional instead of fast and convenience foods, avoiding artificial colours and flavours, listening to the body and concentrating more on nutrition rather than taste lead to healthy life, she said. She remembered the practices of our ancestors who celebrated many festivals and were grateful to nature like Surya namaskara for bestowing our gratitude to sun as well as manifesting body fitness.

When I become we Illness becomes wellness she said. She requested the adolescent children to avoid substances like Alloxine, benzyl peroxide in foods used for bleaching. All the practices are favourable and our foods should be decided by us not by advertisements and corporate companies. Every individual has a unique body constitution and we two individuals have a same food requirement. Followed by the lecture, there was a question answer session where students asked questions regarding deworming, benefits of vegetarian etc.

Dr. S. Mahimairaja, Dean (Agri), Tamil Nadu Agricultural University, Dr. M.R. Latha, Asst. Professor, and University employees were participated in the programme.

Earlier Selvi. Arunodhaya welcomed the gathering and Selvan Hadil Mon NSS representative proposed a formal vote of thanks.

Public Relations Officer