

# **VITAMIN “D” AWARENESS PROGRAM**

**Thesis Presentation by, Dr.Gomathy Shivaji,**

**(Former Head, Department of Home Science, Women 's Christian College, Chennai )**



Dr. Shivaji gave a lecture on

"The causes and consequences of Vitamin D deficiency". She touched upon the synthesis of Vitamin D, its regulations and metabolic functions. She also explained about the sources of Vitamin D and the importance of supplementation. She also spoke on the importance of Research Methodology, giving good examples, and how strictly adhering to it helps in generalising the results. She also shared the findings of their research work. The whole session was not only interesting and informative, but very thought provoking. Both students and faculty members who attended the lecture enjoyed it thoroughly.