

## Guest Lecture

**Department:** Life Science

**Activity:** Guest Lecture

**Name of the Programme:** Probiotics, Prebiotics and Synbiotics: Good Food for Good Health

**Date:** 21<sup>st</sup> August 2018

**Participants:** 28

**Resource Person:** Dr. Sadananda G K

**Brief write up:** Dr. Sadananda spoke at length about the importance of functional foods. Examples of bacterial strains used for commercial preparation of probiotics, their significance and side effects and significance of probiotics and synbiotics were discussed.

