



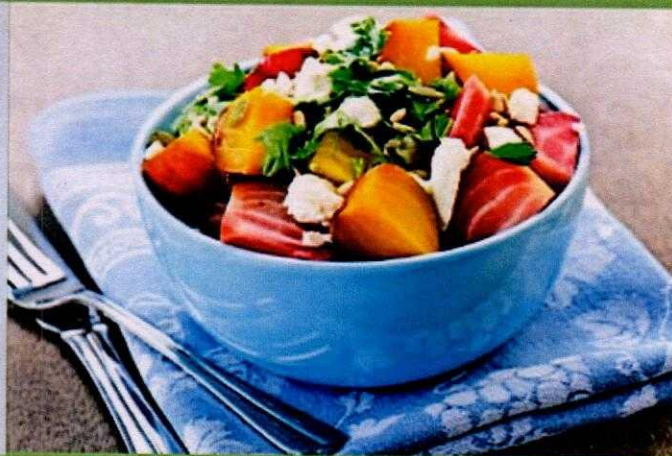
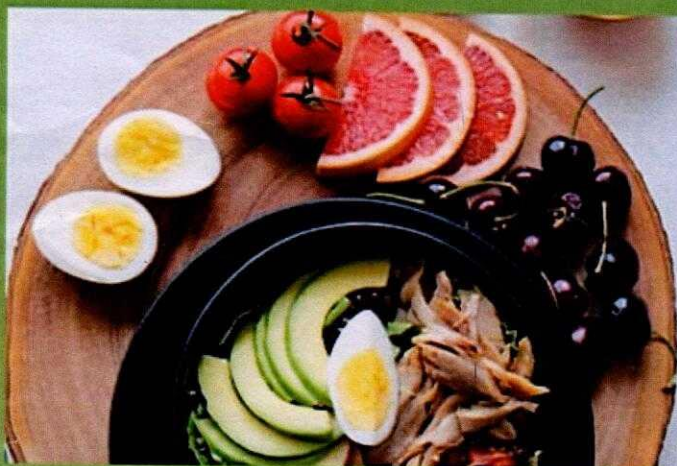
AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

K. SATHANUR TRICHY

DEPARTMENT OF NUTRITION & DIETETICS ORGANIZES
A ONE DAY NATIONAL LEVEL WEBINAR ON

"DIET TRENDS VS SUSTAINABLE DIET"

On the 8th of July 2020 between 11.am to 11.50 am



Guest Speaker

Ms. M. Deepika.,
Live Food Farmacy Startup
Founder, Thrissur, Kerala.

We cordially invite the Faculty,
Research Scholars & Students to

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

DEPARTMENT OF NUTRITION AND DIETETICS

ONE DAY NATIONAL WEBINAR

ON

DIET TRENDS VS SUSTAINABLE DIETS

The Department of Nutrition and Dietetics of AIMA College of Arts and Science for Women conducted a One Day National Webinar on **"Diet Trends vs Sustainable Diets"** on 08.07.2020 at 11.00AM. The Guest Speaker of this Session was Ms.M.Deepika, Live Food Farmacy startup Founder, Thrissur, Kerala. She emphasized on current diet trends like ketogenic diet and paleo diet and their importance in the current situation. She also spoke on the availability of foods in terms of quality and quantity which is sufficient to satisfy the dietary needs of an Individual.

She also insisted on dietary patterns that promotes all stages of individuals for their physical, mental and social well being.

There was an overwhelming response from the public where by 840 registration were received, but we could accomodate only 100 participants.

The recorded version was also provided to our department students (250) in Google Meet .

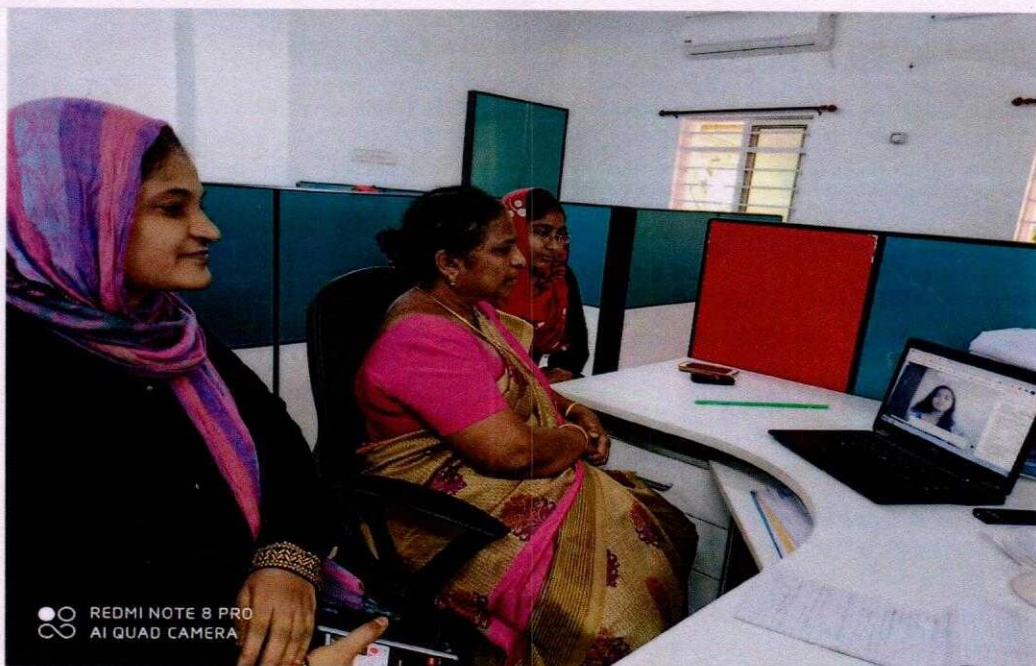
For 350 participants,Certificates were issued through online.



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AIMA COLLEGE OF ARTS &
SCIENCE FOR WOMEN

AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN, TRICHY
DEPARTMENT OF NUTRTION AND DIETETICS
WEBINAR ON DIET TRENDS VS SUSTAINABLE DIET ON 08.07.2020





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