



AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAAN Education & Welfare Society)

Affiliated to Bharathidadsan University

Recognized by UGC under Section 2(f) & 12 (B)

ISO 9001:2015 Certified Institution

K.Sathanur, Tiruchirappalli- 620 021



LEO CLUB

organizes

FOOD AND DIET AWARENESS

Date : 05.08.2019

**Venue : AIMAAN College of Arts and
Science For Women, Trichy.**

**SUHASINI
PRINCIPAL**

AIMAN COLLEGE OF ARTS AND SCIENCE OF WOMEN

K.SATHANUR, TRICHY.

LEO CLUB

2019-2020

Report on Food and diet awareness

The Food and Diet awareness program was conducted by the Leo Club of AIMAN College of Arts and Science for Women in a very productive and informative way to provide awareness to the teenage students who fall under the high range of fast food consumers. The aim of the program was to create an awareness to eat healthy foods and avoid junk foods because only they can make them strong. Participants displayed many charts that contained pros and cons of consuming too much junk food. They also displayed projects on what to eat for healthy living. All the students of AIMAN College were allowed to visit and interact with the project heads. This program was a really effective program which made all the students understand easily about what a proper diet is.



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PHOTOS**

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