

## DIET CAMPS

### “ANALYSIS OF BODY COMPOSITION, DIET COUNSELLING”

Body composition analysis was done using karada scale which is one of the accurate method to analyse components such as total body fat, muscle mass, water content, BMR and based on all these parameters detailed diet counseling was given by students which was much appreciated.



Diet counselling and body composition analysis

## **“DIET CAMP ON OCASSION OF NATIONAL NUTRITION WEEK 2018”**

### **OBJECTIVES:**

To make people aware of the power of food in terms of sustainable living.

To encourage people to choose a healthy lifestyle in order to prevent nutritional deficiencies and other health issues.



Diet counselling and assessment of haemoglobin level

## INTERNATIONAL WOMEN'S DAY CELEBRATION 2019

Diet camp was conducted by the students for the Koraga community in Moodbidri and awareness talk was given regarding the “**NUTRITIONAL REQUIREMENT FOR WOMEN DURING PMS AND PCOD CONDITIONS**”

