

Name of the Activity: Guest Lecture

Organised By: ladies Association

Title of the Activity: Nutritional Values of Traditional Foods

Date and Time: 19/12/2020

Speaker/Resource Person: Dr. Ashwini Arakeri, Yoga instructor, SBG Ayurvedic Medical College and Hospital, Belagavi.

NOTICE / INVITATION



REPORT: Indian food is most popular for its diversity. The variety of foods, spices and dishes that are native to India makes Indian food one of the most wholesome foods in the world. The resource person explained about the traditional Indian food, their importance and benefits. She also concentrated on how these Indian traditional foods supports immunity, inflammation, brain function and several other functions in the human body.

Participants: 82

Co-ordinator: Dr.Ashwini B. Hiremath, Asst.Prof.

Geo tag or other pics

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