



A One-day national level awareness programme on "Better Food Habits for being Healthy during and after COVID'19""

**Organised by
Academic Staff College, KLEF
On 21-09-2020**

Academic Staff College of KLEF organized a one-day programme on "**A One-day national level awareness programme on "Better Food Habits for being Healthy during and after COVID'19""** for the faculty of KLEF" on 21th Sep 2020.

The virtual based sessions were conducted by **Dr.KhadarVali, a renowned independent Scientist and expert on Health and Food Habits**. This programme helped the faculty members gain an understanding of what is healthy food and how to keep track of one's own health through good food habits. The resource person gave valuable inputs on how to deal with the pandemic and protect individuals from the virus and he also gave inputs on how to deal with the virus if it attacks a person. other digital domains, for branding and communication.94 faculty had participated in the programme.

Dr A Srinath

Principal – Academic Staff College