

FOOD AND FASHION – FOR A COMPLETE PERSONA

COURSE DESCRIPTION

This course will lead towards the complete personality development of an individual. It will help to inculcate appropriate food habit and fashion sense among the students. It will teach them to distinguish between junk and nutritious food. Also, it will enable them to decide on a proper diet during different phases and conditions of life. In the later part of the course, the students will learn about the WHAT and HOW of “Fashion”. They will learn to recognize various figure types and their respective suitable clothing. This will develop in them, a taste for grooming their own selves.