



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Webinar on
“Health benefits of “Plant Based
Diet”.



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SGT University

Faculty of Hotel & Tourism Management

“Health benefits of “Plant Based Diet”.

5th June 2021, SGT University

Brief Profile of Speaker:

Chef Varun of FIAPO organized a webinar on Health benefits of Plant based diets.

Organizers: SGT College of Hotel & Tourism Management in collaboration with FIAPO

Report of the Webinar/ Event / FDP Program:

a) **Introduction:** Several plant based diet presented and its importance made understood in a simpler manner.

b) **Objective of the Webinar**
Importance of plant based diet demonstrated in simpler manner

c) **Brief content of lecture-**



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Chef Varun made a presentation on health based plant diet in detail.

d) Screenshots of Webinar/ Picture of Event: Good quality picture with legends is mandatory

E-Brochure



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FACULTY OF HOTEL & TOURISM MANAGEMENT

is organising a

WEBINAR on

**“HEALTH BENEFITS OF
PLANT-BASED DIET”**

Joining Link: <https://bit.ly/3paYgFa>

 5th June 2021 |  11:00 AM Onwards

WEBINAR

Expert



Chef Varun
Founder and Chef
Bodhi Greens



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Chef Varun Demonstrating the Dishes in the webinar on Health Benefits of Plant Based Diet

List of participants

21

Signature of co-ordinator



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Webinar on Health Benefits of Plant Based Diet		
		DATE:- 5/6/21
S.NO	NAME OF STUDENTS	REMARKS
1	Anshumali	P
2	Dhruv Mathur	P
3	Archit Thakur	P
4	Manav Sehwat	P
5	Aman Sharma	P
6	Kashish Arora	P
7	Rohit Rana	P
8	Khushi Kataria	P
9	Uttkarsh Kumar	P
10	Deepak Pandey	P
11	Laxita Yadav	P
12	Aman Kumar	P
13	Vivek Kumar	P
14	Abhishek Barua	P
15	Ankit Kumar	P
16	Akash Ashu Lamsal	P
17	Karan Sharma	P
18	Rishabh Budhraj	P
19	Vipin Kumar	P
20	Divyjayot Singh	P
21	Bhumi Sharma	P



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