

# ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

ACCREDITED WITH NAAC INSTITUTIONAL  
CGPA 3.57 (CYCLE 4) 47TH RANK IN NIRF RANKING 2020

**Department of Home Science and Centre for  
Research in collaboration with DBT Star College**



*Commemorates*  
**World Heart Day 2020**

**USE ♥ TO BEAT ♡**

**International Webinar on**

**Dietary Cholesterol :  
Current State Of Evidence**

Join webinar through **GOOGLE MEET**

**Date 29-09-2020 Tuesday, 5:00pm IST**

St. Teresa's College (Autonomous) , Ernakulam is the first aided Women's College in the state accredited by National Assessment and Accreditation Council with the highest A++ Grade (CGPA 3.57 out of 4) and recognized by the UGC as 'College with Potential for Excellence'. Department of Home Science has 60 years of merit and excellence and has been a Research Centre of M G University since 1985.

Cardiovascular Diseases (CVDs) have now become the leading cause of mortality in India with one quarter of all mortality attributable to CVD. Cholesterol plays a detrimental role in the risk of CVD by contributing to atherosclerotic plaque formation. Dietary recommendations with respect to cholesterol intake are crucial with respect to development and management of CVD. In view of the above the Department of Home Science & Centre for Research has scheduled an International webinar entitled "Dietary Cholesterol : Current State of Evidence " . Dr. Deepa Handu resource person for the webinar serves as a Senior Scientific Director in the Academy of Nutrition and Dietetics , Evidence Analysis Centre. She has immense expertise in conducting systematic reviews and quantitative analysis in the field of nutrition. The organizing committee cordially invites you to the webinar.

## SPEAKER



**Dr. Deepa Handu**

PhD, RDN, Sr. Scientific Director,  
Evidence Analysis Centre, Academy of  
Nutrition and Dietetics, Chicago, USA

## Patron

**Director - Rev.Dr.Sr.Vinitha CSST**  
**Principal - Dr.Lizzy Mathew**

## Chairman:

**Dr. Thara Sebastian**  
Head, Dept.of Home Science, St.Teresa's College, Ernakulam

## Convenor :

**Dr. Rashmi H Poojara**

## Co- convenor :

**Smt.Nimmi Jacob**

## Organising Committee :

**Dr. Betty Rani Isaac, Dr. Anu Joseph, Dr. Shilpa Jose**

## Student Coordinators :

**Elsa Riya Mathew , Elizabeth Varghese**

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