

# "INFLUENCE OF SOCIAL MEDIA AND SELF-IMAGE IN THE PRACTICE OF FAD DIETS "



PROJECT SUBMITTED

In Partial Fulfilment of the Requirement for the Award of the degree of

B.Sc. NUTRITION AND DIETETICS

BY

SUSANNE GEORGE

(Register No: SB20ND031)

DEPARTMENT OF CLINICAL

NUTRITION AND DIETETICS

WOMEN'S STUDY CENTRE

ST. TERESA 'S COLLEGE (AUTONOMOUS)

ERNAKULAM

APRIL 2023

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APRIL 2023

CERTIFIED AS BONAFIDE RESERCH WORK

Signature of Internal Examiner

Signature of External Examiner

## **DECLARATION**

I hereby declare that the project entitled “**INFLUENCE OF SOCIAL MEDIA AND SELF-IMAGE IN THE PRACTICE OF FAD DIETS**” submitted in partial fulfilment of the requirement for the award of the degree of Bachelor's Programme in Clinical Nutrition and Dietetics is a record of original research work done by me under the supervision and guidance of **Ms. Rose Mathew**, Assistant Professor, Department of Clinical Nutrition and Dietetics, Women’s Study Centre, St. Teresa's College (Autonomous), Ernakulam and has not been submitted in part or full of any other degree/diploma/fellowship or the similar titles to any candidate of any other university.

Place: ERNAKULAM

SUSANNE GEORGE

Date: 18-04-2023

## CERTIFICATE

I here certify that the project entitled “**INFLUENCE OF SOCIAL MEDIA AND SELF-IMAGE IN THE PRACTICE OF FAD DIETS**” submitted in partial fulfilment of the requirement for the award of the Degree of Bachelor's Programme in Clinical Nutrition and Dietetics is a record of original work done by **Ms. Susanne George** during the period of the study under my guidance and supervision.

Signature of the HOD

Signature of the Research Guide with designation

## ACKNOWLEDGEMENT

I bow my head before God Almighty for the blessings, love and care. Next, I would like to express my deep sense of attitude and heartfelt thanks to my parents and family for their co-operation, encouragement and moral support.

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