

Successful Awareness Lecture on Health, Diet, and Nutrition

An impactful awareness lecture on “**Health, Diet, and Nutrition**” was jointly organized by the **Chemistry Club- Lavoisier (Department of Chemistry)** and the **NSS Unit of Government College Solan**, in collaboration with **Maa Shoolini Seva Trust, Solan**. The programme aimed to sensitize students to the importance of **balanced nutrition, healthy lifestyle practices, and overall well-being**.

The **Principal, Dr. Manisha Kohli**, graced the event as **Chief Guest** and emphasized the vital role of health awareness programmes in ensuring the **physical, mental, and social development** of students.

The session was delivered by resource person **Dr. Aditi Garg**, from Shoolini University, who provided **practical, science-based guidance** on balanced diet, meal timing, portion control, and the adoption of healthy lifestyle habits. Her interactive and student-friendly approach helped participants understand how **small, consistent lifestyle changes** can significantly improve health.

Approximately **100 students**, including **NSS volunteers and Chemistry students**, actively participated in the programme, making the session highly engaging and informative.

Objectives

- To create awareness about **health, diet, and nutrition**
- To promote **balanced diet and healthy lifestyle practices**
- To enhance **physical, mental, and social well-being** of students
- To encourage **sustainable and responsible health habits**

Outcomes

- Improved awareness of **nutrition and healthy living**
- Practical understanding of **diet planning and lifestyle management**
- Increased student engagement in **health-oriented extension activities**

Impact

- Positive influence on students’ **dietary habits and health consciousness**
- Contribution to **student wellness and holistic development**
- Strengthened institutional commitment to **student welfare and NAAC quality benchmarks**.

Photographs:

