

**NOTICE**

**23-07-2025**

**Govt. College Solan**

**Value added course Offered for Session 2025-26**

We are pleased to announce the commencement of the value added course for the academic session 2025-26.

**Title of Course: - Health Education and Nutrition**

Course coordinator: Mr. Ravi Ram (Assistant professor)

Department of Physical Education.

Contact No: 9459042202, 8894904602

Students interested in above mentioned course are requested to contact course coordinator for further details regarding the schedule and enrolment process.

Course starts from 28 July 2025

Duration of course: 30 Hours

Credits – 2

  
**Course coordinator**  
Assistant of Associate Prof.  
Govt. College Solan  
(H.P.) 173212

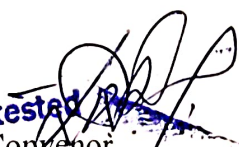
  
**Principal**  
Principal  
Govt. College Solan  
Govt. College Solan

## Report

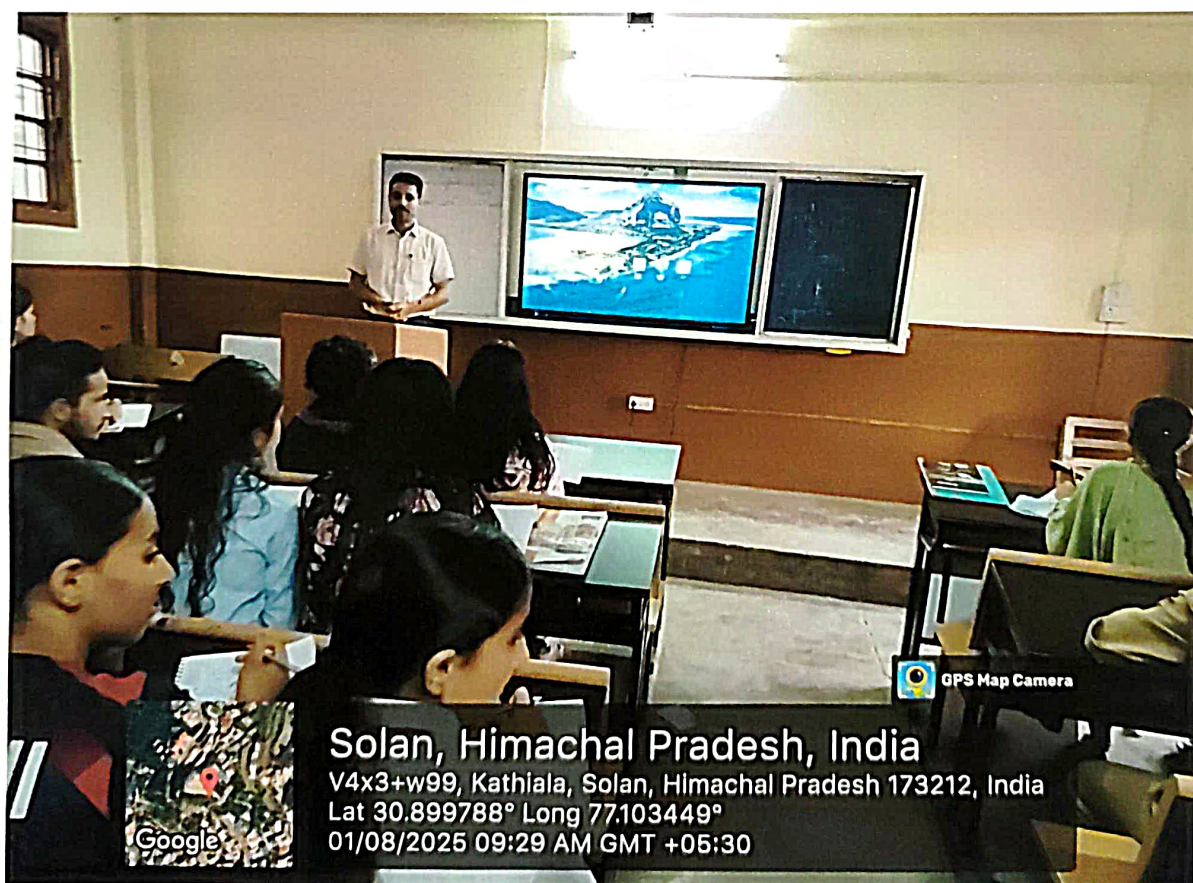
### Value Added Course

#### Topic: Health Education, and Nutrition

In pursuit of holistic development and practical learning beyond the academic curriculum department of physical Education at Govt. College Salan organized a value-added course titled "Health Education and nutrition". The course was Conducted form 28.7.25 to 03.9.2005 with a total duration of 30 Hours. It was designed to enhance Students understanding of health, nutrition and wellness and to promote informed life style choices among young adults. The course aimed to educate students on the fundamentals of physical and mental wellbeing, the role of balanced nutrition in diseases prevention, and the importance of adopting healthy habits. It concerned a wide range of topics including dietary requirements across different age groups, nutritional deficiencies, food Safety, public health policies, and the psychological aspects of health. Expert resource persons from the fields of nutrition's, health, & fitness were invited to deliver lecturer and conduct interactive sessions. A total of 91 student from various departments enrolled in the course. The attendance and engagement level were commendable, reflecting the relevance and appeal of the subject matter. At the conclusion of the course, certificates of participations were awarded to all attendees. The value-added course on Health Education and nutrition to the was a successful endeavour that contributed meaningfully to the students personal and professional development. It aligned with the Colleges vision of nurturing responsible, health-conscious individuals equipped to face the challenges of modern life.

  
Attested By  
Convenor  
Assistant Professor  
Govt. College, Solan (H.P.)

  
Principal  
Govt. College Solan







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V4x3+w99, Kathiala, Solan, Himachal Pradesh 173211, India  
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22/09/2025 10:01 AM GMT +05:30



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V4x3+w99, Kathiala, Solan, Himachal Pradesh 173212, India  
Lat 30.899784° Long 77.103411°  
05/08/2025 09:29 AM GMT +05:30

