



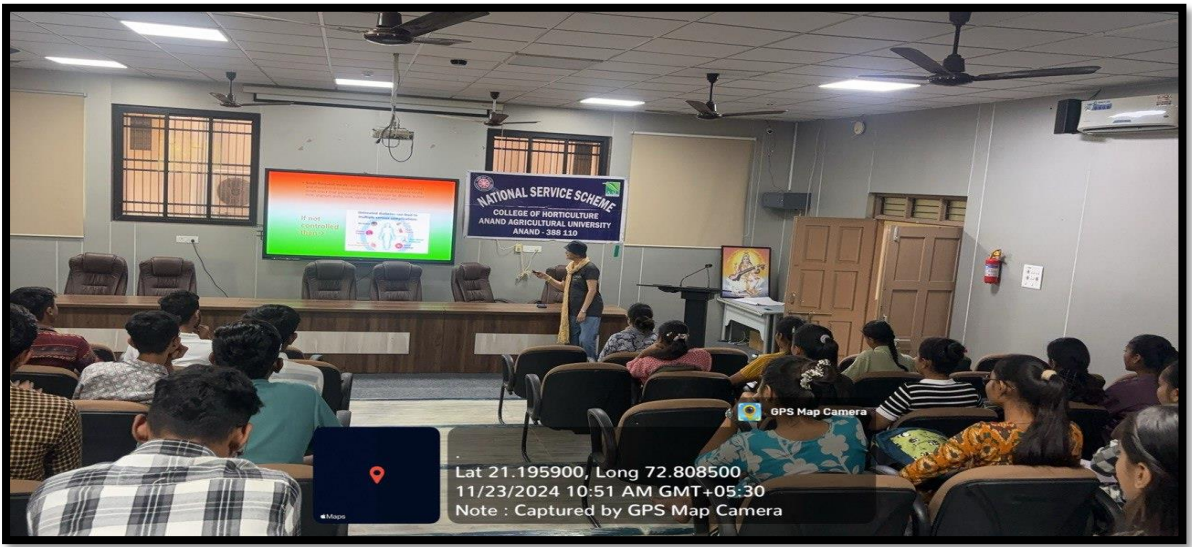
NATIONAL SERVICE SCHEME
COLLEGE OF HORTICULTURE
ANAND AGRICULTURAL UNIVERSITY



“Balanced Diet & Nutrition”

The NSS Cell of the College of Horticulture, Anand Agricultural University (AAU), organized a lecture on "Balanced Diet & Nutrition" on November 23, 2024, under the guidance of Principal and Dean, Dr. N. I. Shah. The event aimed to promote awareness about the importance of nutrition and healthy eating habits and saw active participation from 66 students. Dr. Prity Kumari, Program Officer, NSS Cell, started the session with an insightful introduction, highlighting the relevance of maintaining a balanced diet for overall health. She then introduced the guest speaker, Ms. Sadhna Makhija, a Dietitian at Charusat Hospital, who delivered an engaging presentation on the topic. Ms. Makhija explained the concept of a balanced diet, emphasizing the inclusion of essential macronutrients like carbohydrates, proteins, and fats, as well as micronutrients such as vitamins and minerals. She discussed the critical role of nutrition in boosting immunity, preventing diseases, and maintaining energy levels with practical advice on meal planning. A sample 7-day balanced diet chart provided actionable guidance for participants to incorporate healthier eating habits into their daily lives. The session concluded with an interactive Q&A segment, where students enthusiastically clarified their doubts about nutrition and meal planning. The lecture has motivated students to adopt healthier lifestyles, marking a successful initiative to enhance awareness about balanced diets and nutrition.

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