

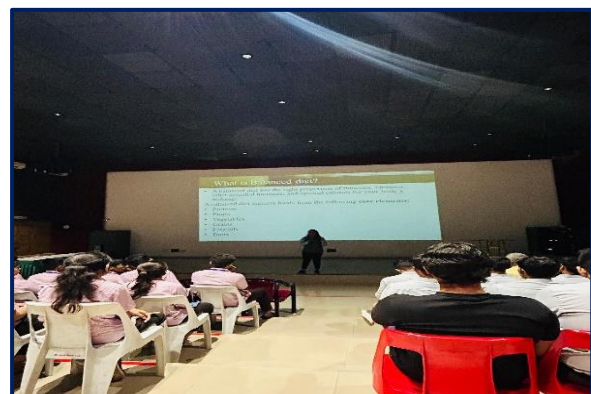


## **Session on Nutrition and Healthy Lifestyle**

**Date: 27/09/2024**

<b>Date of Event</b>	27-09-2024
<b>Venue</b>	J.D. Auditorium
<b>Time</b>	12.30-1.30 PM
<b>Total No. of Participants</b>	180 students of FYBBA
<b>Expert Name</b>	Ms. Divya Chaudhari – faculty member at MBNC, UTU
<b>Event Coordinator</b>	Mr. Dharmraj Solanki
<b>Event Category</b>	Student Development
<b>Program objective</b>	To increase the awareness of students on the importance of nutrition and healthy lifestyle for their overall wellbeing. And to promote healthy habits to create supportive community.
<b>Program outcomes</b>	The session improves their health awareness, improve their eating habits, and student's will be able to articulate how improved nutrition and lifestyle choices contribute to better concentration, memory, and overall academic success.

An expert session on “Nutrition and Healthy Lifestyle” was organized for the students of FYBBA to make them aware with the importance of nutrition into their daily life schedule. The session started with the introduction of a speaker by Mr. Dharmraj Solanki. Ms. Divya Chaushari, has beautifully explained the importance of healthy lifestyle, balanced diet and the importance of nutrition in daily life.



The key take aways from her session was as following;

- Proper nutrition is essential for optimal brain function. It plays play significant roles in memory, concentration, and overall cognitive health.
- A balanced diet helps maintain stable energy levels throughout the day. Complex carbohydrates, healthy fats, and proteins provide sustained energy, which is vital for long study hours and group projects.
- Nutritional choices can influence stress levels. Thus, having healthy choices of food reduces the stress level.
- A well-rounded diet supports immune function and reduces the risk of chronic diseases, ensuring students can maintain their health throughout their studies.
- Engaging in regular exercise (at least 150 minutes per week) enhances physical and mental well-being. Activities can include walking, jogging, cycling, or group sports.
- Good sleep improves concentration, memory retention, and overall health.
- Reduce the intake of processed foods, sugary drinks, and excessive caffeine. Avoid smoking and limit alcohol consumption, as these can negatively impact health and academic performance.



For BBA students, a focus on nutrition and a healthy lifestyle is essential not only for academic success but also for overall well-being. By making informed dietary choices, engaging in regular physical activity, and prioritizing sleep and stress management, students can enhance their academic performance and set the foundation for a healthier future.

During the entire session, the presence of Mr. Vijay Shah had been noticed and appreciated.

**Report Prepared by:** Dr. Trishna Shah

HoD Signature