



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

**Date: 27/09/2024**

<b>Date of Event</b>	27-09-2024
<b>Venue</b>	J.D. Hall
<b>Time</b>	12:30-1:30 PM
<b>Total No. of Participants</b>	300 students of FYBBA & SYBCOM
<b>Expert Name</b>	Ms. Divya Chauhan
<b>Event Coordinator</b>	Mr. Dharmraj Solanki, Dr. Arpita Vyas & Ms. Urvi Panchal
<b>Event Category</b>	Expert Session
<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 students 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 chaudhary, has beautifully explained the importance of healthy lifestyle, balanced diet and the importance of nutrition in daily life. The key take away 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& B.Com 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 Dr. Vijay Shah had been noticed and appreciated.



Date: 27/9/24

Subject: ~~Direct tax~~ JDSS Session

Time: 12:30 to 1:30

Semester: 3<sup>rd</sup>

Enrollment No.	Late time	Late Reason	Sign.	Enrollment No.	Late time	Late Reason	Sign.
202307100710002			Vidya	202307100710035			Amrta
202307100710003				202307100710036			N/Mad
202307100710005		Dance		202307100710037		Dance	
202307100710006		Dance		202307100710038		Dance	
202307100710007			Amrta	202307100710039			AB
202307100710008			Amrta	202307100710040			AB
202307100710009			Amrta	202307100710041			AB
202307100710011			Amrta	202307100710042		Dance	
202307100710012			Amrta	202307100710043			Amrta
202307100710013			AB	202307100710044			Amrta
202307100710014			Tanya	202307100710045			Amrta
202307100710015			AB	202307100710046			Amrta
202307100710016			AB	202307100710047			Amrta
202307100710017			SSP	202307100710048		Amrta	Amrta
202307100710018			SSP	202307100710049		Amrta	Amrta
202307100710019		Dance		202307100710050			AB
202307100710020			Isht	202307100710051			AB
202307100710021		Dance		202307100710052			AB
202307100710022			AB	202307100710053			AB
202307100710023			AB	202307100710054			AB
202307100710024			AB	202307100710055			AB
202307100710025			AB	202307100710057			AB
202307100710026			AB	202307100710058			AB
202307100710027			AB	202307100710059			AB
202307100710028			AB	202307100710060			AB
202307100710029			AB	202307100710062			AB
202307100710030		Dance		202307100710063			AB
202307100710031			AB	202307100710064			G.R. Patel
202307100710032			AB	202307100710065			S. S. Patel
202307100710033		Dance		202307100710068			AB

Topic Covered: Session (ATC)

Faculty Signature: [Signature]

HOD Signature: [Signature]