



Fit India Youth Club

REPORT

Title of the activity: Specialist Talk on Healthy Eating: A key to Good Health

Values : Health Promotion, Disease Prevention, Nutritional Education

Learning Outcome:

The participants have learnt:

- About the significance of nutrition, including the importance of balanced diets,
- To strengthen the state and conditioning of human body through nutritious food.
- About the impact of different foods on overall health
- The ways to improve health status enhance quality of life, reduced risk of premature death, increased life expectancy.

Program theme : Healthy Eating: A key to Good Health

Organized by : Fit India Youth Club

Convener : Mr. Nitin Yadav, FIYC- Nodal Officer

Date : 28th March, 2023

Day : Tuesday

Time : 12:00 PM – 1:00 PM

Venue : Room No. 2307, UG Building, TIAS

Number

of beneficiaries : 45

Participants : Students of BBA, BJMC, BCA & MBA from Tecnia Institute of Advanced Studies

Flyer/Poster of the event

TECNIA
INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE
DELHI INDIA

FIT INDIA YOUTH CLUB
NATIONAL SPORTS ORGANISATION (NSO)

FIT INDIA

organizing
Specialist Talk
on
**Healthy Eating:
A Key to Good Health**

Expert Speaker:

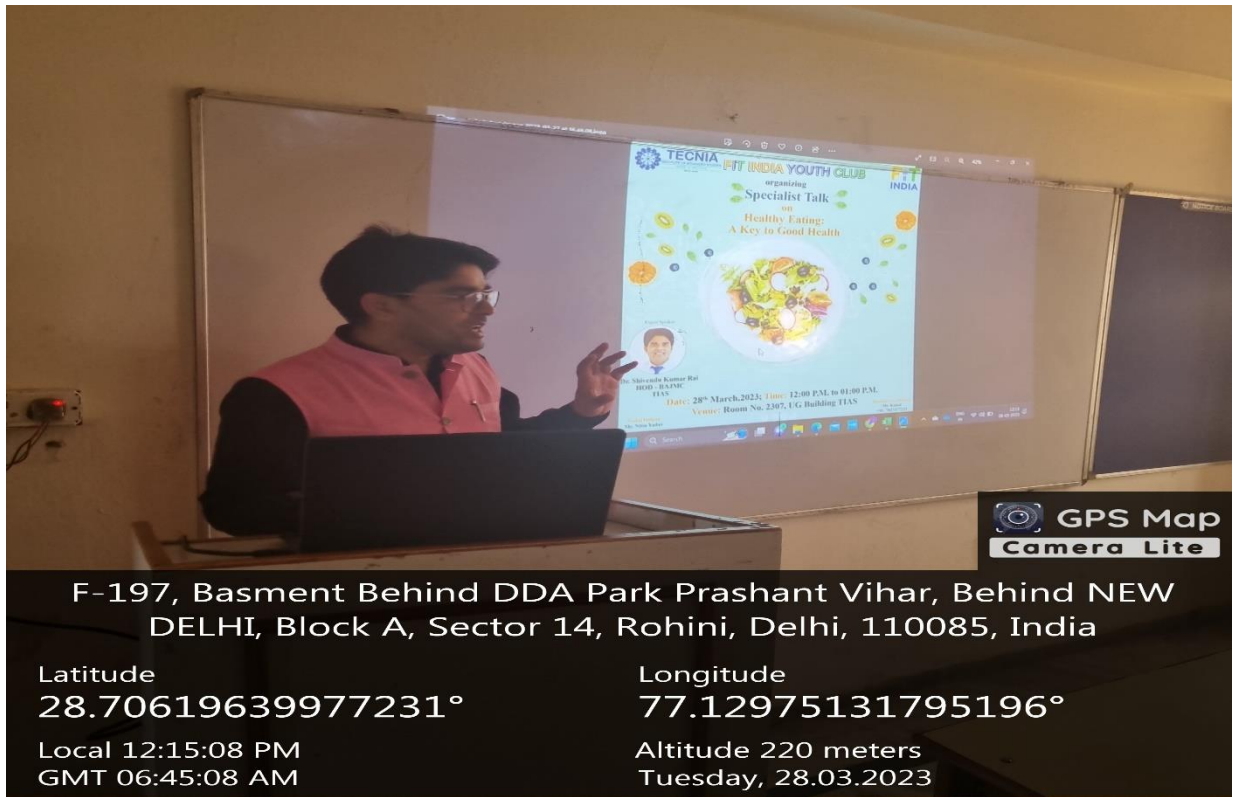
Dr. Shivendu Kumar Rai
HOD - BAJMC
TIAS

Date: 28th March, 2023; **Time:** 12:00 P.M. to 01:00 P.M.

Venue: Room No. 2307, UG Building TIAS

Nodal Officer
Mr. Nitin Yadav
FIYC, NSO

Student Coordinator
Mr. Kunal
+91- 7827377223



F-197, Basment Behind DDA Park Prashant Vihar, Behind NEW DELHI, Block A, Sector 14, Rohini, Delhi, 110085, India

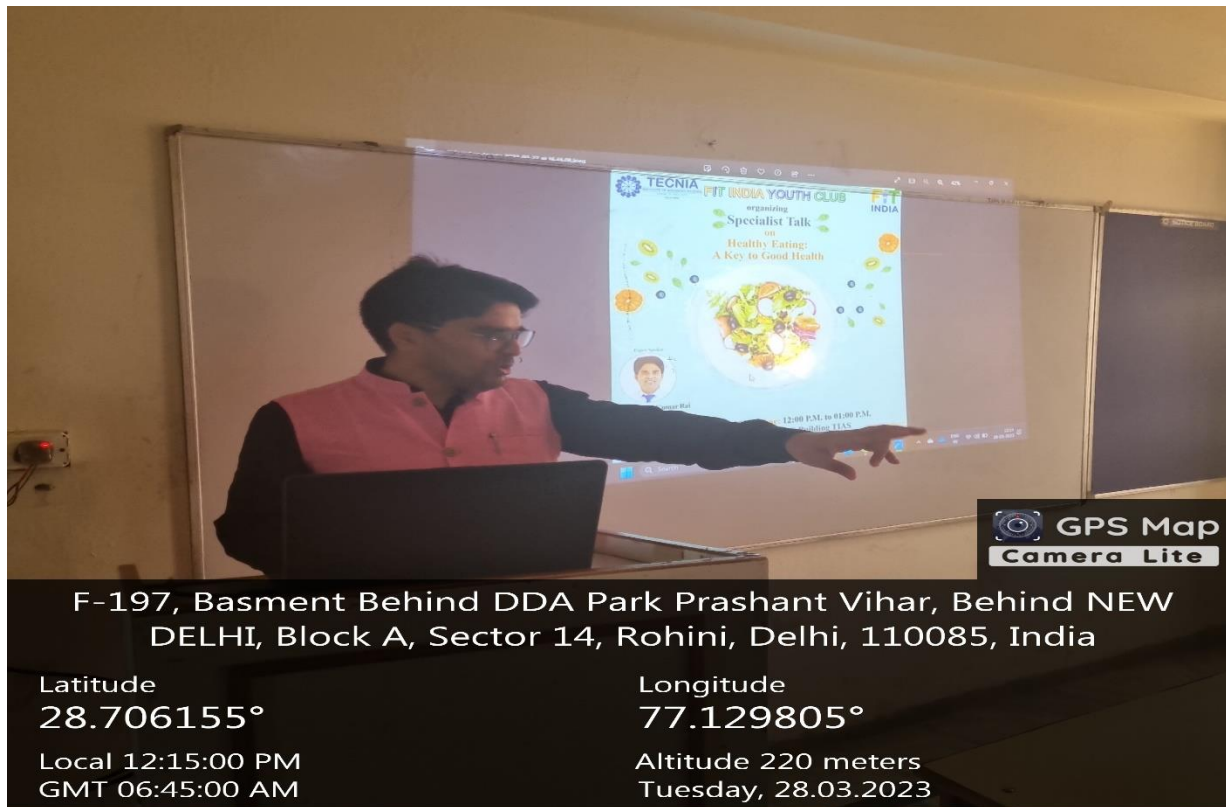
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Local 12:15:08 PM
GMT 06:45:08 AM

Altitude 220 meters
Tuesday, 28.03.2023

Dr. Shivendu Rai conducting an expert session on Healthy Eating: A Key to Good Health



F-197, Basment Behind DDA Park Prashant Vihar, Behind NEW DELHI, Block A, Sector 14, Rohini, Delhi, 110085, India

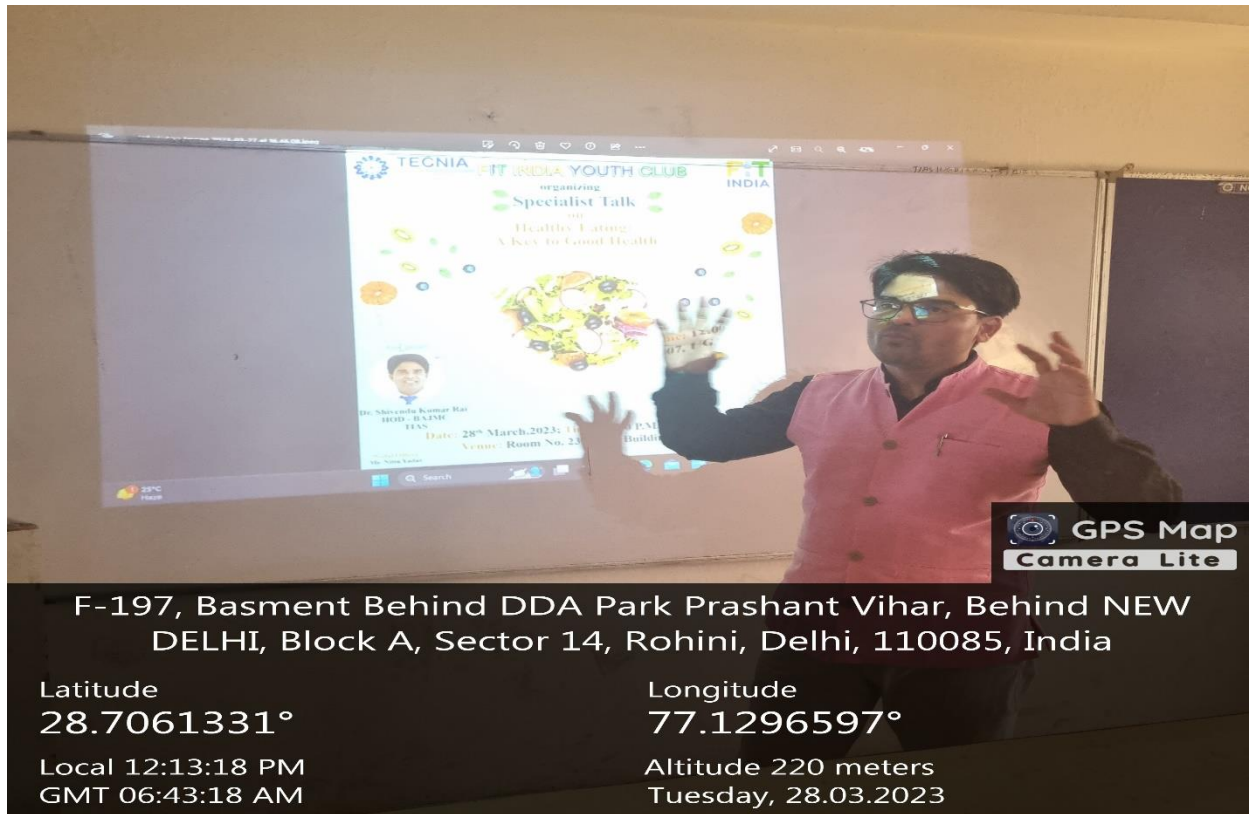
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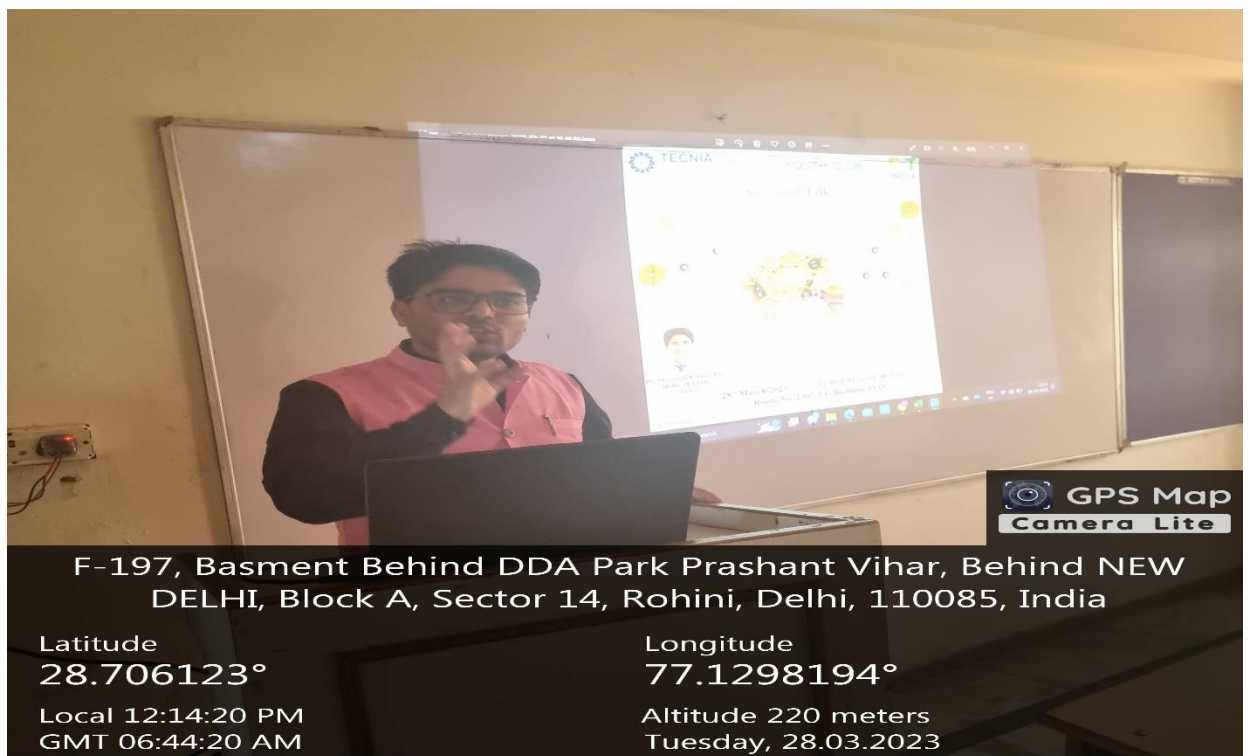
Local 12:15:00 PM
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Dr. Shivendu Rai interacting with the audience at the event



Dr. Shivendu Rai explaining perils of eating junk food.



Dr. Shivendu Rai giving examples of how healthy eating has transformed many lives.

Report

The session started with an inaugural speech by Dr. Shivendu Kumar Rai. He highlighted eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

He added while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. She further said that the cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. He discussed the following points with the participants:

- How to start reducing portion sizes of unhealthy foods and not eating them as often. As you reduce your intake of unhealthy foods, you may find yourself craving them less or thinking of them as only occasional indulgences.
- How eating alone, especially in front of the TV or computer, often leads to mindless overeating.
- How a healthy breakfast can jumpstart your metabolism, while eating small, healthy meals keeps your energy up all day
- How to focus on eating the recommended daily amount of at least five servings of fruit and vegetables will naturally fill you up and help you cut back on unhealthy foods

The vote of thanks was given by Mr. Nitin Yadav convener of the workshop. Expressing his gratitude he thanked Director Dr. Ajay Kumar, Dean Dr M N Jha, Faculties & students for their support and timely presence. The session concluded with a note on the promise from both the sides that these kind of camps will be continued in the times to come.