

Report

'Nutritious Food Fair'

29-9-2023

On September 29, 2023, under the joint auspices of the National Service Scheme (NSS) unit and the Department of Commerce at Babu Anant Ram Janata College, Kaul, a highly successful 'Nutritious Food Fair' was organized as part of Nutrition Month. The event was held under the esteemed chairmanship of Principal Dr. Rishipal.

The fair was graced by the presence of Dr. Kamdev Jha, Principal of D.A.V. College, Pehowa, as the chief guest.

Welcome and Inauguration: Principal Dr. Rishipal welcomed Dr. Kamdev Jha with a bouquet. The event began with an inaugural speech highlighting the importance of nutritious food for a healthy lifestyle.

Stalls and Exhibitions: Various stalls were set up by the students, showcasing a variety of nutritious foods. The exhibits included balanced diet charts, nutrient-rich recipes, and health benefits of different foods.

Educational Sessions: Informative sessions were conducted to educate the attendees on the significance of a balanced diet and the role of different nutrients in maintaining good health.

Chief Guest's Address

Dr. Kamdev Jha, in his address, emphasized the critical role of nutrition in overall well-being. He appreciated the efforts of the NSS unit and the Department of Commerce for organizing such a meaningful event. Dr. Jha encouraged students to adopt healthy eating habits and spread awareness about the importance of nutrition in their communities.

Principal's Message

Principal Dr. Rishipal lauded the participants for their enthusiastic involvement and stressed the importance of such events in educating young minds about healthy living. He mentioned that the 'Nutritious Food Fair' is a step towards fostering a culture of health consciousness among students.

Conclusion

The 'Nutritious Food Fair' was a resounding success, drawing significant participation from students and staff alike. The event not only provided valuable knowledge about healthy eating but also instilled a sense of responsibility among students to make informed dietary choices.

The collaborative efforts of the NSS unit and the Department of Commerce were evident in the smooth execution and impactful outcome of the event.

पौष्टिक आहार ही हमारे स्वस्थ जीवन का आधार : डा. ऋषिपाल



डा. कामदेव को स्मृति चिह्न भेंट करते प्राचार्य डा. ऋषिपाल एवं स्टाफ सदस्य। ● सौ. विज्ञप्ति

संगठन सहयोगी, डॉड : बाबू अनंत राम जनता महाविद्यालय कौल में राष्ट्रीय सेवा योजना इकाई एवं वाणिज्य विभाग के संयुक्त तत्वावधान में पोषण माह के तहत पौष्टिक आहार मेला लगाया। इसमें महाविद्यालय के 20 प्रतिभागियों ने पौष्टिक, स्वास्थ्यवर्धक एवं स्वादिष्ट व्यंजन बनाए। कार्यक्रम के मुख्य अतिथि पिहोवा डीएवी कालेज के प्राचार्य डा. कामदेव झा ने सभी स्वयंसेवकों द्वारा बनाए गए आहार का निरीक्षण किया। उन्होंने स्वयंसेवकों द्वारा बनाए गए

व्यंजनों की सराहना की। हमें पौष्टिक आहार ही खाना चाहिए। प्राचार्य डा. ऋषिपाल ने कहा कि आजकल की जीवनशैली में पौष्टिक आहार की महत्वपूर्ण भूमिका है। उन्होंने कहा कि अच्छे आहार के सेवन से हम स्वस्थ जीवन जी सकते हैं। उन्होंने कहा कि पौष्टिक आहार स्वस्थ जीवन का आधार है। इस मेले में विभिन्न प्रकार के पौष्टिक आहार जैसे खीर, हलवा, सब्जियां, दल, दलिया और खीरे का रायता आदि शामिल थे।

