



ESHAN COLLEGE OF ENGINEERING

(Approved by AICTE, New Delhi, Affiliated to Dr. A.P.J Abdul Kalam Technical University, Lucknow)
Sahzadpur Pauri, NH-2, Agra-Mathura Highway, Mathura-281122, Uttar Pradesh
Website: www.eshancollege.com

Report of Awareness to students about Healthy & Balanced Diet planning (23.08.2017)



Date: 23.08.2017

It is the call of a time to start thinking over building a healthy mind set to execute a certain set of desirable tasks and for healthy mindset one needs to follow a healthy and balanced diet plan inculcated within the set daily schedule. On this very note it provides me immense pleasure to make it comfortable to the new Eshanians so that they can also taste the nectar of whatabouts of how to lead a healthy lifestyle and simultaneously improve their concentration over their academic assignments. Addressing the newly admitted students of Eshan College of Engineering, Mathura as a Chief Guest and keynote speaker in the Induction programme 2017 over the topic of leading a healthy lifestyle was a nurturing experience all round.

Wishing Eshan family all the very best towards healthy times ahead.

Dr. Renuka Dang



Helpline No. : +91-8191022444

NH-19, Near Guru Ka Tal, Sikandra, Agra-282 007, Ph.: +91 562 2600531-540 E-mail : info@rainbowhospitals.org, Website : www.rainbowhospitals.org

Letter of Appreciation issued by Dr. Renuka Dang on conducting awareness programme on
Healthy and Balanced Diet