



# 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](http://www.eshancollege.com)

## Report of Awareness to students about Stress free & healthy life through balanced Diet (13.03.2019)



Date: 13.03.2019

I got to know about the induction programme 2019 being conducted by Eshan College of Engineering, Mathura for the newly admitted students of the current academic session. I was given the invitation to participate in the event as a Chief Guest and deliver the keynote on my area of expertise of nutrition/balanced diet towards leading a healthy lifestyle.

It was a surprising experience for me to observe that upcoming generation of professionals are very much interested in making themselves aware of the healthy eating habits towards the accomplishment of leading a stress free life and in tandem achieving their academic goals.

I believe and wish a healthy and prosperous times ahead for the Eshan family.

  
Dr. Renuka Dang



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Letter of Appreciation given by Dr. Renuka Dang for hosting a lecture on  
Stress free & Healthy life