



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 Nutrition Diet Awareness for physical & mental health (07.02.2020)



Date: 07.02.2020

Responding to the invitation from Eshan College of Engineering, Mathura to grace the occasion of Induction programme 2020 for the newly admitted students as a Chief Guest, I thought that this is a lifetime opportunity to participate with my experiences and expertise as a nutritionist/dietician. It is the need of an hour to understand that proper physical health leads to the appropriate mental health to execute any task. Both physical and mental health are strongly correlated with each other. With this applied concept in my mind I shared a lot with the students and staff of Eshan College and found that fraternity of Eshan College is very eager and enthusiast to learn and apply about the eating and nutritional habits.

Wishing the family of Eshan a very happy teaching and learning time ahead.

Dr. Renuka Dang



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Letter of acceptance issued by Dr. Renuka Dang for delivering lecture on physical and mental health