

## Detailed Report

**Activity- “Awareness to students about Healthy & Balanced Diet Planning”**

**Scheme- Health Awareness**

**Organized by- Global Rainbow Healthcare, Agra UP and Eshan College, Farah**

In planning a balanced diet it is to be aimed that the diet must contain various groups of foodstuffs such as energy yielding foods, body building foods and protective foods in the correct proportions. The constituents of balanced diet differ according to age, sex, physical activity, economic status and the physiological condition. The number of calories in a food refers to the amount of energy stored in that food. Your body uses calories from food for walking, thinking, breathing, and other important functions. The average person needs about 2,000 calories every day to maintain their weight, but the amount will depend on their age, sex, and physical activity level. Males tend to need more calories than females, and people who exercise need more calories than people who don't. It was an honour that **“Awareness to students about Healthy & Balanced Diet Planning”** was an appreciable effort of ECE, held on 23/08/2017. There were 122 participants in this programme.

The experts talked about the following points-

- How does balanced diet matter in students' life?
- Is it necessary to go for a planned balanced diet?
- How to follow the diet plan effectively?
- What can be an ideal diet?
- How can balanced diet help in increasing student productivity?
- When is the best time to eat food?
- Do you need to eliminate spices from your food?

As students participated in an enthusiastic manner, they realised nowadays the trend of junk food is here to stay. People are not taking a balanced diet rather eating all sorts of harmful foods. It is more important than ever to tell people about the importance of a balanced diet. You cannot merely exercise and expect your body to stay fit. A balanced diet is crucial for that. Most importantly, it is called a 'balanced' diet because it requires all the foods to be eaten in a balanced manner. Our event coordinator was appreciated by the Director and student representative for this interactive session.

