

Detailed Report

Activity- “Awareness to students about to develop healthy mindset through Balanced Diet”

Scheme- Health Awareness

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

From a young age, we’re taught that eating well helps us look and feel our physical best. What we’re not always told is that good nutrition significantly affects our mental health, too. A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span. Conversely, an inadequate diet can lead to fatigue, impaired decision-making, and can slow down reaction time. In fact, a poor diet can actually aggravate, and may even lead to, stress and depression. **“Awareness to students about to develop healthy mindset through Balanced Diet”** was prearranged for students in association with Global Rainbow Healthcare, Agra on 21/02/2018. There were 135 participants and experts gave them some advice as mentioned below.

- Adopting a healthy eating mindset starts with identifying the reasons you want to eat healthier. What compelling reasons come up when you consider this question?
- Having a plan is one of the most important things you can do. Anticipate when you may have more difficulty making healthy choices, and create a solid plan for those times.
- Savouring your food and being mindful will help you make better choices than eating without conscious thought.
- Instead of moving from food dish to dish, first survey the options in front of you, and decide which ones you want and how much you want before adding food to your plate.
- It’s also important to allow yourself a few unhealthy food options, but decide when and where you will make those choices.
- Finally, be aware of your negative emotions and manage those through healthier means rather than using food to deal with them.

Our respected Director appreciated the organizing committee and thanked association with Global Rainbow Healthcare for focussing on youth health and sending experts to guide students in a simplistic manner.

