

Detailed Report

Activity- “Awareness to students about Stress free & healthy life through balanced Diet”

Scheme- Health Awareness

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

Most people believe that a balanced diet is the key to a healthy lifestyle. It is rightly believed as even scientists say so. When we always consume a balanced diet, we will maintain our physical as well as mental health. A balanced diet must contain the proper foods that are consumed in apt quantities. A perfect balanced diet is composed of carbohydrates, proteins, fats, minerals, high fiber content, vitamins, and more. Moreover, nowadays the trend of junk food is here to stay. Students are not taking a balanced diet rather eating all sorts of harmful foods. **“Awareness to students about Stress free & healthy life through balanced Diet”** was held for Eshan family on 13/03/2019 for 135 participants.

Some tips were given on “How to Have a Balanced Diet” like-

- Firstly, one must definitely increase the amount of liquid to consume in a day. Fluids are very important for the human body to function healthily. As almost 80% of our body is filled with water, we need it for good metabolism.
- Furthermore, one must always eat fresh vegetables and fruits. As fresh fruits and vegetables are great sources of fiber and vitamins, we must consume them for good body growth.
- The balanced diet must have the five essential elements, i.e. bitter, sour, sweet, pungent and salty. Also, the emphasis is on fresh fruits because the processed or packed ones do not have nutrients.
- Do not just swallow it after chewing for four-five times. This way your food won't get digested properly. Savor the food slowly and steadily.

The resource person concluded that how a balanced diet will keep you healthy and fit. It will improve the quality of your life and keep all the illnesses away. He appreciated Eshan Club's efforts and collaboration of Global Rainbow Healthcare.

