

Detailed Report

Activity- “Nutrition Diet Awareness for physical & mental health”

Scheme- Fit India

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

Widespread concern about low rates of physical activity and high rates of obesity, depression, and anxiety among young people have drawn attention to the role schools play in fostering physical and mental health. Current approaches to both physical health and mental health promotion in schools are driven by two separate influences. Historically, physical (health) education was thought to be a natural and harmonious complement to academic training. This view is reflected in modern times as a holistic approach to education with a focus on educating students. The framework also acknowledges health related quality of life issues and the cost and personal burden to individuals and families. Current approaches to school-based physical and mental health programming reflect concern for the optimization of life outcomes for students, but also function within the context of pressures to produce an economically competitive workforce and to reduce future health care costs.

“Nutrition Diet Awareness for physical & mental health” expert talk was organized where 145 participants learned vital basics related to physical and mental health on 07/02/2020. Based on the assumption that chronic diseases can be prevented by teaching students to adopt healthy lifestyles from an early age, the core concern of this latter framework is the cost to society of chronic disease. Following main issues were discussed-

- Societal stigma and self-imposed, internalized stigma are, unfortunately, quite common and are incredibly dangerous.
- The ambient feeling of guilt around mental health issues can cause those suffering to avoid seeking professional help or even seeking comfort.
- Unlike other physical illnesses, mental illnesses start in the brain.
- For apt physical health a proper and balanced diet is crucial.

The session ended with Q&A and brainstorming activities so that audience could communicate with expert and share their views apart from resolving queries. Our Director appreciated the club’s efforts for student betterment and praised medical experts for spending their valuable time.

