

## Detailed Report

### **Activity- "Health & Diet Nutrition Drive"**

#### **Scheme- Fit India**

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

College can be a mentally strenuous period for students as they make their way through various educational programs. Between balancing college responsibilities, potentially working a job, and maintaining their personal interests, life can rapidly feel overwhelming for students. Non-traditional students may find it challenging to find time to put their health first. They may be working full-time jobs or have families to take care of, in addition to pursuing their undergraduate degree, working on their master's degree, or staying enrolled in a doctoral program. All of these areas of focus make it easy for students to put their mental and physical health at the bottom. For this reason, "**Health & Diet Nutrition Drive**" was held in association with Global Rainbow Healthcare, Agra on 22/10/2021 where 119 participants enrolled.

Experts stated that the average college student is often pressed for time, under a lot of stress and eating on the go. You may find it difficult to avoid bad habits like skipping meals or frequently visiting fast food restaurants. But eating a healthy diet can help you feel better, cope with stress and perform better in the classroom and on the athletic field. Some tips given were as follows-

- Eat a good breakfast. Studies show that skipping breakfast detracts from scholastic achievement.
- If you must eat fast foods, choose wisely.
- Keep healthy snacks on hand. This way, if hunger strikes during a late-night study session, possibilities include fresh or dried fruit.
- Eat plenty of foods rich in calcium. People in their early twenties need to be building up stores of calcium in their bodies to prevent osteoporosis later in life.
- If you need to lose weight, do it sensibly. Starvation and/or diets are harmful. There is no truth to the theories that suggest eating foods in any particular combination will promote weight loss.
- Drink lots of water. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.

