

## INTERNATIONAL WOMENS DAY CELEBRATIONS 2025

### Lecture on Balanced Diet and Role of Nutrition in Achieving Personal Fitness Goals held at Government Degree College, Theog (Activity 3.3)

The Women Cell of Government Degree College (GDC) organized a talk on 'Healthful Eating' to promote healthy lifestyles among students on 8<sup>th</sup> March 2025. Dr. Bhupinder Singh Thakur, Principal of GDC, was the resource person for the session.

Dr. Bhupinder Singh Thakur emphasized the importance of a balanced diet in maintaining overall health and well-being. He explained that a balanced diet provides the body with the necessary nutrients, vitamins, and minerals to function properly. He also highlighted the consequences of an imbalanced diet, including malnutrition, obesity, and increased risk of chronic diseases.

The speaker stressed the crucial role of nutrition in achieving personal fitness goals. He encouraged students to focus on nourishing their bodies rather than following fad diets or quick fixes. He also provided tips on how to make healthy food choices, including:

- Eating a variety of whole, unprocessed foods
- Incorporating lean protein sources and healthy fats
- Limiting sugary drinks and fast food
- Staying hydrated by drinking plenty of water

Dr. Thakur also engaged the students in an informative and interactive discussion, addressing their questions and concerns about healthy eating. He encouraged them to take ownership of their health and well-being by making informed food choices.

The talk was well-received by the students, who found the information informative and motivating. The Women Cell of GDC, Theog plans to organize more such events to promote healthy lifestyles among students.

Key Takeaways:

- A balanced diet is essential for maintaining overall health and well-being.
- Nutrition plays a crucial role in achieving personal fitness goals.
- Healthy food choices can help prevent chronic diseases and promote overall well-being.
- Students should take ownership of their health and well-being by making informed food choices.





Dr. Nidhi Dhatwalia  
Convenor Women Cell  
GDC, Theog

Dr. Bhupinder Singh Thakur  
Principal  
GDC, Theog