



**NSS Unit**  
**Government Degree College Theog,**  
**Distt Shimla**



Date: 12/09/2024  
Venue: NSS Room  
Resource Persons: Dr. Vikas Nathan & Ms. Chetna Negi

**Introduction**

The NSS Unit of Govt. College Sanjauli organized an awareness session on the importance of nutrition as part of the *Poshan Maah* celebration campaign. The session aimed to sensitize volunteers about the significance of proper nutrition and a balanced diet for a healthy lifestyle.

**Objective**

The primary objective of the session was to educate NSS volunteers about:

- The importance of nutrition in daily life.
- The role of a balanced diet in physical and mental well-being.
- Common nutritional deficiencies and their prevention.
- Government initiatives under *Poshan Maah* to promote nutritional awareness.

**Session Highlights**

The session was conducted by Dr. Vikas Nathan and Ms. Chetna Negi, who provided valuable insights into various aspects of nutrition. The key topics covered included:

- Essential nutrients and their sources.
- The impact of malnutrition and unhealthy eating habits.
- Importance of hydration and micronutrients.
- Role of physical activity in maintaining a healthy body.

The resource persons encouraged volunteers to adopt healthy eating habits and shared practical tips for improving dietary intake. An interactive Q&A session allowed students to clarify doubts and gain deeper insights into nutrition-related concerns.

The session was highly informative and engaging, leaving a lasting impact on the NSS volunteers. The initiative successfully aligned with the objectives of the *Poshan Maah* campaign by spreading awareness about the importance of nutrition among students.

The NSS Unit remains committed to organizing similar events in the future to promote health and wellness among its volunteers and the community.

NSS PO

Vikas Nathan

Chetna Negi