

Report about Nutrition and Diet to Maintain Healthy life Program

Date: 26th March, 2020

Venue: Online

On 26/03/2020 health care cell, PUC had organized an online named as Nutrition and Diet to Maintain a Healthy Life. The program was started with the welcome speech delivered by Dr. Ghanashyam Deka. In his speech he emphasized about the malnutrition in the global scenario. He emphasized malnutrition as a universal issue that no country in the world can afford to overlook. A third of reproductive-age women are anaemic, while 39% of the world's adults are overweight or obese and each year around 20 million babies are born underweight. The UN General Assembly in 2016 declared 2016–2025 as the Nutrition Decade, to provide all stakeholders with a time-bound opportunity to strengthen joint efforts and achieve a healthier and more sustainable future. Therefore, investing in nutrition promotion prevails as a powerful instrument to build a productive and prosperous Nation.

Later on, Ms. H.T. Lalruatdiki, the resource person of the evening started her session and delivered her speech. It was attended by more than 100 students from sixth semester. Apart from this some teaching and non-teaching staff also attended the program. During her speech Ms. H.T. Lalruatdiki highlighted the usefulness of Mizo food especially about the green leaf and vegetables. She also asked the audience to take more boil food rather than spicy and oily food. Again, she advocated for daily minimum exercise, jogging, walking etc. that can changed the way of life to live healthy and fit.

Later on, the session was interactive and numbers participants interact nicely with their own/family problems. All the questions were answered by the resource person quite efficiently.

The program was chaired by Dr. Liansangmawii Chhakchhuak and it run as long as around two hours. The program ended with vote of thanks that given by Dr. Jay Prakash Rajan.

Snapshots of the Program

