



2021-2022

Name of the Department/Society: National Service Scheme

Name of the Event 9: Nutrition Talk

Date of the Event: 7th September, 2021

Realizing the utmost need of inculcating good nutritional habits in today's generation, we at NSS Hansraj organized a Nutrition Talk on the account of Nutrition Week observed from 1st September to 7th September every year. The speaker for the session was Dr. Neerja Bhayana, a renowned naturopath and nutritionist. She paved a way for all the attendees to get on the right side of the battle by making them think differently about the way they eat and their approach towards food. She also enlightened the participants about the importance of eating a balanced diet. Furthermore, considering the ongoing pandemic, Dr. Neerja suggested some super-food to boost our immunity. The eminent speaker shared her own recipes too which were not only a treat to the eyes but also extremely healthy for the human body. The session was marked by spirited participation of the volunteers and was a productive experience for all. The intriguing session was a success and came to fruitful end with an interactive Q/A round.

