

Awareness Programme on

EAT SMART LIVE BETTER: THE POWER OF NUTRITION AND LIFESTYLE

Women Cell, St. Aloysius College, organized an impactful Health Awareness Program titled **“EAT SMART, LIVE BETTER: THE POWER OF NUTRITION AND LIFESTYLE”- Good Nutrition today, better tomorrow!** on 19th August, 2026. The main aim of the Programme was to understand the girl students issues like:- physical wellbeing, mental wellbeing and lifestyle of the present condition. **Dr. Divya Diwakar, Phd. Food and Nutrition, Gut and Hormone Specialist, Jabalpur** delivered an enlightening talk on Nutrition, healthy living and building a better you! Eating Healthy food habits develops your body and makes you a more enthusiastic person. She spoke on healthy food habits, nutrients intake and also how students can maintain a healthy lifestyle accordingly. With a focus on student's health, the event successfully educated and benefitted 231 learners, showcasing the collective



commitment of the college fostering an all-round development of every student.