

ST. ALOYSIUS' COLLEGE, JABALPUR

Out-Reach Programme

Session 2024-25

Program Theme: Importance of Health and Nutrition.

Duration: 1 day

Date: 14 September, 2024

Number of Student Participants: 03

Number of Faculty Participants: 02

Number of External Student Participants: 40

Mode of Activity: Offline/On-site

Venue: PM Shri Government H. Sc. School, Saliwara, Gour, Jabalpur (M.P)

OBJECTIVE

To impart under government marginalized school students to understand the importance of health and adequate nutrients in their body.

REPORT

This is a collaborative activity with the Department of Zoology. The head of Zoology Department Dr. Priyanka Sinha with the ISR in-charge Ms. Mala Das visited PM Shri Government H. Sc. School, Saliwara, Jabalpur (M.P), On 14th September, 2024.

On this day, the head of Zoology Department Dr. Priyanka Sinha delivered an awareness lecture on Health and Nutrition to the students of PM Shri Government H. Sc. School, Saliwara. She explained to the school students how important health and Nutrition really are in our lives. She explained that it plays a vital role in maintaining overall well-being. Nutrition refers to the intake of

food and how the body uses it for growth, repair, and maintaining bodily functions. A balanced diet not only keeps us physically fit but also improves mental well-being and reduces the risk of diseases. She also explains Key Components of Nutrition, Consequence of poor nutrition, etc.

She forced the children to think that balanced health and nutrition are key to leading a long, healthy life. Proper diet and regular exercise can prevent long-term health problems. They recommended incorporating a balanced diet and physical activity into daily routines for better health.

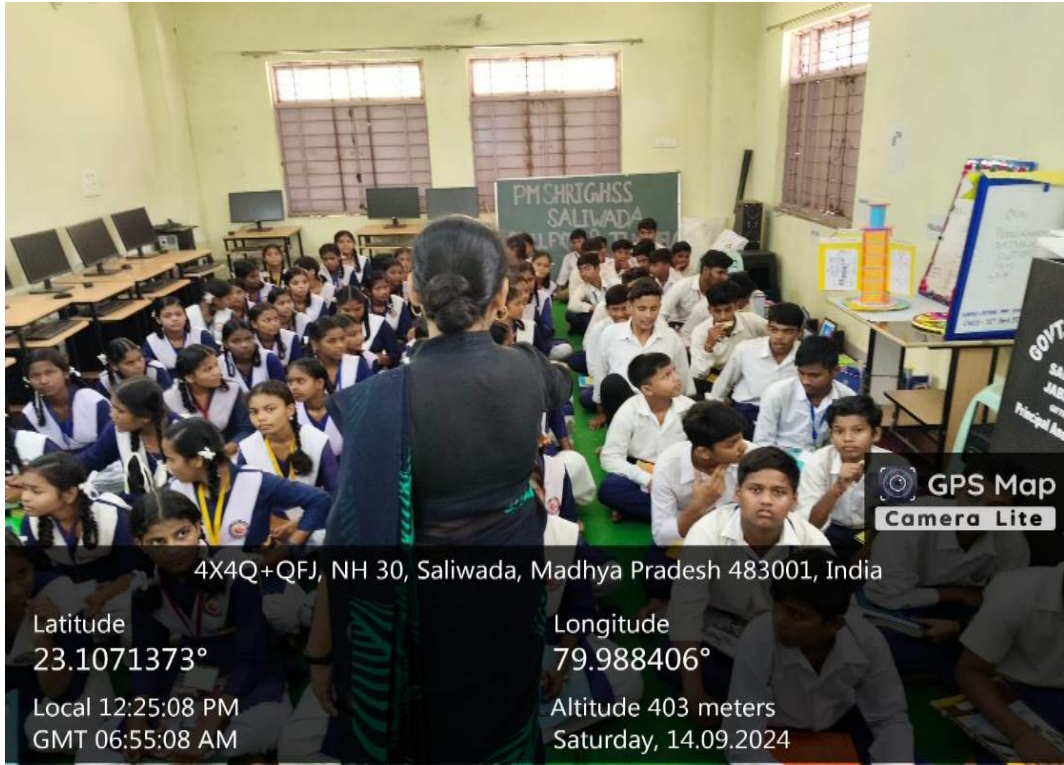
Star Performer

1. Md. Adil (BCA I Semester Section 'A')
2. Harshita Soni (BCA I Semester Section 'A')
3. Aditya Gujar Pasi (BCA I Semester Section 'A')

Faculty Name

- Ms. Mala Das
Assistant Professor, Department of Computer Science
In-charge, Institutional Social Responsibility (ISR)
- Dr. Priyanka Sinha (Speaker)
Head, Department of Zoology
St. Aloysius' College (Autonomous), Jabalpur





GPS Map
Camera Lite

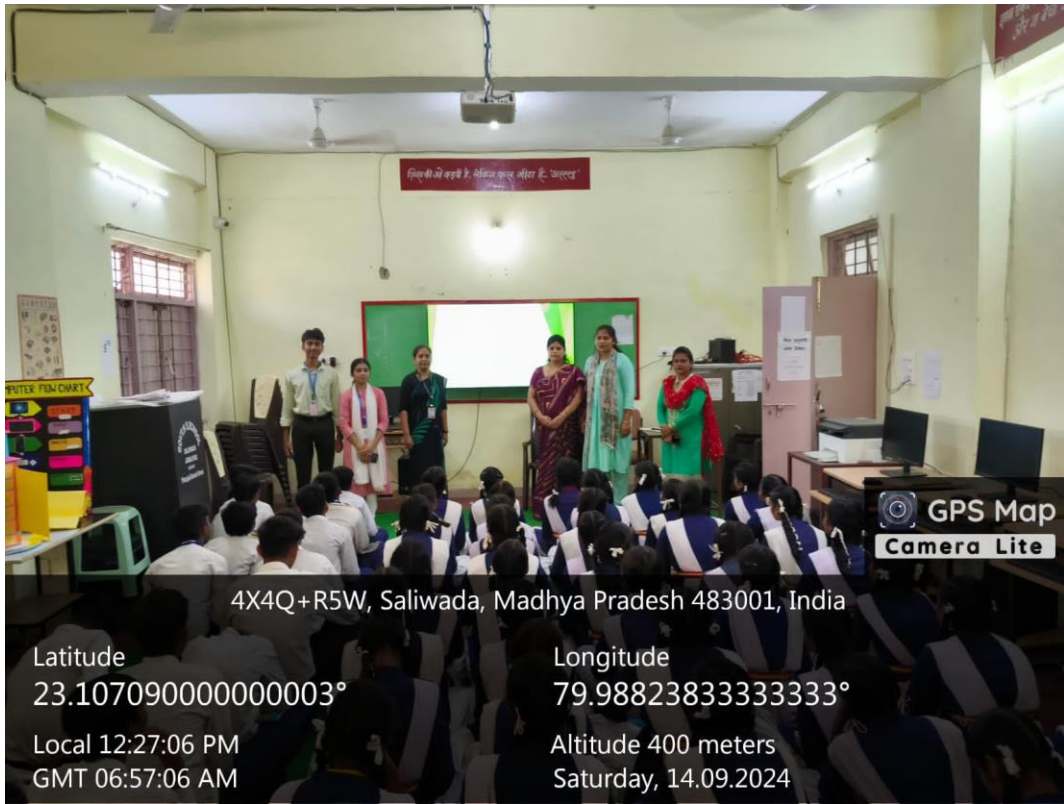
4X4Q+QFJ, NH 30, Saliwada, Madhya Pradesh 483001, India

Latitude
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Longitude
79.988406°

Local 12:25:08 PM
GMT 06:55:08 AM

Altitude 403 meters
Saturday, 14.09.2024



GPS Map
Camera Lite

4X4Q+R5W, Saliwada, Madhya Pradesh 483001, India

Latitude
23.107090000000003°

Longitude
79.98823833333333°

Local 12:27:06 PM
GMT 06:57:06 AM

Altitude 400 meters
Saturday, 14.09.2024