

## Seminar on “Health and Nutrition Awareness”

### Event report

September 8, 2018

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To celebrate the month of September as nutrition month, ECE department organized a Seminar on "Health and Nutrition Awareness" on September 8, 2018 (12:30 pm onwards) in Seminar Hall (R# 206). Deputy Director, HODs and faculty members of all departments attended the Seminar.



Nutrition and health plays an important role in our life and it provides a source of energy required to perform any activity. The food we eat impacts our strength, training, performance and recovery.

The agenda for the seminar were:

1. Update on current scenario of nutrition in food and its effect on present day life
2. Discussion on health challenges and age related challenge

3. Solution of these challenges with smart supplementation and precautions

**Mr. Yashpal Solanki**, Arjun award winner and Gold and Silver medalist in Judo in Commonwealth and Asian Games (Presently DSP in Punjab Police) delivered the talk. He is an International Level Judo Player. He began his career in Judo in 1987. He is playing continuously for the last 25 years and represented India at various international levels. He made earnest efforts to bring laurels and fame for country by participating in 100 world class championships and winning 40 medals.



The session ended with vote of thanks with Memento presentation to Mr. Yashpal Solanki by Dr. Poonam Bansal.