

## **NHE Association activities 2024-25**

**Nutricore**, the Nutrition and Health Education Association of Daulat Ram College, organized three impactful events to promote health and well-being during the academic year 2024-25.

On **25th September 2024**, the association held Healthomania'24 in celebration of Poshan Maah under the Prime Minister's Poshan Abhiyaan. The theme of the event was 'Nourishing a Healthier India' and it was coordinated by Dr. Pooja Jain, Mrs. Priyanka Verma, and Dr. Ritu Jain. As part of the event, a seminar was organised, aimed to raise awareness about building healthier lifestyles. The speaker was Clinical Dietician and Diabetic Educator Ms. Harshita Dilwari Sachdeva, who shared her expertise on nutrition, exercise, and mental well-being. Discussions emphasized practical strategies for integrating wellness into daily routines, encouraging proactive health management, and fostering a community commitment to health. Various inter-college competitions were also held as part of the event.

On **15<sup>th</sup>, 16<sup>th</sup> October 2024**, The Nutrition & Health Education Department, in collaboration with Clove Dental and Whistle, organized a free health check-up camp to promote health awareness among students and staff. The event offered dental screenings, 3D scans, ₹1000-worth consultations, eye checkups, and general health assessments, including blood pressure, bone density, hair & skin, and dietician consultations to encourage preventive care. There was an overwhelming response from students, teaching and non-teaching staff.

On **12th February 2025**, a seminar titled "Sattvic Living in a Fast-Paced World" was organized, featuring HG Amogha Lila Das as the speaker. The session enhanced participants' understanding of Sattvic living, focusing on diet, mindfulness, and lifestyle choices. Key outcomes included practical strategies for adopting Sattvic practices, stress reduction techniques, improved physical and mental well-being, and a sense of community among like-minded attendees. Participants left the seminar with actionable steps to incorporate Sattvic principles into their lives, empowering them to lead more balanced and fulfilling lives despite modern challenges.

All events successfully inspired attendees to prioritize holistic health and well-being, reinforcing NUTRICORE's mission to promote a healthier and more mindful community.



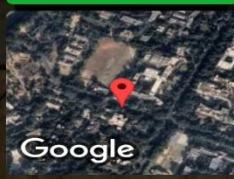
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