



Personality Development on **Fitness & Nutrition**

Resource person: Zodinpuii (KUKUI)

Date: 12th April 2022 || Time: 2:00 – 3:00 pm

Place: Alumni Arena, Govt Hrangbana College

Details

Name of the Programme	: Personality Programme on Fitness and nutrition
Date	: 12 th April 2022
Resource Person	: Ms Zodinpuui (Kukui) Fitness Trainer /Gym Instructress, Kuku Fitness Club, Zarkawt,
Organized by	: Career and Counselling Cell, Govt. Hrangbana College
No of Participants	:55



Context

To increase awareness about the important role that physical fitness and nutrition play in a person's health and development and wealth.

To pay more attention to the needs of one's body and take action to improve overall health

To develop consciousness of the evidence that integrating both nutrition and physical activity produces greater benefits than focusing on one or the other

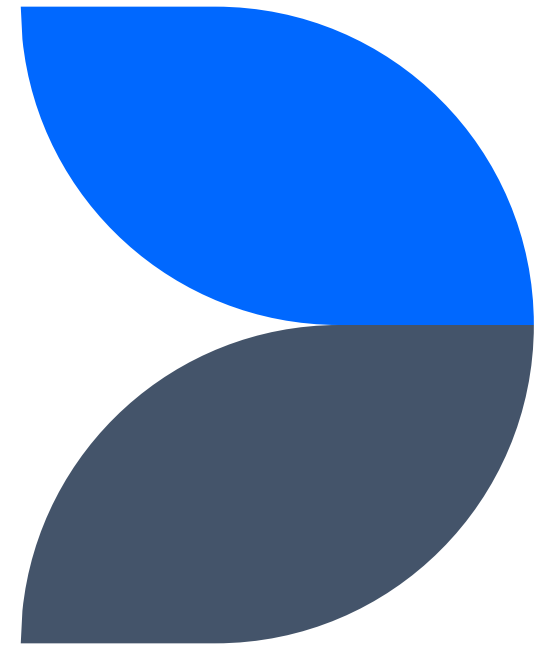
To challenge and motivate the participants to be more physically active everyday and thereby gain more confidence.



Participants with Resource Person

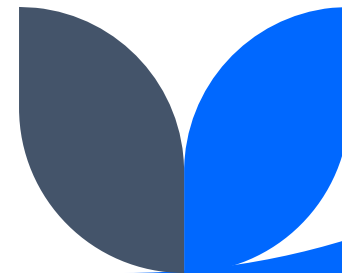


Outcome



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- The resource person, Miss Kukui shared her own experiences, the struggles and challenges she had gone through with diet and exercise and answered the queries of the participants. She showed and taught some basic steps of exercise on the spot. The programme has helped the participants to better understand the role of food, nutrition and physical fitness in maintaining one's overall health
- The importance of having a balanced diet and exercise were the main highlights of the programme and the participants are now more conscious that combining dietary changes and regular exercise are the keys to achieving health, fitness and confidence
- The participants learned that being fit and healthy keep away many diseases and thus saves money.





Demonstration video link

[click](#)

PRESENTATION TITLE



Join us for
Personality Development Program
 On
'Fitness and Nutrition'

Resource Person : Zodinpuui (Kukui)

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From 2:00 - 3:00PM
Place: Alumni Arena
Govt Hrangbana College

Organised by Career and Counselling Cell,
Govt Hrangbana College



Program Banner