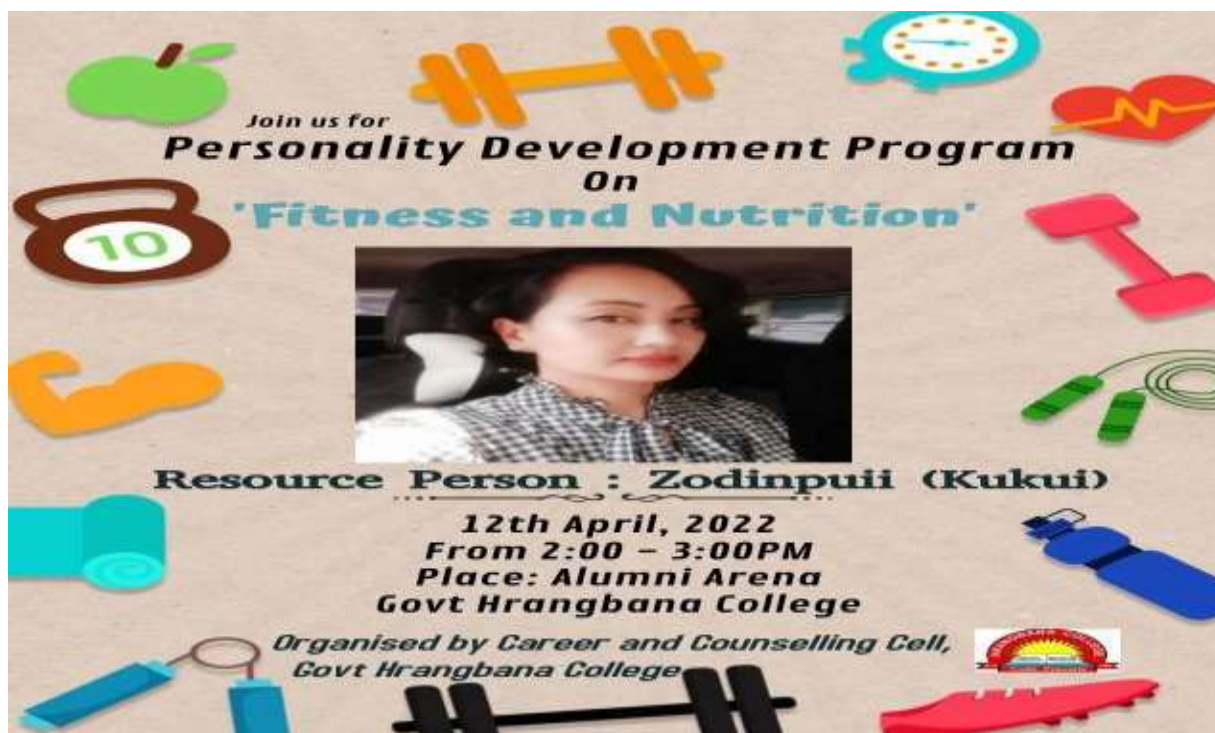


Personality Development Programme on Fitness and Nutrition



Date: 12th April, 2022

Resource Person: Ms Zodinpui (Kukui)

Sponsored by: Govt. Hrangbana College

Organised by: Career and Counselling Cell

No. of Participants: 55

Proper nutrition is key to good health. Pair a balanced diet with physical exercise and one will have an immune system that could effectively prevent any infection or illness. Eating a balanced diet and being physically fit are two important components of a sound body and mind.

Nutrition and exercise are critical for improving body composition. Keeping your calories, fiber and protein in check is a good first step. All exercise can help with fat loss, but weight training is the best way to increase muscle mass.

Students of Psychology Department attended the programme and greatly benefited from the given programme as they became more aware of the importance of their food intake along with the physical exercises they engaged themselves with. They also gained knowledge on the fact that both physical fitness and mental health are inter-connected and are truly important for their overall development.