

हंसराज

महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली -110007

दूरभाष : 011-27667458, 27667747

ई-मेल : principal_hrc@yahoo.com

वेबसाइट : www.hansrajcollege.ac.in



HANSRAJ COLLEGE

UNIVERSITY OF DELHI

Mahatma Hansraj Marg

Malkaganj, Delhi – 110007

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NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-2025

Name of the Event: Celebration of NSS DAY

Organised by: NSS Unit, Hansraj College

Date of the Event: September 24, 2024

Name of Convener: Dr. Apoorva Gupta

Event Description:

Activity: Speaker Session on Nutrition

Objective of the Event: To raise awareness among youth about the significance of a well-balanced diet, the dangers of consuming processed foods and excessive sugar, the impact of poor nutrition on academic performance and overall well-being and practical ways to incorporate healthy eating habits into their daily lives.

Topic: Nutritional concerns impacting the youth in contemporary times: A holistic perspective

The session began with the facilitator explaining the essential nutrients required for growth and development, such as proteins, carbohydrates, fats, vitamins, and minerals. The discussion highlighted how these

NATIONAL SERVICE SCHEME
HANSRAJ COLLEGE
Celebrates
NSS DAY
24 September, 2024
"NOT ME BUT YOU"

EVENTS DETAILS

Nukkad Naatak in College C-Block 12:40 PM onwards	Speaker Session by Dr. Kaveri Chakrabarty Topic: Nutritional concerns impacting the youth in contemporary times: A holistic perspective B-Block (2nd Floor) Multi Purpose Hall 2:30 PM Onwards
Awareness Rally on Cleanliness From C-Block to B-Block 1 PM Onwards	
NSS Pledge taking Session B-Block, Multi Purpose Hall 1:30 PM Onwards	

Associate Professor
Department of Zoology

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@nsshansraj

CONTACT US
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Shivani - 80514 41936

Prof. (Dr.) Rama Principal Hansraj College	Dr. Apoorva Gupta Programme Officer National Service Scheme	Mr. Suyash Garg Event Coordinator	Prof. Chetana Jain Dr. Nishant Shankhwar Event Co - Coordinators
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nutrients support cognitive function, energy levels, and physical development during the growing period. The session addressed common challenges, including skipping meals (especially breakfast), increased consumption of junk food and sugary drinks, lack of awareness about portion control, deficiency in key nutrients like iron, calcium, and fiber.

The speaker elaborated on the consequences of unhealthy eating habits, such as Obesity and weight management issues. Poor mental health, including increased anxiety, depression, and lower academic performance were also discussed.

To make the session engaging, interactive activities were included

The session concluded with a Q&A where participants voiced concerns about body image, fitness, and managing peer pressure related to food choices. The facilitator encouraged the youth to prioritize health over appearance and seek professional advice when necessary.

Pictures:



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Attendance:

NSS Students Involved: 20

Aastha Garg

Angela Arora

Anisha Hansada

Anjali Kumari

Anushka Singh

Ayush Anand

Bhagirath Dhaka

Gudiya Kumari

Harshit Kumar

Indrajeet Gupta

Juhi Kumari

Khyati

Muskan Verma

Nikita Gupta

Raunak Uadav

Rahul

Anil khadav

K Vishnu

Rubina khan

Ashutosh Kumar Pandey

VIVEK YADAV

AKRAM JAMIL

Rajnish Tiwari

Jesu Choudhary

Alok kumar mishra

Nikita Tyagi

Navya Nassa

Anisha raj

Vasundhara Rani

SOMESH PAL

Lovish Raina

Rishabh Tiwari

Kumari Sonam

Nidhi Khurana

Paramveer singh

Mohit Sarwan

Himanshi

Rigzin Wangmo

Rohit

Disha

Shivam

Dishika Rohilla

Meenu kumari

Riya kushwaha

Varun Aggarwal

Sneha suman

Mintu Kumar

Saksham sankhwar

Palak pandey

Ashish kumar

YASH SHARMA