



**R.N. KAPOOR MEMORIAL AYURVEDIC MEDICAL
COLLEGE & HOSPITAL, INDORE
DR. A.P.J. ABDUL KALAM UNIVERSITY, INDORE (M.P.)**



Activity Report	
INSTITUTE	R.N. Kapoor Memorial Ayurvedic Medical College & Hospital
ACTIVITY TYPE	Awareness Talk on Diet & Nutrition For School Students
DATE	25 July 2023
YEAR/CLASS	9 th & 10 th Class
NO. OF STUDENTS	502
CO-ORDINATOR	Dr. Jyoti Jagtap
FACULTY CONTACT DETAILS	9769132371

Details about the activity:

As a part of Azadi Ka Amrit Mahotsav, R.N. Kapoor Memorial Ayurvedic Medical College & Hospital, Indore, had organized Awareness Talk on Diet & Nutrition for school students on 25/07/2023, at the **Matusree Public, School** Sulakhedi, Dist. Indore.

The session was inaugurated by Dr. Jyoti Jagtap Professor & HOD in Swasthavritta and Yoga department from R.N. Kapoor Memorial Ayurvedic Medical College & Hospital Indore.

The inaugural program followed by instruction given to the students to have a balanced diet that includes green vegetables, pulses, fruits, milk, dry fruits, millet, and other nutritious foods. She also explained to students to have breakfast, lunch and dinner at proper & fix time and emphasized to have homemade food instead of fast food. She also instructed the importance of maintenance of hygiene while eating. Students with great interest enjoyed this lecture. 502 students benefitted by this session.

On the behalf of our institute, Principal of the Matusree Public School, Sulakhedi expressed her gratitude to our institute, principal, organizers for their service. She requested the organizers to conduct more such session in the future.

PRINCIPAL

DR. MANISHA DUNGHAV

CO-ORDINATOR

DR. JYOTI JAGTAP

PROFESSOR & HOD

DEPT. OF SWASTHAVRITTA & YOGA



R.N. KAPOOR MEMORIAL AYURVEDIC MEDICAL COLLEGE & HOSPITAL, INDORE DR. A.P.J. ABDUL KALAM UNIVERSITY, INDORE (M.P.)



GLIMPSES OF AWARENESS TALK ON DIET & NUTRITION UNDER THE AZADI KA AMRIT MAHOTSAV



GPS Map Camera

Sula Khedi, Madhya Pradesh, India
41, Sula Khedi Rd, Mundla Bag, Sula Khedi, Madhya
Pradesh 453771, India
Lat 22.821091°
Long 75.9606°
25/07/23 11:34 AM GMT +05:30



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