



# DESHABANDHU MAHAVIDYALAYA, CHITTARANJAN

*NAAC Accredited B + College*

(Affiliated to Kazi Nazrul University)

Recognised Under Section 2(f) & 12(B) of UGC

P.O. – Chittaranjan, District – Paschim Bardhaman, West Bengal,  
India, PIN – 713 331

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**TITLE: NUTRITION AWARENESS AND BALANCED DIET WORKSHOP**

**Date: 19/12/2018**

**Venue: Bathanbari, Dendua Gram Panchayat**

**No of Students Participated: 15**

**Objectives:**

The objective is to raise awareness and promote healthy lifestyles by providing participants with valuable insights and practical guidance on nutrition, emphasizing the importance of a balanced diet.

**Beneficiaries :** New Mothers, would be mothers, Children and elderly people

**Program outcome and impact:**

1. Idea about the proportion of Carbohydrate, Protein and Fat
2. Knowledge about the sources of veg and non-veg protein, fat and carbohydrate

**Report:**

In pursuit of development of healthier lifestyles within our community, a nutrition awareness program was designed with the aim of providing valuable insights and practical guidance on nutrition. The primary focus was to emphasize the importance of a balanced diet among new mothers, expectant mothers, children, and the elderly. Students of different departments first got training from the teachers of the science departments and then organised the programme. Participants gained a clear understanding of the proportion of carbohydrates, proteins, and fats essential for maintaining a balanced diet and how balanced diet helped to get optimum health benefit. The programme ended with lots of questions from participants relating to relation between balanced diet consumption and rate of diseases. If the continued efforts in education and community outreach will be conducted then long-term success and impact of such initiatives will be found.



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(Tridib Santapa Kundu)  
Principal  
Principal  
Deshabandhu Mahavidyalaya  
Chittaranjan