

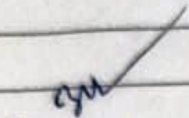
A Lecturer on Food and Nutrition Held on 06-10-2025

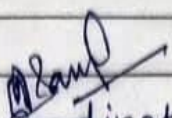
Notice.

30.9.2025

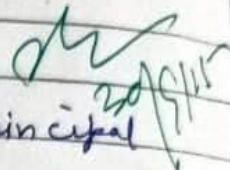
All the students are informed that a lecture on "Food & Nutrition" will be held on 05 Oct 2025 in Seminar Hall at 3 p.m.

All the students are advised to enter the Hall before 5 minutes.


Convenor


IQAC Coordinator

CONVENOR-IQAC
JANTA COLLEGE, BAKEWAR
ETAWAH


Principal

Principal
Janta College
Bakewar-Etawah

A Lecturer on Food and Nutrition Held on 06-10-2025



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Report on the Lecture on "Food and Nutrition"

Date: 6 October 2025

Venue: Seminar Hall, Janta College, Bakewar, Etawah

A lecture on "Food and Nutrition" was organized on 6th October 2025 at 2:00 PM in the Seminar Hall of Janta College, Bakewar. The programme aimed to spread awareness among students regarding the significance of a balanced diet, nutritional requirements, and healthy lifestyle practices.

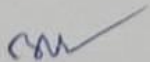
The event began with a welcome address by Dr Naveen Awasthi, Co Convenor of the programme.

Professor A. K. Pandey, IQAC Coordinator, elaborated on the role of dietary habits in disease prevention and capacity building, urging students to adopt scientific understanding of food choices in daily life.

The lecture was delivered by Prof Lalit Gupta, who provided valuable insights into nutrients, food groups, and the consequences of malnutrition. The discussion also covered modern dietary challenges, including processed food consumption, obesity, and lifestyle-related disorders. Practical guidance on preparing balanced meals and maintaining hydration was also provided.

The session witnessed enthusiastic participation from students, who raised thoughtful questions and shared their experiences related to healthy eating practices.

The programme concluded with concluding remarks by Professor R. K. Tripathi, Principal of the college, who appreciated the efforts of the organizing team and encouraged students to incorporate the lessons of the lecture into their everyday routines.



(Prof. Lalit Gupta)

Convener