

Guest Lecture on “Diet and Nutrition-Lifestyle modification to prevent non-communicable diseases”

DATE: 4th September 2024

VENUE: GEETA HALL



A lecture on '**Diet and Nutrition: Lifestyle Modification to Prevent Non-Communicable Diseases**' was organized under the guidance of CWDC Convenor Dr. Harsha Vagadiya and Dr. Khushbu Swami. The session was delivered by **Dr. Nilesh Thakor** (M.B.B.S, M.D), Associate Professor at GMERS Medical College, Gandhinagar, and attended by approximately 138 students. Dr. Thakor emphasized the importance of both mental and physical health, educating the students on healthy eating habits and the components of a balanced diet. He also engaged the audience in mental and physical activities designed to promote better mental well-being, which the students thoroughly enjoyed. The interactive nature of the lecture and exercises made for a seamless and engaging experience. The college looks forward to future collaborations with Dr. Nilesh Thakor.