

“Free Health Check-Up on Balance Diet”

This programme is designed to promote **Healthy Lifestyle** through equipping you with the knowledge and skills to improve or maintain optimal physical wellness. It also provides the correct knowledge about nutrition, drug abuse and alcohol consumption, etc. the active health achieved for a **balanced diet** with nutritious meals all day. This health camp was supervised by **Mr. Aishwarya Singh Thakur & Mrs. Lucky Vishwakarama, Trainer, Multi-Nutritional Company – Herbal Life India; New Wellness Course and give tips for A healthy, balanced meal. it should consist of 50% vegetables, 25% whole grains (brown rice, whole-wheat bread, pasta etc.), and 25% protein. You should also refrain from drinking sugary or flavored beverages, hydrating yourself with plain water instead.**



Teaching, non-teaching staffs and students during health checkup by He