

## EVENT REPORT

**Event Category 4: Celebrating Rashtriya Poshan Maah under Poshan Abhiyan**

**Name of Event: Healthomania 2025**

**Theme: Healthy Lifestyle to Address Obesity in Children**

| Date                           | Department                     | Association            | Coordinators                                                       |
|--------------------------------|--------------------------------|------------------------|--------------------------------------------------------------------|
| 9 <sup>th</sup> September 2025 | Nutrition and Health Education | Nutricore              | Coordinator: Dr. Pooja Jain<br>Co-coordinator: Mrs. Priyanka Verma |
| Time                           | Venue                          | Number of participants | Nature                                                             |
| 9am-4pm                        | Conference hall, Rangshala     | 106                    | Offline                                                            |

### Brief Information about the event

| Nature of activity                                                                                                                                                                                                                                                                                                                                                                                               | No. of participants  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1. Talk<br>-Speaker: Dr. Alka Mohan Chutani<br>Former Chief Dietician, AIIMS, New Delhi<br>-Topic: Healthy lifestyle to address obesity in children<br>-Outcomes: session created awareness among students regarding definition, assessment, causes and consequences of obesity and highlighted the importance of healthy eating and physical activity in the prevention of obesity, particularly among children | 106                  |
| 2. Inter college competitions on event theme for girl students:<br>a) Reel making competition<br>b) Food recipe competition<br>c) Food waste to feast<br>d) Fitness challenge                                                                                                                                                                                                                                    | 12<br>15<br>11<br>10 |
| 3. Nukkad natak by NHE department students                                                                                                                                                                                                                                                                                                                                                                       |                      |
| 4. Results and prizes                                                                                                                                                                                                                                                                                                                                                                                            |                      |





