

REPORT OF THE NUTRITION AND HEALTH EDUCATION OUTREACH PROGRAM

The Department of Clinical Nutrition and Dietetics, conducted a “Nutrition and Health Education Outreach Program for Adolescents” on the 6th September 2019 in St Mary’s Higher Secondary School. The purpose of the program is to increase awareness and educate adolescents on how to combat stress, eat healthy and include physical activity in their day to day lives. The audiences were mainly high school students and college students. The various topics that were presented include stress, tips to combat stress, happy foods and physical activity.

The program was a grand success as the sessions were very informative and interactive and beneficial for the adolescents as it would improve not only their health and wellbeing but also their academic performance.

