


**iv. TALK ON BALANCE DIET & EXERCISE BY DR. MEENAKSHI CHAUHAN,
MEDICAL OFFICER KUNDIYO ON 18.09.2019**

Web link:

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The National Service Scheme Units of SGGSI Govt. College Paonta Sahib organized a talk on "Balance Diet & Exercise" on 18th September 2019 under the chairmanship of Principal Prof. Devendra Gupta. The resource person for the session was Dr. Meenakshi Chauhan, Medical Officer Kundiyo, Tehsil Paonta Sahib. The keynote speaker spread awareness about the importance of balance diet in human life. She also laid emphasis on the importance of exercise in everyone's life. She said that diet and exercise are directly linked to a healthy, wealthy and happy life. She also told students about the dengue and about its preventive measures. During this session Prof. Dipali, Programme Officers Prof. Reena Chauhan, Prof. Kalyan Rana were present along with NSS volunteers.


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