

3. Organize an Expert talk on Process of Innovation Development, Technology Readiness Level (TRL); Commercialization of Lab Technologies & Tech-Transfer – *Health & Nutrition*

Physical Health- Not Something to be taken for casual

Maharaja Agrasen International College (IQAC) in collaboration with Institute Innovation Council (IIC), PRSU Raipur had organized an organized a student development program on health for making youth aware of their physical health and the consequences of neglecting it.

The programme was conducted successfully under the guidance of Chairman Mr. Rajesh Agrawal and Principal Dr. M.S. Mishra.

Miss Shilpi Goel, Dietician and Wellness Expert, Functional Medicine Practitioner (Gold Medalist) was the keynote speaker.

The health programme was organized to make youth aware about how Food is the information for our body. The session covered the key aspects about ideal BMI (body mass index), diet, exercise, sleep and emotions. Also it emphasized to exercise and to have strict control over 5C's (cookies, cola, coffee, cake and candy) and to include 5S (sprout, smoothie, seed, soaked nuts and salad) in our daily routine for improvement of our physical health . Also it insisted on the importance of biological clock, sunbathing to heal all our skin diseases and good sleep for repair and rejuvenation.

The fruitful session came to an end with the answering of queries of students regarding health and nutrition and also with a commitment of one goal towards the physical health.

The coordinators of the health program were Ms. Ruchi Sachan, HOD (Education Department) and Ms. Rishi Diwan, HOD (Computer Science Department).