

‘International Year of Millets 2023’ was celebrated in Aggarwal College Ballabgarh

Today on 16th March 2023, YRC, RRC and St. John Ambulance Brigade of Aggarwal College Ballabgarh celebrated International Year of Millets 2023 in collaboration with Accord Super specialty Hospital by organizing an Expert talk on **‘Mastering the Mindful Meal’** under the able guidance of Principal Dr. Krishan Kant. Dr. Prerna Singh (Nutritionist, Accord Super Specialty Hospital) was the keynote speaker. Dr. Jay Pal Singh (H.O.D, History and Convener of the programme) welcomed the speaker and he also told the students about the significance of International Year of Millets 2023. Dr. Prerna Singh explained that the students should have healthy and adaptive eating patterns for a healthy lifestyle. Growth and health require proper nutrition, thus we must eat sufficient proteins and vitamins. During the session, she also discussed the importance of exercise in living a healthy life. After the lecture, the students put their curiosity in front of the keynote speaker by asking questions and the attendee answered them with great pleasure. After that, Ms. Pooja (Member SJAB & Counselor YRC) thanked Dr. Prerna for providing such an informative & interesting lecture about Nutritious food. A total of 110 students were benefitted from this lecture. All the members of YRC, RRC and St. John's Ambulance Brigade including Ms. Pooja, Ms. Priya Arora, Mr. Subhash and Ms. Neha Goel were present in this event.