

Report

On 28 January, Department of Management, Aggarwal College Ballabhgarh, as a part of the ongoing Departmental Outreach Activities in association with VLCC Faridabad organised a seminar on “Nutrition during Examinations” for 8th -12th class students of CH C. L. Chandela Senior Sec. School. Faridabad. The college keeps conducting such kinds of events under the able guidance of Principal Dr. Krishan Kant Gupta and Dr. Sanjeev Gupta, Incharge Wing-III. Dr. Sanjeev keeps motivating the faculty of the different departments to conduct such types of activities in nearby schools in the best interest of the growing youth. The occasion was graced by Mr. Praveen Nagar Principal, CH C. L. Chandela Senior Sec. School. Faridabad. Mr. Vikram Dhawan, Centre Head, VLCC Faridabad with his staff addressed the students about how nutrition affects students’ thinking skills, behaviour, and health and discussed all factors that impact academic performance. Mr. Vikram Dhawan explained that diets high in trans and saturated fats can negatively impact learning and memory, nutritional deficiencies early in life can affect the cognitive development of school-aged children, and access to nutrition improves students’ cognition, concentration, and energy levels. The session concluded with a question-answer round where students asked their queries. The whole program was coordinated by Ms. Deepmala, Assistant Professor in Management Department. The program was attended by more than 100 students of various classes long with their teachers. The program was a great success under the direction of Dr. Shilpa Goel, Dean & HOD Management Department.