Dr. Rafiq Zakaria Campus Maulana Azad College of Arts, Science and Commerce, Aurangabad

Report of activity for submission to IQAC

Name of the Event:- Eat Right India Walkathon - 2021

Date: - 18th November 2021

Time:- 7.00 am to 11.30 am

Venue:- MGM to Chistiya Chowk, Aurangabad

Number of beneficiaries: - 58 Cadets

Type of activity:- Extracurricular

Extension activity of NCC

Details of the Programme:-

The programme was organized by Food safety and standards authority of India west region. Hon. Rajendra Shingane, Ministry of Health and family welfare, Govt of India, graced the function. Forty cadets attended the programme.

The programme highlights were:

- Importance of healthy diet
- Importance of balanced diet
- Not to eat junk food
- Not to have very spicy, oily foods
- Include fruits and green vegetables in daily diet.
- Following the timely meals daily
- Side effects of the junk food explained
- Danger of increasing Life style disorders

Goals and objectives:- Inculcating good dietary habits in students and make them understand the importance of balanced diet.

Relevance and out comes:- Students determined to have timely meal and not to eat junk food.

Lt. Dr. Pathan Asad Khan Associate NCC Officer Dr. Aditi Bhattacharya
IQAC Coordinator
COORDINATOR

Dr. Mazahar Ahmad Farooqui
Principal
PRINCIPAL
Maulana Azad College

AURANGABAD.

DR. PATHAN ASAD KHAN

Internal Quality Assurance Cell Maulana Azad College of Arts, Science & Commerce, Aurangabad.

51 MAH BN NCC AURANGABAD (M.S.)

DR.RAFIQ ZAKARIA CAMPUS

MAULANA AZAD COLLEGE OF ARTS, SCIENCE AND COMMERCE, AURANGABAD

Nominal Roll of Cadets Participated in Eat Right India Walkathon 2021 on 18th November 2021

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Lt. Dr. Pathan Asad Khan Associate NCC Officer DR. PATHAN ASAD KHAN LIEUTENANT 51 MAH BN NCC AURANGABAD (M.S.) Dr. Adii Bhottacharda

Dr. Aditi Bhattacharya IQAC Coordinator

COORDINATOR
Internal Quality Assurance Cell
Maulana Azad College of Arts,
Science & Commerce, Aurangabad.

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Eat Right India Walkathon 2021 Organised by Food Safety and Standard Authority of India



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