


**Report**  
**On**  
**“Health Awareness Session:**  
**Significance of Healthy Diet**  
**& Exercise in Everyday**  
**Life”**

**Held on 20<sup>th</sup> September 2019**

**Organized by**  
**NSS Wing in Association with Internal Quality Assurance**  
**Cell, RITE, Odisha**



**Principal**  
**Radhakrishna Institute of Technology**  
**and Engineering, Bhubaneswar**

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## Background:

Key diet and exercise learning points:

- What are the consequences of a poor diet and physical inactivity?
- When to provide healthy eating and exercise advice
- How to give structured and effective advice to promote positive and sustained behavior change?

Eating a healthy balanced diet accompanied by regular exercise is essential in maintaining physical and mental health and well-being. Not only are these effective in preventing excess weight gain or in maintaining weight loss, but healthier lifestyles are also associated with improved sleep and mood. Physical activity particularly improves brain-related function and outcomes.

According to the latest diet surveys, children and teenagers consume around 40% more added sugar than the recommended daily allowance; much of this coming from snacks and sweets. We are now seeing type 2 diabetes, hypertension, early markers of heart disease, breathing difficulties, increased risk of fractures and psychological effects in young children.

## Objective

To aware the audience regarding Significance of Healthy Diet & Exercise in Everyday Life



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**Notice:**

Radhakrishna Institute of Technology &  
Engineering, Bhubaneswar  
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REF. NO. RITE/2019-20/93(A)

DATE: 20.09.2019

**NOTICE**

**Sub: - Expert talk on "Significance of Healthy Diet & Exercise in Everyday Life"**

Radhakrishna Institute of Technology is going to organize an expert talk on, "Significance of Healthy Diet & Exercise in Everyday Life" as per the following details. All students and staff members are required to attend the program without fail.

**Resource Person: Dr. Aditya Kantha Arjya, Retired Medical Officer (AYU.)**

**Date: 20<sup>th</sup> September 2019**

**Time: 02:00 PM -04:00 PM**

**Venue: Seminar Hall**




**PRINCIPAL**



**Principal**  
Radhakrishna Institute of Technology  
and Engineering, Bhubaneswar

Copy to: Group Director/Dean Academics/All HODs/Asst. Prins

RITE Bhubaneswar, IDCO Plot-1, IDCO Industrial Estate, Barunei, Bhubaneswar-752057, India  
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**Brochure of the Event:**





A Session with  
**Dr. Aditya Kantha Arjya**  
Retired Medical Officer (AYU.)  
on  
**"Significance of Health Diet & Exercise in Everyday life"**  
Organized by  
NSS wing in association with IQAC  
Date: 20<sup>th</sup> Setember 2019 Time: 02.00 PM - 04.00PM  
Venue: Seminar Hall

**Schedule of the Event**



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# Radhakrishna Institute of Technology & Engineering, Bhubaneswar

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Time	Event
2.00 PM-2.10 PM	Inaugural ceremony
2.10 PM -2.20 PM	Introductory speech by Prof Priyadarshini Das, Dept of Electrical Engineering, RITE
2.20 PM- 03.20 PM	Talk delivered on "Significance of Healty Diet & Exercise in Everyday Life" by the Dr. Aditya Kantha Arjya.
3.20 pm-3.30pm	Vote of thanks & felicitation by honorable Principal, RITE.

## About the Resource Person:

**Dr. Aditya Kantha Arjya , Retired Medical Officer (AYU.)**

## Target Audience:

- Students of RITE
- DDU-GKY Members
- All the teaching and non-teaching staffs of RITE

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and Engineering, Bhubaneswar

**Dr. Aditya Kantha Arjya**

(Chikitsaka Ratna) B.A., B.A.M.S.  
Retired Medical Officer (AYU)



Regd. No. 2594

AYURVEDIC CONSULTANT FOR ALL DISEASES  
Phone: 98375 34414 (W), 86587 74614

Date: 20/09/2019

The Principal,

Radhakrishna Institute of Technology and Engineering

Khurda, Bhubaneswar, Odisha

I got to know about the Awareness programme on "Significance of healthy diet & Exercise in everyday life" on dated 20<sup>th</sup> Sept. 2019 being conducted by Radhakrishna Institute of Technology and Engineering, Khurda, Bhubaneswar, Odisha for the students of the current academic session. I was given the invitation to participate in the event as a Chief Guest and deliver the keynote on my area of expertise of balance diet towards leading a healthy lifestyle. It was a surprising experience for me to observe that upcoming generation of professionals are very much interested in making themselves aware of the healthy eating habits towards the accomplishment of leading a stress-free life and in tandem achieving their academic goals. I believe and wish a healthy and prosperous times ahead for the RITE family.

  
Principal  
Radhakrishna Institute of Technology  
and Engineering, Bhubaneswar

  
Dr. Aditya Kantha Arjya  
Regd. No. 2594 B.A., B.A.M.S (S.U)  
Dr. Aditya Kantha Arjya  
Retired Medical Officer (AYU)

**KUSHAL AYURVED BHAWAN**

N.A.C. CHHAKA, KARANJIA, DIST. - MAYURBHANJ, PIN - 757 037

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