

Health and Fitness Camp

The Health and Fitness Workshop, held on, was organized by MSc. Students of Sports Nutrition, Department of Nutrition and Dietetics, to promote awareness about maintaining a healthy lifestyle among students and staff. The workshop aimed to educate participants about the importance of fitness and balanced nutrition.

The workshop included various practical demonstrations and activities which included:

1. **Fitness Assessment:** Participants underwent a basic fitness assessment, including BMI calculation, BIA parameters, flexibility tests, and endurance evaluations. A comprehensive health report was generated for each participant based on above evaluations.
2. **Nutrition Planning:** A registered dietician provided meal planning tips and conducted a personal session on healthy eating habits.

The Health and Fitness Workshop successfully met its objectives by educating participants on the importance of maintaining a healthy lifestyle. The various activities and practical advice equipped attendees with the tools they need to prioritize their physical and mental well-being.



Fitness Assessment and Meal Planning