

## Title of Activity: Lecture on the Importance of a Balanced Diet and Physical Activities

**SDG Description:** - Good Health and Well-Being

**Venue:** Seminar Hall

**Mode: Physical/ Online:** Physical

**Date:** 17<sup>th</sup> April 2023

**Duration:** 1 hour



### **Brief Explanation of the Activity:**

Office of Student Affairs (OSA) at the National University of Technology (NUTECH) organized a lecture on the Importance of a Balanced Diet and Physical Activities on 17 April 2023. The event was attended by faculty members, students, and support staff. This activity fulfilled the requirements of UN SDG No. 3; Good Health and Well-being. The resource persons for the lecture were Dr. Sadia, an MBBS doctor, and Student Counsellor Flt Lt Sehrish Shahnawaz. Dr. Sadia elaborated on a balanced diet and discussed the importance of consuming a variety of food groups in appropriate portions. She also emphasized the importance of exercise and physical activity in maintaining a healthy lifestyle. Flt Lt Sehrish Shahnawaz discussed the mental health aspects of diet and exercise. She highlighted the link between a balanced diet, exercise, and mental well-being. She also discussed the importance of habit formation and how to change habits through Mental Contrasting and Implementation Intentions (MCII). The lecture was followed by a Q&A session in which the participants asked questions and shared their views on the topic. The event was highly appreciated by the attendees who acknowledged the significance of maintaining a balanced diet for a healthy life.

### **Pictorial Evidence**

