

## Nutrition Awareness through Academic and Co-curricular Initiatives

### **Debate Competition on ‘Right Nutrition- A Brighter Future for the Nation’ (24<sup>th</sup> September 2025)**

To promote awareness about **healthy eating habits** and the **importance of balanced nutrition**, the Department of Home Science organized a public speaking competition on the theme “**Right Nutrition – A Brighter Future for the Nation.**” The event was conducted as part of a national service-oriented awareness initiative and encouraged students to discuss the role of nutrition in building a healthy society.

Participants presented thoughtful perspectives on balanced diets, food security, and the role of proper nutrition in improving public health. The competition served as an academic platform for students to explore scientific and social aspects of nutrition while also encouraging critical thinking and public engagement.

Such initiatives help cultivate awareness among students about the importance of healthy food choices and responsible dietary practices, thereby reinforcing the university’s commitment to promoting health and well-being within the campus community.



Participants expressing their views on ‘Right Nutrition- A Brighter Future for the Nation



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