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## Celebrating Health: At the PCU NutriSoul Wellness Exhibition

Pune, Maharashtra | 16<sup>th</sup> October, 2023



The Department of Nutrition and Psychology at the School of Sciences, Pimpri Chinchwad University organised a wellness exhibition: “NutriSoul” on Monday, 16th October, 2023 from 08:30am 04:00pm to commemorate World Mental Health Day and World Food Day. Vice Chancellor Dr. Manimala Puri; and Pro Vice Chancellor, Dr. Rajiv Bharadwaj were also present for the event.

The Chief Guest was Dietician, Dr. Richa Shukla, Head of Clinical Nutrition, Hon. Secretary, Indian Association for Parenteral & Enteral Nutrition (IAPEN). The highlights of the event were: free fasting blood sugar check-up, free blood pressure (BP) check-up, BMI check-up, muscle strength test, personality test and an Emotional Intelligence test.



Dr. Richa Shukla was of the opinion that Sustainable nutrition and mental health leads to a happy life and is a way to a successful life.



The first batch students of BSc in Nutrition and Dietetics organised the entire event of NutriSoil. The first batch of BSc in Clinical Psychology was also present there. Faculty members present there enthusiastically explained about Nutrition and Dietetics' scope in the field of science, and its prospects as a career.

S.B. Patil Public School students: Sahil Wagh and Swara Patil of IX-D; Ishita Jadhav of IX-E; Aarohi Nikam of IX-G; and Vedant Nichit X-A attended the event along with school counsellor, Ms. Sabitha Parmodh; and school career counsellor, Ms. Susmita Roy.

Overall, the exhibition organised was immensely interesting. It showcased a multitude of aspects that lead to overall physical and mental health and positivity. Our students learned and took back a lot from the visit that will surely and certainly not only benefit them, but also their friends and family, and of course the fellow students of our school.