
Towards Healthy Habits and Lifestyle: At the PCU NutriSoul 2024 Event

Pune, Maharashtra | 24th October, 2024



Held on 24th October, 2024, the PCU NutriSoul 2024 event was organised and hosted by the School of Sciences at Pimpri Chinchwad University to explore the vital connection between psychology and nutrition, and fostering a celebration of holistic wellness.

Students of Grade XI visited the event accompanied by faculty members: Ms. Darshana Kamat, Ms. Sakeena Bootwala, Ms. Payal Shah and Ms. Anusaya Swami. S.B. Patil Public School is proud to announce that our principal, Dr. Bindu Saini was invited to the event as a special guest wherein she was introduced to the audience, and her impressive profile was shared, highlighting her invaluable contributions to the field of education and her ongoing efforts to promote wellness within the school community.



PCU NutriSoul 2024 provided an engaging experience for all attendees, featuring interactive psychology booths, educational nutrition displays, fun games, delicious food stalls, and essential wellness services.

Seeing all this, students were greatly inspired to embrace a holistic approach to health, embodying the event's spirit: "The body heals with play, the mind heals with laughter, and the spirit heals with joy."

We thank the team at PCU for organising this insightful event. We also thank principal, Dr. Bindu Saini; vice principal, Ms. Padmavati Banda; and all the other faculty members for organising this inspiring and health-focused tour to the PCU.

