

**Mission Life Style for Environment
Use Balanced Diet Avoid Junk Foods
[1st June 2023]**

The NSS unit in collaboration with Department of Environmental Science of this college organized a public outreach programme to sensitize public about the importance of balanced diet and impacts of Junk food on 1st June 2023 under the aegis of mission Lifestyle for the Environment. The NSS volunteers and other students holding placards depicting slogans related to Balanced diet and Junk foods moved through the residential colonies of Kreeri where they interacted with the public about the significance of balanced diet and harmful impacts of Junk food. The volunteers also visited different households in the area and sensitized them about Junk foods and balanced diet. The programme was coordinated by Dr. Khursheed Ahmad Wani (HOD Environmental Science) and Prof. Syed Mustafa Shah (NSS Program Officer) under the guidance of worthy Principal Prof. Kounsar Jan.





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