

Shyam Lal College (Evening) University of Delhi

EVENT REPORT

WUS & Health Awareness Committee “Health beyond the Plate: The 5 Pillars of a Healthy Life”

Date: 9th September, 2026 at 4:00 PM onwards in Seminar Hall

Eminent Speaker:

Ms. Gunjan Gautam, Clinical Nutritionist,
Certified Diabetes Educator, Nutrition & Wellness
Speaker

Convenor:

Ms. Rekha Kashyap

President, WUS & Health Awareness Committee:

Mr. Vedant Kumar Singh

1. Introduction & Objective

The WUS & Health Awareness Committee of Shyam Lal College (Evening), University of Delhi, successfully organized a comprehensive health awareness session titled “**Health beyond the Plate: The 5 Pillars of a Healthy Life**” on 9th September, 2026, at Seminar Hall of the College.

The primary objective of the session was to sensitize students and faculty about holistic health and wellness beyond just diet. The programme aimed to develop a better understanding of nutrition, lifestyle disorders, mindful eating habits, and the importance of making informed choices in everyday life for long-term well-being. The event witnessed overwhelming participation from students and faculty members.

2. Inauguration of the Programme

The programme commenced with the arrival of esteemed faculty members Prof. Anil Rai, Prof. Deepika Verma, Convenor Ms. Rekha Kashyap, and resource person Ms. Gunjan Gautam. The formal inauguration began with the auspicious Lamp Lighting Ceremony, symbolizing knowledge, positivity, and the enlightenment of health consciousness.

This was followed by a Green Felicitation – Sapling Presentation Ceremony. As a symbol of growth, sustainability, and a healthy environment, saplings were presented to the guest, Convenor and Senior faculty members by the faculty members of WUS Committee. This gesture added a meaningful environmental dimension to the health awareness programme.

3. Address by Senior Faculty

Prof. Anil Rai delivered an inspiring address to the students. He highlighted the significance of health awareness, discipline, and responsible lifestyle choices in the formative years of student life. His motivating words encouraged students to take their physical and mental well-being seriously and set an encouraging tone for the main session.

4. Technical Session: Interactive Talk by Ms. Gunjan Gautam

The highlight of the event was the highly insightful and interactive session by eminent speaker Ms. Gunjan Gautam. Instead of a conventional one-way lecture, the session was designed to be participatory. Ms. Gunjan Gautam actively interacted with students and faculty members, raised thought-provoking questions, and encouraged them to reflect on their own dietary patterns.

She elaborated in detail on The 5 Pillars of a Healthy Life:

- a) **Balanced Nutrition:** Choosing natural, minimally processed foods over packaged and ultra-processed foods.
- b) **Physical Activity:** Importance of regular movement and exercise.
- c) **Quality Sleep:** Role of sleep in metabolism and overall health.
- d) **Stress Management:** Managing academic and lifestyle stress.
- e) **Positive Mindset:** Building a sustainable and positive approach to health.

The discussion covered several practical aspects including understanding the nutritional value of commonly consumed foods, decoding calorie content and food labels on packaged products, difference between natural foods like desi ghee and highly processed alternatives, and developing better eating habits in daily life. Both students and faculty members enthusiastically participated and clarified their queries.

The session successfully conveyed that good health is not about restrictive dieting or merely counting calories, but about understanding what we eat, making mindful choices, and adopting a balanced lifestyle.

5. Orientation of WUS Committee

After the technical session, a brief orientation programme was conducted. The office bearers and volunteers of the WUS & Health Awareness Committee were formally introduced to the audience, helping students familiarize themselves with the team and its functioning. The role of WUS in student welfare was also highlighted. Mr. Vedant Kumar Singh, President, WUS & Health Awareness Committee, addressed the gathering. He expressed sincere gratitude to Ms. Gunjan Gautam for sharing her valuable knowledge and to all the students and faculty for their enthusiastic participation. He appreciated the collective efforts, teamwork, and dedication of the entire WUS team in successfully organizing the event.

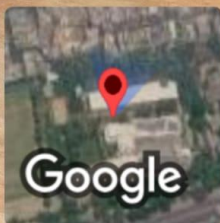
7. Vote of Thanks & Conclusion

The programme concluded with a formal Vote of Thanks by Ms. Rekha Kashyap, Convenor, WUS & Health Awareness Committee. In her concluding address, she summarized the key messages of the programme and encouraged students to remain aware of their health and make responsible choices. She expressed her profound and heartfelt gratitude to our Hon'ble Principal, Prof. Nachiketa Singh, for his visionary leadership, constant support, guidance, and motivation. She emphasized that the event was possible only because of his encouragement towards organizing such student-centric and meaningful initiatives. She further extended her sincere thanks to Prof. Anil Kumar Rai, Prof. Deepika Verma, all senior faculty members, colleagues, and students for gracing the occasion and making the session interactive, engaging, and successful.

A special appreciation was extended to the entire team of WUS & Health Awareness Committee for their hard work, coordination, and commitment in making the event a grand success. The event concluded on a highly positive, informative, and inspiring note, leaving the participants with greater awareness, practical knowledge, and motivation towards a healthier lifestyle.







New Delhi, Delhi, India 🇮🇳

16/680/134, Navin Shahdara, Shahdara, New Delhi, Delhi 110032, India

Lat 28.67422° Long 77.28206°

Wednesday, 09/09/2026 05:05 PM GMT +05:30