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Blossoming Wellness: The "Eat Well Stay Healthy" Initiative at Vivekananda College

Introduction

In 2020, starting from January 3rd, Vivekananda College embarked on a remarkable initiative titled "Eat Well Stay Healthy." This program was inaugurated by the esteemed Principal, Dr. Tapan Kumar Poddar, and was managed under the expert guidance of Dr. Manindranath Pandit. The initiative was launched in response to the growing concerns over student health and nutrition, acknowledging the critical role that a balanced diet plays in academic performance and overall well-being.

Goal

The primary aim of the "Eat Well Stay Healthy" initiative was to ensure that students had access to hygienic and nutritious food at an extremely affordable cost. The college recognized that many students often skipped meals or consumed unhealthy options due to financial constraints and time limitations. By providing a wholesome meal packet at a nominal cost of Rs.5 on Mondays, Wednesdays, and Fridays every week, the initiative sought to alleviate these issues and promote healthier eating habits among students.

Implementation

Each meal packet comprised two slices of bread, one banana, one boiled egg, and one piece of sweet. This combination was carefully selected to offer a balanced mix of carbohydrates, protein, vitamins, and a touch of sweetness, ensuring that students received adequate nutrition to sustain their energy levels throughout the day. The affordability and nutritional value of these packets underscored the college's commitment to student health.

Impact and Feedback

The "Eat Well Stay Healthy" initiative has had a profound impact on the student community at Vivekananda College. By providing nutritious food at a minimal cost, the program successfully addressed some of the dietary challenges faced by students. Feedback from the



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student body has been overwhelmingly positive, with many expressing appreciations for the convenience and health benefits of the meal packets.

Conclusion

"Eat Well Stay Healthy" stands as a testament to Vivekananda College's commitment to the holistic development of its students. By prioritizing health and nutrition, the college has set a benchmark for other educational institutions to follow. This initiative not only nourishes the body but also supports the academic and personal growth of students, embodying the true spirit of education.

NOTICE

Date: 13.12.2019

A meeting of the Internal Quality Assurance Cell will be held on 19.12.2019 (Thursday) at 02:30 PM in the Principal's chamber.

All members are requested to attend.

Agenda:

- 1.To consider the uploading of AQAR of 2018-19
- 2.To start the '*Eat Well Stay Healthy*' project
- 3.Misc.

V. K. Saha
13/12/19
Principal

IQAC meeting notice



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Members present in IQAC meeting held on 19/12/19 at 14.30 PM.

1. ~~Mr. S. K. Ray~~ 19/12/19
2. ~~Mr. S. K. Ray~~ 19/12/19
3. ~~Mr. S. K. Ray~~ 19.12.19.
4. ~~Mr. S. K. Ray~~ 19/12/19
5. ~~Mr. S. K. Ray~~ 19.12.19
6. ~~Mr. S. K. Ray~~ 19.12.19
7. ~~Mr. S. K. Ray~~ 19.12.19.
8. ~~Mr. S. K. Ray~~ 19.12.19
9. ~~Mr. S. K. Ray~~ 19/12/19
10. ~~Mr. S. K. Ray~~ 19/12/19

Resolution:

1. Resolved that the AQAR 2018-19 be accepted and the same be approved for uploading in the NAAC website.
2. Resolved that a subsidised food packet will be prepared by the Centre at a nominal rate of ₹105.00 for the students from 3rd Jan 2020, under the Project Title 'EAT HEAT WELL, STAY HEALTHY.'
3. A workshop on will be arranged by the department of Economics on Micro economics & Macroeconomics, which was inaugurated by C.V. in semester 4 of CBCS system. The workshop will be held on 01st Feb 2020 and the resource person will be Prof. Kausik Gupta, Former V.C, WBSU & Professor in Economics C.V. at present.
4. Resolved that the college is considering the possibility of coming under UNNATYBHARAT scheme. The college & IQAC will explore on the five villages & the possible schemes to be applicable for the villages under consideration.

IQAC meeting resolution



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VIVEKANANDA COLLEGE

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Food being distributed to students under the scheme



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Distributing Healthy food packets to Students Under the 'Eat Well, Stay Healthy' Scheme by Dr. Pandit



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