

**Youth Red Cross Cell and Department of Music Vocal & Instrumental
Hindu Kanya Mahavidyalaya, Jind
Event: Extension Lecture on the topic 'Eat Right Live Bright'
in Haibatpur village
18th April, 2025**

On April 18th, 2025 while fulfilling its commitment towards social service and public welfare awareness, the Youth Red Cross Cell and Music Vocal & Instrumental Department of Hindu Kanya Mahavidyalaya, Jind took a commendable step and organized an Extension Lecture on the topic 'Eat Right Live Bright' in Haibatpur village. The principal of the college Dr. Poonam Mor flagged off the college bus for the students to deliver the lecture in Haibatpur village. Program coordinator Dr. Sushma Garg and Mrs. Arti Saini conducted the entire plan smoothly and during the program made many women, young girls and elders of Haibatpur village aware about the importance of nutritious food in a balanced diet and about including healthy habits in daily life. Their lecture especially inspired the rural community and youth to adopt a simple and effective nutrition-rich lifestyle. In this camp, about 22 students of the college and 20 villagers took advantage of the lecture and the Sarpanch and rural women of the village praised this effort of the college and said that such lectures are a wonderful effort towards health. The main speaker of this program was Mrs. Tanu, Assistant Professor of Home Science, Hindu Kanya Mahavidyalaya, Jind. She told the audience about the importance of balanced diet and nutritious food. Her main objective was to identify clean food items among the rural and college girls and provide them correct nutritional information on time. On this occasion, Mrs. Raman, Tabla Player of the college also played a good role. This program not only brought health services to the villagers but also provided practical experience of social service, teamwork and leadership to the college girls. On the successful completion of the lecture, the President of the managing committee of the college Dr. Anshul Singla ji and the Principal, Dr. Poonam Mor ji congratulated the team of the Music department and the Youth Red Cross Cell.

Glimpses and Media Coverage of the Event

Hindu Kanya Mahavidyalaya, Jind
 Red Cross Cell
 in collaboration with
 Department of Music (Vocal & Instrumental)
 organises
AN EXTENSION LECTURE
 on
'Eat Right, Live Bright: A Guide to Healthy & Nutrition'

Date: 18th April, 2025
Time: 09:30 A.M.
Venue: Haibatpur Village, Jind

Keynote Speaker:
 Mrs. Tannu
 Asst. Prof., Home Science
 H.K.M.V., Jind

Dr. Sushma Garg
 Incharge, Red Cross
 Convenor

Mrs. Arti Saini
 Incharge, Music Instrumental
 Co-Convenor

Dr. Poonam Mor
 Principal


