

BALANCE DIET IMPORTANT FOR HEALTHY LIFE: DR. BORKAR

Panaji, [September 12, 2022](#)

The Directorate of Health Services, State Family Welfare Bureau in coordination with Primary Health Centre, Ponda under Family Welfare Health and Wellness Centre and PES Higher Secondary School, Farmagudi organised Cyclothon and Walkathon on the occasion of National Nutrition Week at PES Higher Secondary School, Farmagudi, Ponda [today](#).

Speaking on the occasion, Dr. Rajendra Borkar, Chief Medical Officer highlighted the importance of balance diet for a healthy life and said that the balance diet is important for proper healthy growth of an individual. He said that on one side there is malnutrition while on the other hand there is vast consumption of fast food which causes health problems. Dr. Borkar advised to eat healthy, live healthy and think healthy.

Shri Ritesh Naik, Chairperson, Ponda Municipal Council who was the Chief Guest for the function while addressing said that Nutrition is very important to maintain good health. People are not taking a balanced diet but are eating all sorts of harmful foods. It is important to enlighten people about importance of balance diet. You cannot merely exercise and expect your body to stay fit. A balance diet is crucial, therefore proper diet needs to be taken to keep our body healthy he added.

Dr. Smita Parcekar, Health Officer, Primary Health Centre, Ponda, in her welcome address said that the objective of organising National Nutrition Week is to increase awareness among the people about the importance of nutrition, the essential food and precaution to keep healthy.

Shri Vishwas Raikar, Principal, PES Higher Secondary School, Farmagudi, Shri Rauji Palni, Health Educator, Doctors and Nurses from Directorate of Health Services, Shri Francis Cardozo among others were present on the occasion.

Earlier, Cyclothon and Walkathon rally was flagged off by the dignitaries.

Dr. Dhanashri Bakhale later proposed the vote of thanks.

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