



NEBULA
AN INDIAI, RESEARCH &
PEER REVIEWED JOURNAL



ISSN 2277-8071

RESEARCH NEBULA

*An International Refereed, Peer Reviewed & Indexed Quarterly Journal in
Arts, Commerce, Education & Social Sciences*

DOI PREFIX 10.22183

JOURNAL DOI 10.22183/RN

IMPACT FACTOR 7.399

ONE DAY

INTERNATIONAL INTERDISCIPLINARY E-CONFERENCE

On

**ROLE OF PHYSICAL ACTIVITIES, HEALTH
AND FITNESS IN TODAY'S CRISIS**

16th October, 2021

Jointly Organized by



IQAC, AND DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
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Special Issue on 16th October, 2021

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One Day International Interdisciplinary E-Conference On
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On 16th October, 2021 @

Mahatma Jyotiba Fule Mahavidyalaya, Amravati, Late Dattatraya Pusadkar Arts College,
Nandgaon Peth, Amravati. & Narayanrao Rana Mahavidyalaya, Badnera, Amravati.

IMPORTANCE OF BALANCED DIET AND PROPER EXERCISE FOR THE STUDENTS

ABSTRACT
The human body requires a continuous supply of nutrients. These nutrients are utilized by the body to maintain health. The nutrients ought to be supplied daily in the right proportion for optimum utilization and proper body maintenance. This can be achieved by taking a balanced diet every day. At present, the student is not appeared strong and healthy in comparison to age. The reason is that, the student is ignorant of the proper diet and its usage. Besides he looks under the strain of study. Similarly, the study found that, most students ignore toward exercise. But it is said that, the balanced diet and proper exercise are a keys of success. Therefore, it is true health is good then all is good. More importantly, the students can be developed by physically, intellectually, mentally and socially when they get proper exercise and proper balanced diet. And it is not hyperbolic if we say that, the future of students depend on balanced diet and proper exercise. The students who go to the gym and use various tools of exercise, they become strong and look impressive than others. That is why proper exercise and balanced diet are important for the betterment of the students personality.

INTRODUCTION :-

A balanced diet is one which includes all the nutrients in correct proportion or adequate amounts to promote and preserve health.

Food is an essential need of human being. The food is called to the material that, nourishes human being and keeps him healthy. The food is one of the important needs of man. The food not only fulfill the hunger but also it maintains the good health. In other words, the food is necessary for mental and physical betterment. However, all the factors of food are necessary to take in proportion for maintaining good health. In doing so, human being can be efficient and happy doing any work in day to day life.

Diets During A Normal Life Cycle :-

Diets for different age groups, stress periods and work can be classified into groups. The life cycle of each person goes through five basic stages. These are as follows :-

i) Pregnancy, ii) Infancy, iii) Childhood, iv) Adolescence, v) Adulthood.

OBJECTIVES OF THE STUDY :-

- 1) To study the background of the present topic.
- 2) Take a glance to balanced diet and proper exercise.
- 3) To study the balanced diet and proper way of exercise for the students.

DATA COLLECTIONS :-

- 1) Human being needs food.
- 2) Balanced diet keeps the students healthy.
- 3) The personalities of the students are developed through proper exercise.

HYPOTHESIS :-

- 1) Human being needs food.
- 2) Balanced diet keeps the students healthy.
- 3) The personality of the students are developed through proper exercise.

METHODOLOGY :-

The descriptive research method is used for the present paper.

IMPORTANCE OF BALANCED DIET FOR THE STUDENTS:-

Our meals consist of many food preparations such as rice, vegetables, chapattis, meat and fish. In between meals, we eat and drink a variety of things at different times throughout a day. All that we eat during a day is together called our diet. The nature, conduct and thought of the man are depends on the diet. It is to be noted in Bhagawad Gita that the personality of man will depend on the diet.

We must include all those foods which will provide sufficient quantities of all the constituents of food that, our body needs. Also, their proportions should be enough to meet the needs of the particular person. Such a diet is called a "Balanced Diet". The grasping power and intellectual development of the students can be done by the balanced diet.

GLANCE TO BALANCED DIET :-

Students life is characterized by heavy demands of calories and proteins. The appetite of the child increases and he tends to consume more carbohydrate foods and fewer protein foods. The need for calcium and iron to support bone and muscle growth continues. In the case of girls, menstrual and iron losses may predispose them to simple iron deficiency anaemia. Their needs, for iron are more than those of boys of similar age.

It is necessary to take more care of girls than boys, who may be vulnerable to malnourishment. If the physical activity of a girl does not match her intake, it may result in excessive fat deposits.

IMPORTANCE OF PROPER EXERCISE FOR THE STUDENTS:-

For, the students exercise is essential for maintaining the fitness and health. For improving the immunity system of the body exercise play an important role. Through exercise the body flushes out some of the harmful toxins and energies from the body and thus our internal system is able to work much better. Blood is pumped to the heart and other organs due to exercise. To improve the body performance of the students exercise is very important. Exercise maintains the physical fitness of the students. Due to exercise Heart disease, Diabetes, Obesity, Blood Pressure, Asthama are prevented. So exercise is important for the students. But it is be noted that, too much exercise can be harmful for the body.

CONCLUSION :-

"Importance of balanced diet and proper exercise for the students" the present paper highlights the following conclusions :-

- 1) Balanced diet keeps the students healthy.
- 2) Proper exercise puts the students healthy in body and mind.
- 3) Balanced diet and proper exercise affect positively on the students throughout personality.

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