



## Suryadatta Group of Institutes launched 'Mission Corona Eradication' to fight against COVID-19 under Suryadatta Health Bank Initiative

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Regular Exercise, balanced diet is important to avoid Corona infection

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Experts stressed at the program organized by Suryadatta Group of Institutes to launch Mission Corona Eradication.

Pune: Corona has taught us lot of things and also pointed out the seriousness about many things. In current scenario, we are seeing the importance of regular exercise and balanced diet. To avoid the corona infection we need to think about it and follow the guidelines and have to give priority to exercise and diet," stressed experts in the respective field.

Mahendra Chavan, renowned Body Builder and Pornima Karande, famous Dietitian inaugurated the Mission Corona Eradication under Suryadatta Health Bank Initiative by Suryadatta Group of Institutes recently. In this virtual as well as physical program Prof. Dr. Sanjay Chordia, Founder President of Suryadatta Group of Institutes, Sushma Chordia, Vice President and Secretary of Suryadatta Group of Institutes, Prof. Sunil Dhadiwal, Director of Suryadatta Group of Institutes were present. On this occasion, Suryadatta Group felicitated Mahendra Chavan with Surya Bhushan National Award, while Pornima Karande with Surya Gaurav National Award.

Under the Mission Corona Eradication, Suryadatta Group will held lot of awareness programs regarding Government Protocol, medical data bank, health and fitness, immunity, diet, periodical checkup, happiness, meditation, counseling, parenting, depression, de addiction, wake up for internal makeup, financial fitness, emotions, laughter, family, sharing, caring, self upgrading, knowledge sharing, network, cyber fitness, ethical use of social media, social responsibility, belongingness, patriotic spirit, respecting everyone, positive attitude, confidence, education for all, food shelter clothing for all, hygiene, equality, respect, reduce reuse recycle.

Mahendra Chavan said that, In today's advanced lifestyle good health is very important. We need to understand many things in a new manner in this current situation. To fight against corona we have to understand the importance of exercise and diet. Take time to yourself and exercise."

Pornima Karande mentioned, Diet is very important to increase the immunity level. We need to eat healthy food, drink more water, include proteins, vitamins in our daily diet. Avoid cold, frigid item.