*The Browser* (Book Club)

Discussion on ‘The Science of Eating and Good Health’

The members of *The Browser,* book club of the College, met for their fortnightly discussion on September 18, 2023 in the library. In this session, two articles pertaining to the science of eating were discussed. Thirty students from the Departments of English, Journalism, Computer Science, Commerce and Education took an active part in the discussion. The discussion was moderated by Dr Rakesh Kumar. The students got a chance to learn how eating at the wrong time, munching in between meals and combining incompatible foods play havoc with health. The discussion was also attended by Dr Namrata Nistandra, Dr Arti Behl, Dr Shivika Datta, Prof. Arti Sharma, Prof. Priya Chopra and Prof. Priyanka Mahajan.