

CRITERIA 3

Seminar on 'Health and Wellness'

11th April 2023

Health and Sports Club organised a seminar on 'Health and Wellness' on 11th April, 2023. Total 60 students attended this seminar. There were three resource persons:

* Dr. Monika Mahajan (Physiotherapist, MIAP, Dietitian and Clinical Nutritionist)

Topic- Life Style Disorder in Adults

*Dr.Dalwinder Sharma

(Physiotherapist)

Topic- Benefits of Ayurvedic Medicines and Cosmetics.

* Mrs. Pooja Dogra

(Counselor)

Topic- Cosmic Empowerment

*First resource person Dr. Monika Mahajan suggested to change our daily life style by using balanced diet, importance of vitamins, proteins,fats and carbohydrates, healthy eating habits, physical activities, behaviour changes, side effects of unhealthy sleep, PCOD, PCOs, prevention and causes of cancer, hormonal imbalance, solutions for acne problems and period irregularities etc.

*Second Resource person Dr. Dalwinder Sharma explained about the harmful effects of junk food and unnecessary painkillers on our body, ill effects of cosmetics, benefits of Ayurvedic medicines to cure diseases like acidity, blood pressure, constipation etc. Dr.Sharma also explained about the benefits of Tulsi.

*The third resource person Mrs.Pooja Dogra motivated our students to stay healthy through 'Cosmic Healing'. She performed some 'asanas' to stay calm and healthy.

At last Principal Dr. (Mrs.) Neeru Sharma appreciated the efforts of incharges Mrs.Gurdeep Kaur, Dr.Rupinder Kaur and Mrs.Gagandeep Kaur . She also thanked the resource persons for their excellent sessions. She motivated faculty members to organize such type of seminars in future for students

