



हंसराज कॉलेज  
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE  
University Of Delhi  
NAAC Grade A+ with CGPA 3.62

**2021-2022**

Name of the Department/Society: **Srishti Chetna - The Zoological Society**

Name of the Event 6: **Workshop: Nutritional Awareness and Physical Fitness**

Date of the Event: 16<sup>th</sup> -18<sup>th</sup> October, 2021

Srishti Chetna - The Zoological Society of Hansraj College organized a **Workshop ( 3 Days)** was organized from 16<sup>th</sup> -18<sup>th</sup> October, 2021 on “Nutritional Awareness and Physical Fitness” which included talks of three different resource persons followed by different activities like cooking and poster making competition.

Program Coordinator, Dr. Farhat Jahan welcomed the audience and Mohammad Ayan - Joint secretary introduced the resource person Mrs. Ritu Bhatia a renowned dietitian. The audience learned to break stereotypical notions of dietician, gained insights into lifestyle diseases especially stroke and leading causes such as poor nutrition and lack of sleep, stress etc. that can be easily rectified by us, if we are determined make small changes to our habits.

The informative session was highly appreciated as students understood that with respect to health and nutrition one shouldn't have a herd mentality instead one must understand the requirements of one's body. She also talked about how to properly portion a plate of food, importance of proper sleep, be it in PCOD, hormone balance and insulin resistance. It was interesting to learn about NON EXERCISE ACTIVITY THERMOGENESIS and how not to succumb to pressure and manage stress.

**Department Of Zoology**  
Hansraj College, University Of Delhi

is organising  
A three days workshop from 16th-18th October, 2021 on  
*"Nutritional Awareness and Physical Fitness"*

**Ritu Bhatia**  
Dietitian

**Anuradha Sudan**  
Health Consultant

**Dr. Gaurav Kumar**  
Assistant Professor

Time : 3:00 - 4:30 pm  
Venue : Google Meet  
Free Registration : <https://forms.gle/ZR35b48TKAEvjsvs7>  
E- Certificates will be given to all the participants

Media Partners

**Dr. Farhat Jahan**  
Coordinator

**Dr. Lokesh Chandra Mishra**  
Teacher - in - Charge

**Dr. Rama Sharma**  
Principal



Drishita Ritu Shukla is presenting

Lack of sleep can lead to:

- Insulin resistance
- Cardiovascular disease
- Mood swings/depression/brainfog
- Poor immune system
- Hormonal imbalances
- Weight gain

- Wake up and go to bed at same time

- Avoid using gadgets atleast 30 minutes before sleeping

- Practice gratitude

- Count your blessings

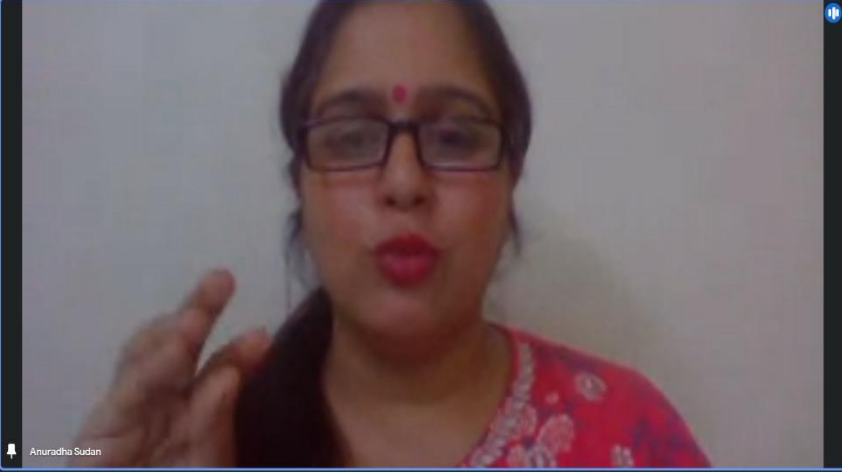
- Drink chamomile tea/ milk with ashwagandha/ 5 unsalted pistachios





3:20 PM | rey-kigd-ukd

warda rasheed is presenting



In-call messages

Also which oil is best for hair.

yadav rao 3:45 PM  
is TB is curable by ayurveda??

Mishal Fatima Adm. 466 3:46 PM  
thankyou mam

Asna Khan 3:46 PM  
Good Afternoon Mam,  
Mam last year I had a severe sprain in my neck. I took medicine as prescribed by the doctor to get rid of the pain. But due to the lockdown issue and safety concerns I didn't went for any proper checkup till date.  
Sometime when I sit for a long my neck starts aching badly (same location as of the sprain).  
What may be the reason for this. Can you please suggest any method to cure this at my home itself?

Mishal Fatima Adm. 466 3:50 PM  
thankyou so much mam

Rawat Mansi 3:51 PM  
Mam is methi paste remedy is effective against hair thinning too?

Ayan Samad 4:00 PM  
Good evening ma'am  
I have problem of developing minute kidney stones once in 2-3 years. is there any permanent Ayurvedic treatment. for getting rid of this ?

Send a message to everyone

4:00 PM | rey-kigd-ukd

