

Report of Skill Development Committee (2019-20)



Mehr Chand Mahajan DAV College for Women

Sector-36(Chandigarh)

www.mcmdavcwchd.edu.in

July- 2019 to June 2020

1. Name of the Event: KALA SRIJAN- Express Yourself

Committee/ Department: Fine Arts Department

Vision/ Mission: The goal of Vision/Art Workshops is to serve two distinct but related purposes: to facilitate a focused experience of the creative process of art making; and to guide the participants and enrich their explorations of the fine arts through different sessions of Abstract Art, Folk Art and Lippan Art.

Objectives: To explore ideas and designs and develop in paintings and to use and combine different mediums and materials in all the three sessions of the workshop.

Duration (Hours/ Days): 6 days (2.30 hours per day)

Date wise topics: 15-20 July, 2019

Resource person(s) (name/ designation, organization): Dr. Anju Bala Assistant Professor, MCM DAV College for Women, Chandigarh

Number of trainees/ participants, including details like whether from within the college or from outside; students or from outside; students or teachers or homemakers; age groups etc.:

16 participants (14 from within college and 2 were from outside) Students, teachers and others. age group- (18-35 years)

Venue/ timings: Fine Arts Lab, MCM DAV College from 10.00- 12.30

Physical output/ practical application demonstrated by participants: Participants have prepared paintings on canvasses, sheets and boards in different mediums on the particular themes of the workshop.

2. Name of the Event: Workshop on “Nutrition & Diet Skills for Life”

Department: Department of Food Science, Mehr Chand Mahajan DAV College for Women, Sec 36 Chandigarh

Date: 31st May, 2019 – 6th June, 2019

Venue: Mehr Chand Mahajan DAV College for Women, Sec 36 Chandigarh

No. of participants: 19 [included Students of B.Sc. (MFT) -2nd and 3rd year and college faculty

Vision: The workshop on “Nutrition & Diet Skills for Life” was organized with vision of strengthening and promoting the concepts of healthy foods and role of nutrition in our everyday lives. It was a platform for all the participants to gain skills, knowledge and interact with nutritional expert about topics relevant to physical and mental wellbeing and health.

Objectives:

- 1) Creating awareness about health relevant topics relevant to health and nutrition (including PCOD, obesity, thyroid disorders, FAD Diets, eating disorders, importance of mindful eating etc.)
- 2) To sensitize the participants on the role of food in promoting health, well-being and happiness.
- 3) To empower the students with hands on experience on super food recipe making customized diet management and diet planning for different groups of people.

3. Name of the Event: Short Term Course in Interior Designing- Aesthetic Living’

A Short Term Course in **Interior Designing- Aesthetic Living’** was held. The course was a unique amalgamation skill of inducing style into insight, computer assisted designs together with orientation of *Vastu as a Scienceto* energize the directions as well as mind. The Resource Persons were Ms Munmun Jain Goel (Freelancer Vastu, Numerology and Signature Expert) and Ms Kashish Mahajan (FounderKaMa Design Studio, Chandigarh). The best performer was awarded with Internship at Kama Design Studio.

4. Name of the Event: seven- day Digital Literacy Workshop

(July 2019) In a one of its kind initiative, a seven day **Digital Literacy Workshop** was held for Senior Citizens by the Department of Computer Science and Applications with an objective to spread digital literacy in society. It aimed to make senior citizens learn to create and print documents and worksheets, presentations, browsing the net, using email, using social networking sites and making online payments. More than 20 senior citizens participated enthusiastically.

5. Name of the Event: Developing Skills in Fabric Ornamentation

(July 2019) The department of Home Science under the aegis of IQAC **organized a seven day Hastkala: Developing Skills in Fabric Ornamentation**, a workshop to train the students in the skill based module involving fabric ornamentation and equip the participants with the skills of block printing, tie and dye, fabric painting and embellishments. 30 participants learnt from the Resource Person, Ms. Rati Arora, Assistant Professor, Department of Home Science, MCMDAV College for Women, Chandigarh. The participants prepared a number of embellished articles like kurtis, bags, dupattas, etc by employing various ornamentation techniques. The prepared articles were displayed to appreciate the enthusiastic participation of the team.

6. Name of the Event: Workshop on Event Management

(July 2019) An eight day workshop was held by the Department of Mass Communication **on Event Management** to equip students with skills in the highly lucrative field of Event Management, introduce them to the basics of event management and train them in the nuances of event management so as to enable them to set up their own event management business in future. The Resource persons; Mr. Maninder Sethi, Director, Excelsior Public Relations, Wedding Asia, Founder, Royal Punjab Polo and Editor, LaPolo, Mr. Bhanu Ahuja, Director, Studio 69, Plan My Shaadi Pvt. Ltd., Entertainment Management and Promotional Consultants, Ms. Vimmi Ahuja, Project Head, Plan My Shaadi Pvt. Ltd., Mr. Gurdas Jassal, World Film and Arts Organisation

Mr. Sahil Shandilya, All Rise Events, Ms. Aarti Kapur, trained 34 participants in the Fundamentals of Event Management, Event Planning Process, Marketing the Event, Crisis Management and Safety Arrangements, Logistics Planning, Monitoring and Evaluation of Event, Setting up event management business.

7. Name of the event: Summer Intensive French Course (July 2019)

Committee: Skill development committee

Objective: To acquaint the participants with the French language and culture.

Vision/Mission: To spread awareness about learning different languages and cultures. Breakout of the Anglo phone bubble. Open the doors to new literature, science and cultural possibilities.

Duration: 16 hours,8 days

Collaboration with an outside agency: No

Resource person: Shikha Singh/ Assistant Professor/Mehr Chand Mahajan DAV College

Number of participants: 10

Age group:18 to 24

Students of MCM DAV, GCG Girls College and alumni of MCMDAV

Venue: MCMDAV College sector 36, Room 63/ 10 to 12 noon

Output: The participants were able to converse in rudimentary French. The participants developed a newfound appreciation for the french culture and the language. They developed an understanding of the opportunities provided by learning a new language and economic vistas it opens.

Feedback: The workshop gave insights into the public interest in a European language other than English. Given the prevalence of French language in India, France and in various African countries, the workshop was a stepping stone in establishing better inter-cultural relationships.

8. Name of the Event: Workshop on English Language and Communication Skills

(July 2019) The Department of English conducted a Workshop on **English Language and Communication Skills** to boost the confidence of the participants in communication skills. In addition, the aim of the sessions was to target participants from varied age groups and different backgrounds, and to provide them a platform for self-expression. The first session on Communication Skills focused on right pronunciation, common grammatical errors, confusing words and portmanteau words. The second session on Creative Writing Skills motivated the participants to develop their reading and writing skills through interactive sessions, worksheets and interesting exercises. The third and fourth days of the workshop focused on grooming the participants in navigating effectively through group discussions and personal interviews.

The participants were provided with hands-on training to master the nuances of inter-personal communication. Mock group discussions as well as interviews were conducted to instil confidence amongst the candidates. Resource Persons; Dr Sunaina Jain and Dr Prakriti Renjen (Department of English, MCM DAV College for Women, Chandigarh) equipped the participants to articulate themselves in a better way by focusing on minimizing grammatical errors, improving pronunciation, and instilling confidence to communicate at various platforms through interactive sessions, worksheets and hands-on sessions.

9. Name of the event: Two day Workshop on Bakery and Desserts

Two day Workshop on **Bakery And Desserts** was organized by the Home Science Department, to train the students in culinary skills and empowering them to opt it as an entrepreneurial career. The participants learnt Masala Breads ,focassia, choco-chip cookies, peasarabri, layered mousse, instant oreo- biscuit cake. The Resource person was Sanyogita Gajendra , Culinary Expert and Coach, (NIESBUD), Ministry of Skill Development and Entrepreneurship. The participants prepared certain bakery items at domestic level while others also innovatively executed their acquired baking skills at their respective ventures.

(28, 29, 30 July, 2019) The Department of Hindi and Skill Development Committee organized a three day **Media Lekhan Kala Karyashaala** to make the students aware about the opportunities in the field of print media and journalism and equip the participants with specific skills of news reading, news writing and basics of voice modulation. The Resource Persons; Ms.Ritu Sandhu, Executive, All India Radio, Chandigarh and Mr.Mukesh Rajput, Anchor, Big Show Dr. Gurmeet Singh, Head, Department of Hindi PU and Print Media Expert deliberated on Radio Journalism, Television Journalism and Print Media. The participants learnt the skill of reading and writing news and also the nuances of voice modulation. They produced written exercises on news writing.

A Seven day Workshop on **Graphics Designing** was held by the Department of Computer Science. The participants learnt Logo and shape Design and Logo, visiting cards, invitation/greeting cards, brochures, pamphlets, newspaper advertising, Flex board, Photoshop: Photo editing, Collage, Cover Page, and Brochure making.

12/09/2019 In a one-of-its kind initiative aiming to reconnect the youth to our vedic roots, the Skill Development Committee and Sanskrit Department organized a workshop titled '**Dhvani-Chanting of Mantras and Shlokas**'. Dr. Shankarji Jha, Dean University Instructions, PU graced the workshop as the Chief Guest and Mrs. Sudesh Gandhar, Senior Governing Body Member, DAV College Managing Committee was the Special Guest on this occasion. The workshop witnessed enthusiastic participation of over 250 faculty members and students from various institutions from across the tricity. In session II, Dr. Vijaypal Shastri, Department of Sanskrit, Government Senior Secondary School, Mallah taught the participants the correct pronunciation of vowels, consonants, Gayatri mantra and Mahamrityunjay mantra. Prof. Virender Kumar Alankar, Chairman, Department of Sanskrit, PU was the Guest of Honour for the 3rd session of the day. In his address, Prof. Alankar highlighted the importance of teaching our future generations Sanskrit language- the language of Gods, as it is a philosophical language and mother of many languages that owe their roots to Sanskrit. Dr. Devi Singh, Department of Sanskrit, GGSDS College-32 conducted a stimulating session on special chanting of shlokas in chhand.

In order to facilitate and mobilize students towards planning their own start-ups and to enhance their entrepreneurial skills, **the Start-up Cell organized a comprehensive workshop** spanning from 5-14 November 2019. Mr. Iqbal Singh, Managing Director IFM discussed different aspects and types of entrepreneurship and enlightened the students about Ideation process, the importance of team work and checking the viability of their business ideas. In continuation with the theme of the workshop, Mr. Kulwinder made the participants cognizant of market segmentation and behavioral segmentation. Various learned resource persons including Mr. Maninder, Mr. Aman Maan and Geeta Gulati Maan talked about the various dimensions, aspects and strategies of entrepreneurship. They enlightened the students about myriad aspects of digital marketing; personality and behavioral traits; and different types of intellectual property rights like trademark and copyright.

A 7 DAYS WORKSHOP ON DATA ANALYTICS

Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a 7 days' workshop on Data Analytics from 4th to 10th November 2019 under the aegis of skill development committee. The workshop was organized with an objective to enhance the skills required for data analysis which is significant for research work, quality publication and lucrative job opportunities. The workshop was inaugurated by Principal Dr. Nisha Bhargava. She complimented the Skills development committee for bringing industry, academia, research and students together for better job opportunities.

Dr. Amit Kumar Lal, an eminent data scientist was the resource person for all the sessions. Dr. Amit conducted the sessions on know-how of data Analytics, research designs, data sampling, data coding, data visualization, usage of various soft wares, and development of graphs, questionnaire, hypothesis and it's testing. The participants were provided with the software for data analysis. They were also given hands on training to use those soft wares. This initiative enriched both quantitative and qualitative research aptitude of the participants. The workshop was conducted in two sessions per day of one and half hour each for seven days. Around 72 students and teachers participated in the workshop from Chandigarh and Punjab. On the concluding day, in the valedictory function participants were given away the certificates of participations.

Convener: Dr. Nisha Bhargava, Principal

Coordinators: Dr. Gurvinder, Dr. Bindu Dogra, Ms. Chris Bindra

Organizing Secretary: Mr. Ashish Mudgal

January 2020: College as a Training Centre:

The College understands the value of skills as an important component of wholesome personality as also for earning livelihood. Apart from creating an ecosystem that instills an interest in acquiring new skills, the College continually endeavors to impart varied skills in a structured manner.

A landmark was achieved by the College in January, 2019 when the College got registered and accredited as a Training Centre (TC 111709) under the aegis of Ministry of Skill Development and Entrepreneurship, Government of India. The College is the first one in northern India to acquire this status.

Affiliated to Chandigarh Skill Development Mission (CSDM), the College has become eligible to impart training by trainers, certified by Government of India, in more than two hundred and fifty job roles. At present the Training Centre is providing training for 'Goods and Service Tax Accounts Assistant'. In line with the vision of Skill India, the College is instrumental in not only making the youth ready for life and for employment but also fulfills its social responsibility of providing a safe and well equipped training Centre for the not so privileged people looking for learning opportunities. The online assessment for the first batch was conducted by the NSDC on the college premise on 21st October, 2020.

In the coming session 2020-21, the College will apply for and start training for skills in the categories - Beauty Therapist, Data Entry Operator and Organic Grower. Numerous certified short duration skill based activities, workshops and courses are also carried out in the College to reiterate the vital role of skills in life. The students can pursue these along with their respective degrees.





एमसीएम डीएवी कॉलेज-36 में कौशल विकास प्रशिक्षण केंद्र के उद्घाटन मौके पर पीयू कंट्रोलर ऑफ एग्जामिनेशन प्रोफेसर परविंदर सिंह को सम्मानित करती कॉलेज प्रिंसिपल डॉ. निशा भार्गव। साथ में कॉलेज स्टाफ के सदस्य सीजनल-पीआर कॉलेज

कौशल विकास प्रशिक्षण केंद्र का उद्घाटन

जासू, चंडीगढ़ : सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वुमन में बुधवार को कौशल विकास और उद्यमिता मंत्रालय, भारत सरकार के तत्वावधान में चंडीगढ़ स्थित डेवलपमेंट मिशन (सीएसडीएम) से संबद्ध अपने पंजीकृत प्रशिक्षण केंद्र के उद्घाटन किया गया। पंजाब और हरियाणा में कौशल विकास प्रशिक्षण केंद्र शुरू करने वाला एमसीएम पहला कॉलेज है। उद्घाटन मौके पर पंजाब यूनिवर्सिटी के कंट्रोलर ऑफ एग्जामिनेशन प्रोफेसर परविंदर सिंह मुख्य अतिथि थे। कार्यक्रम में कॉलेज शिक्षिका दीपिका सिंह, रिसर्व ऑफिसर, सीएसडीएम और

जीएसटी अकाउंट्स असिस्टेंट कोर्स ट्रेनर भावना शर्मा भी उपस्थित रही। मुख्य अतिथि प्रो. परविंदर सिंह ने नए पाठ्यक्रम को समय की जरूरत बताया, क्योंकि इन पाठ्यक्रमों से रोजगार कौशल में वृद्धि होती है। तकनीकी शिक्षा के विशेष सचिव सचिन राणा भी इस मौके पर मौजूद थे। प्रिंसिपल डॉ. निशा भार्गव ने कहा कि कॉलेज के प्रशिक्षण केंद्र का प्राथमिक जनादेश युवाओं के कौशल में वृद्धि करना है, जिससे उनकी रोजगार क्षमता में वृद्धि होगी। उन्होंने कहा कि कॉलेज भविष्य में सीएसडीएम के साथ मिलकर ऐसे और कार्यक्रम शुरू करेगा।



Workshop on Animation

Vision/Mission: To impart knowledge about skill and scope of 2D animation with online practical demonstration.

Convener: Dr. Gurvinder Kaur

Co-ordinator: Ms. Deeksha Gupta, Ms. Navdeep Kaur

Participants

No of students (Internal):78 , (External):4

No of Teachers (Internal): 3, (External):0

Total= 85

Resource person

Mr. Stephen O’Keeffe, Senior Solutions Specialist

Mr P. Jaya kumar, CEO, Toonz Media Group,

Mr. Vikas Kumar CEO and Founder of Digoonz

Mr. Rahul Bakshi is a Founder Director & CEO Phoebus Creations Media Pvt.

Mr. Anish Patel Creative director and Business Head, Hop Motion Animation

Dates:

SN	Date	Topics covered	Resource person
1	27 May 2020	Animation chat Show by ToonBoom	Mr P. Jayakumar Mr. Vikas Kumar Mr. Rahul Bakshi Mr. Anish Patel
2	28 May 2020	Animation Workshop by ToonBoom	Mr. Stephen O’Keeffe
3	29 May 2020	Animation Workshop by ToonBoom	Mr. Stephen O’Keeffe

Skill Development Committee in collaboration with National Skill Development Corporation, Government of India organized three days “Workshop on Animation” on 27th – 29th May 2020. The workshop was focused on imparting about scope of 2D animation along with online practical demonstration. The practical sessions for 2D animation on ToomBoom software were conducted by Mr. Stephen O’Keeffe. A total of 85 participants actively participated in the workshop.

Be a Freelancer

Mehr Chand Mahajan DAVcollege for women as an affiliated training center (TC111709) of Chandigarh skill development mission has conducted an online workshop titled as Be a Freelancer on 15th June 2020.

Mr. Vishal Tandon, a certified Google Corporate trainer and technical head, SebizInfotech was the resource person. Around 220 participants registered for the workshop.

The session was well received by the participants.

In the session, it has been focused that the internet has provided all of us with ample opportunities to work and grow.

A Freelancer projects himself in the virtual space with the help of many digital marketing and branding platforms. He addressed all the participants who wish to be an entrepreneur in the digital world. The virtual world provides the convenience to work from home at your choice and pace. He suggested that the aspirants can make their own website with the help of some portals. Secondly, they can do branding with the help of Google business cards and Google ads. There are some trusted websites like up works, freelance, guru and LinkedIn where the aspirants can upload their profiles to seek work from organisations around the world. The aspirants can adopt different business models like contracts, agreements, bids and commission etc suiting to their profile and nature of services they wish to provide. Among all the social media platforms, he rated Facebook topmost to reach maximum and versatile consumer population.

He suggested the aspirants to be patient as it may take time to seek some good work projects online but once established, it would benefit a lot.

Coordinators: Ms Disha Sharm , Dr. Minakshi Rana

Listen Because I Care

Date 27th June 2020

Aim: To ensure the mental and emotional wellbeing of senior citizens through listening. (Under the aegis of Sustainable Practices Committee)

We all are going through exceptional circumstances. This is the time to lend moments of affection and joy to those who may be due to several reasons are feeling lonely isolated and depressed.

The MCM DAV family shared space with the senior members of the society and spent some moments of happiness together. The senior members (aged 60 years or more) participated in the interactive session and shared their life time experiences through songs, stories and incidents. The young students (audience) were amazed to see the level of excitement, sense of humour and spirit to life among them.

In this session, people joined from various regions of Punjab, Haryana, Delhi, Himachal Pradesh and Jammu & Kashmir. The way participants shared their feelings, poetry, life incidents, recipes and sang folk songs, bhajans etc was splendid. The energy, confidence and passion with which they spoke and presented was a lesson in itself and revived a lot of memories. It is truly said that the lessons that one can get from one's elders can nowhere be taught or learnt and their presence always a guiding force to all.

The college is thankful to the participants who become the part of the session despite of less technical expertise to join the online platform among them All the participants were so happy with such a unique initiative of the college and requested to continue with such events in future as well.

Coordinator: Dr. Minakshi Rana

Be a Health Manager II

25th May to 1st June 2020,

Total Number of participants: 138

Coordinators: Dr GurvinderKaur, Dr Minakshi Rana, Ms Ruchika Singh

Date & Day	Title	Resource Person
25 May 2020 (Monday)	Keynote by Principal	Dr.Nisha Bhargava (Principal MCM DAV College for Women)
	Immunity across age and gender	Ms.Seeza Bhardwaj (Founder The Green Loom)
26 May 2020 (Tuesday)	Life Style disorders: PCOD, Anaemia, Thyroid, Diabetes and Vision.	Dr.Mangla Dogra (Gynaecologist)
27 May 2020 (Wednesday)	Hair and Skin care	Ms.Seeza Bhardwaj (Founder The Green Loom)

28 May 2020 (Thursday)	Stress busters and Stamina boosters	Ms.Seeza Bhardwaj (Founder The Green Loom)
30 May 2020 (Friday)	Food labels, Wrong food combination, correct Storage of food	Ms.Seeza Bhardwaj (Founder The Green Loom)
31 May 2020 (Sunday)	Weight management and detoxification	Dr.Nupur Malhotra (Dietitian)
1st June 2020 (Monday)	Life, Health and Technology	Dr.Gurvinder Kaur (Associate Professor MCM DAV college for women)
--	Media Coverage	--

Day 1: Immunity across age and gender.

Description: Immunity is what one is born with but maintaining and increasing it is our responsibility, failing to which we fall prey to bacteria, viruses, etc., which therefore causes diseases and reduces our immunity. This is because we work on symptoms and not on the cause. Treating symptoms will never eliminate the disease because it's present within our body and therefore we should always strive to take preventive measures and build our immunity rather than curing the disease after it has occurred.

Aim: Working on prevention rather than finding cure.

Name of resource person: Ms. Seeza Bhardwaj

The session started with addressing the key people and was followed by a keynote by the Principal Dr. NishaBhargava. She suggested some home remedies and natural, organic formulas for problems related to heart, stomach, skin and hair. Ms. Seeza (resource person) explained what immunity is and what all exhausts it such as preservatives, processed white sugar, salt, flour, etc.

Ways to increase immunity were suggested as not to overdo anything and follow one specific routine for some time so that body gets accustomed to it; meditation, yoga, prnyama were suggested. Importance of fasting was conveyed and how it improves immunity and develops resistance. Main queries asked by the participants were: Substitute of white salt/ sugar. (Answer: rock salt (sendha Namak) and jiggery). Ways to increase immunity in people with diabetes, high blood pressure, kidney problem. How to get rid of sneezing and coughing and increase immunity. Steam, some home remedies such as consuming ginger, garlic, black pepper etc. were recommended.

Photos of the Session:



Day 2: Lifestyle Disorder: PCOD, Anemia, Thyroid, Diabetes and Vision

Description: PCOD, Anemia, Thyroid, Diabetes and problems with vision is what has become the essentials of a female lifestyle these days and how normal and comfortable we have become with these diseases running our lives, moreover we don't even consider them serious diseases at present; which is what proves that how common they have become and this is what the today's session was all about.

Aim: Not to go back and change the beginning, but to start where you are and change the ending.

Name of the Resource Person: Dr. Mangla Dogra

The session focused on initially describing to what the terms: diabetes, thyroid, anaemia, vision and PCOD really mean and were followed by explaining what its symptoms, cure and precautions were and what all types and stages were there in thyroid, diabetes and in PCOD respectively. The resource person was sensitive enough that she even shared the emotional state of the person who undergoes such diseases and how society plays an active part in making them feel so. The participants majorly being female were even made to realize that how they are the future mothers to become and how important their body is and how the present lifestyle is turning them into less of a women and rather more of a prey to these diseases. She advised not to consume the canned tasty looking food products as they can cause diabetes and could lead to other serious diseases as mentioned above; how thyroid hormone controls the other hormones of the body and how staying fit and regularly exercising could help in controlling weight as most of the diseases are related to weight. She recommended to get our hemoglobin checked after regular intervals to ensure if we were not anemic and keep a track on our menstruation cycles as well; for eyes she recommended to stay away from the blue light (emitted by mobiles, laptop and other electronic screens). Keeping in consideration that problems with menstrual cycle have become a hot topic for every female, she emphasized on PCOD more and even recommended mothers to accept the fact that today's generation is more sexually active with more sexually related problems which should not be overseen and should be discussed comfortably with their child rather than thinking and discussing about it as a taboo.

Most queries which came were related to hygiene and menstrual problems. Some suggestions were that we should regularly get a full body test and be aware of the activities taking place in our body and not to use artificial cleansers or washes for vaginal health and hygiene. Most importantly, we should be more serious about what we eat.

Pictures of the Session:



Day 3: Hair and Skin care

Description: In this time of pandemic and social distancing, most people are missing salons for their grooming and hair care appointments. Where these days a person is first perceived by their looks, caring for our hair and skin becomes more important, moreover in this era of competition, self-confidence matters a lot and grooming ourselves help us do it more effectively.

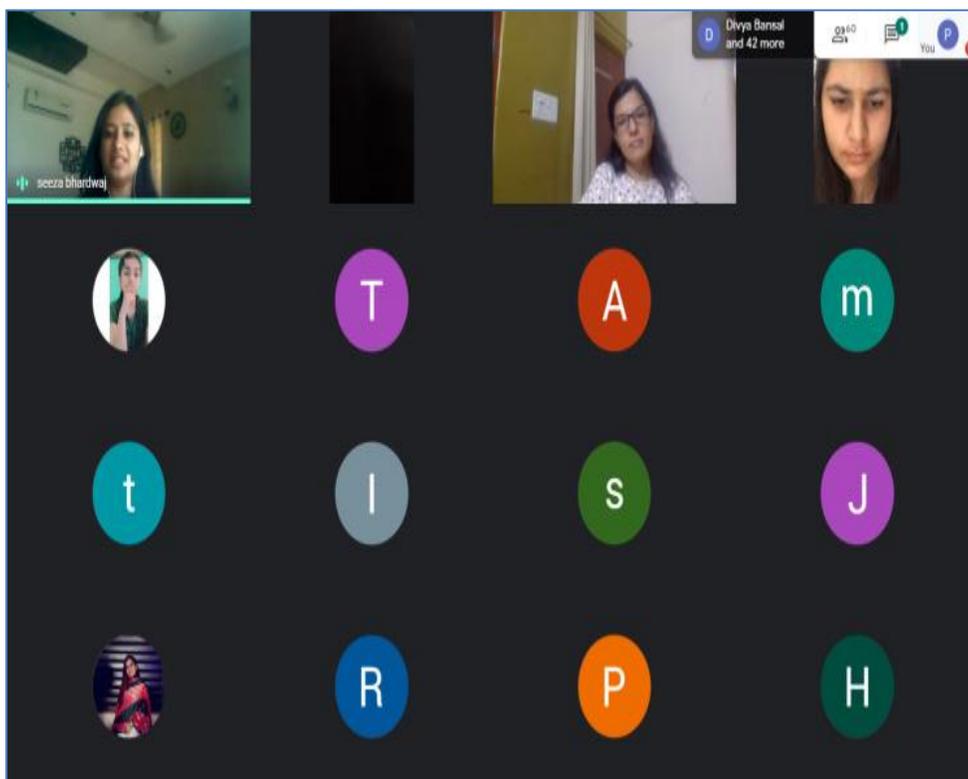
Aim: To avoid chemicals and try natural things on our hair and skin and making them healthy like never before.

Name of resource person: Ms. Seeza Bhardwaj

The use of chemical based products for skin care has increased in recent times and most of the people are unaware about their skin types and what is suitable for them. This session focused on this aspect of health care in which the resource person explained about various skin types.

She gave some organic, home-made recipes for face, dandruff, hair, dark circles, acne, dry lips etc. according to various skin types. Most of the questions were regarding acne, dry lips, dark circles and arm pits, dandruff, hair-fall and vaginal care. She also shared one recipe of vaginal wash and sanitation of other sensitive areas and suggested to avoid regular use of chemical based products in these areas.

Photos of the Session:



Day Number: 4

Title: Stress Busters and Stamina Boosters

Description: Physical health and fitness is very important but above that what is more important is mental health, people are suffering from psychological problems more in this era when

compared to old times. Isolation and social distancing can trigger feelings of depression and loneliness more during this time, which makes it very essential for us to boost our stamina as well as mind.

Aim: Not to fight the disease but fight our inner-self, to feel cheerful and energised while staying indoors.

Name of Resource Person: Ms. Seeza Bhardwaj

Yoga and meditation can heal our body in ways that even science is not able to discover completely, the session started with these two powerful words by the resource person and after that there was a 1 minute meditation practiced by all the participants. There was an activity to make us realize that how important it is for us to realize the importance and the reason for what all we do, we were asked to write 5 positive and 5 negative points of the health manager workshop and realize that when we have no negative points left to jot down is the time when we are positive about our actions. In earlier times people believed in superstitions and were happy following them unlike now where we keep questioning things and keep finding a reason for whatever happens that we miss the chance of enjoying that moment which affects our mental peace at times. Our body is a chemical laboratory where hormones and enzymes keeps on getting secreted and reacting, therefore when our body and mind is in stress the hormones released at that particular time as well as the food we eat have a temporary effect on our mental health and can be revived by practicing yoga and meditation which gives a permanent effect on our wellbeing. The resource person even shared a real life, heart touching incident and told her story of fighting and coming out of that hard time to which all the participants were able to relate or realize. There were a lot of queries put forward after this session which related to bodily issues, overthinking, decision making which affects our whole life at times. To which the answers were readily delivered by Ms. Seeza based on her experience of life, what was most important in those answers were that never let your creativity and hobbies die these are the things that keep you alive from inside. At last the session ended with a note that it's not the world and disease that we are fighting whereas it's us fighting ourselves, our insecurities and conquering our mind.

Photos of the Session:



Day Number: 5

Title: Reading food labels and correct storage of food.

Description: Modern lifestyle and believing in advertisements blindly is taking all of us in deep slumber. Ready to cook food and eye-catching healthy labels on the packet of the product works as an eye-wash for maximum of the human beings because they ignore to read the food labels and don't measure the nutritional value of it.

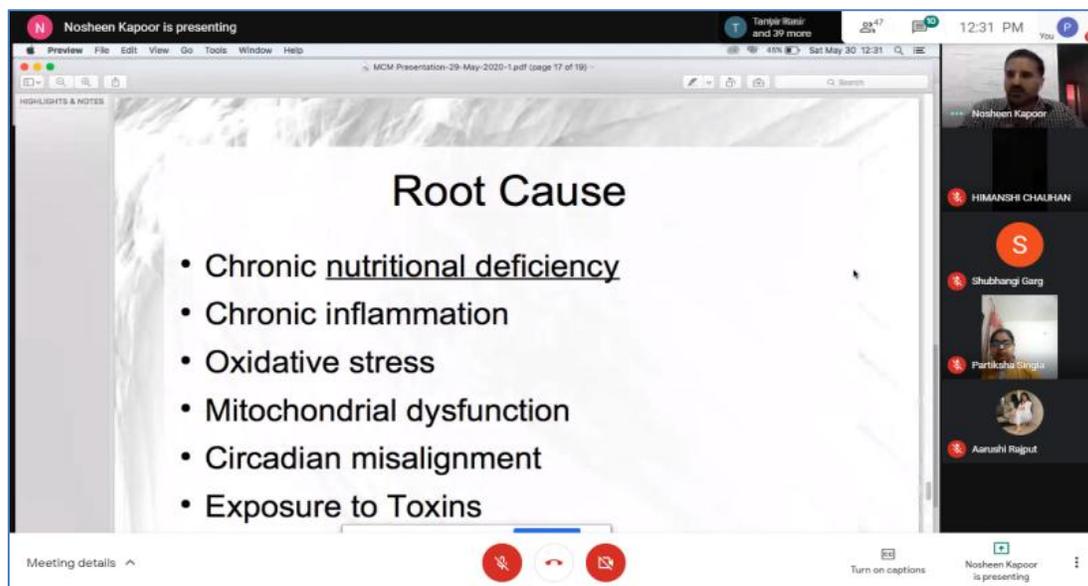
Aim: Eating healthy, living healthy.

Name of resource person: Mr. Pancham Prashar

The session was an eye opener for many and the first question raised by the resource person was “how many times does one read the food labels?”. He listed some of the root causes of deteriorating health of human beings such as chronic nutritional deficiency, oxidative stress, circadian misalignment, exposure to toxins etc. The history of the food labels, preservatives, chemical production, social changes and establishment of big food industries brought a complete change in the food industry and consumption of food but is this change beneficial for our body is still questionable.

He advised to go for local food as more the food is packaged and travelled less nutrition it provides. Replace the energy boosting drinks with coconut water and white sugar, salt, flour with rock salt, jaggery etc. He also gave one formula ($H = N/C$ where H= health, N= nutrition and C= calorie) to check how healthy the product is and advised not to follow the taglines used for branding. The main questions were regarding how much quantity of certain product is advisable, their replacement and most important question was when FSSAI knows about the adulteration and the food market then why it gives permission to sell such products.

Photos of the Session:



Day Number: 6

Title: Weight management and detoxification

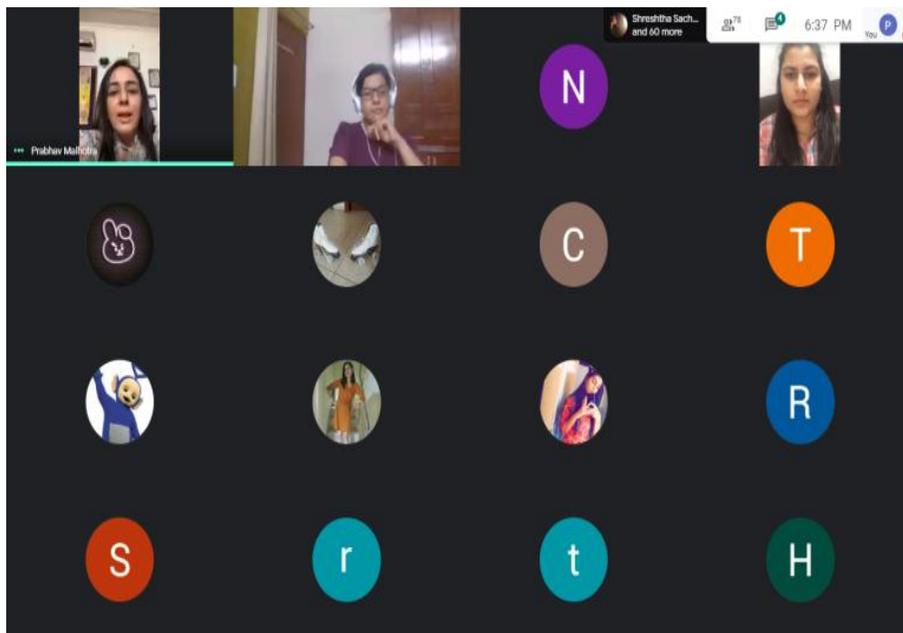
Description: This era which is named as the era of fast and busy life with disturbed sleeping cycles, lethargic body and poor eating habits with least nutritional food is endangering the future of the nation by the hands of their own youth; how to bring about a positive change in that and give oneself a rejuvenating life was the motive of this session.

Aim: Formal education will make you a living; self-education will make you a fortune

Name of resource person: Dr. Nupur Malhotra

The session started off with the discussion about various diseases such as PCOD and anaemia and it was further illustrated that how all these diseases have a single underlying cause which is the excessive use of gadgets and late night snacking and also not exercising at all and disturbed sleep cycles. The resource person highlighted that the detoxification trends which are popular with the millennials are totally wrong and that their diet is mostly devoid of vital nutrients which are required for healthy lifestyle. Further the group was advised by the resource person to increase the amount of proteins and antioxidants in one's diet, and recipes of various go to healthy snacks and detoxes were shared. This was followed by a query session from an audience mostly consisting of girls and the repeated questions were about PCOD and why it happens and periods and the causes of a bloated stomach all these queries were taken care of by the resource person. In her answers which were also a conclusion of the session she laid major emphasis on exercising and that it shall be done at least three to four times a week if not daily and again she mentioned the benefits of a healthy diet consisting of mainly proteins less carbs and various antioxidants.

Photos of the Session:



Day Number: 7**Topic:** Life, Health and Technology

Description: The last and final session of the health manager workshop was a power pack which had everything to be encapsulated in one. Addiction to gadgets (either for work or for pleasure) , poor lifestyle, humanity, our contribution to the nature and some live examples really working for the betterment of people in such a hard time.

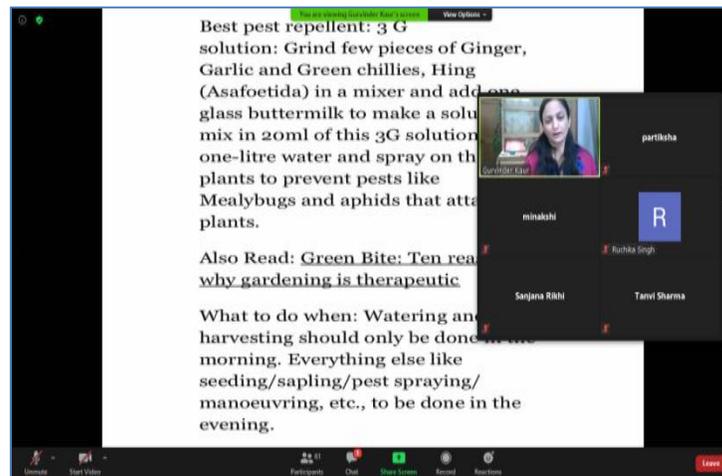
Aim: Lost time is never found again (work for it now to make our planet and life a better place to live in).

Name of the Resource Person: Dr. Gurvinder Kaur

About the Experience: The session opened up with the discussion about the lifestyle in 21st century and how it is highly competitive, life is so fast that individuals especially millennials are just running after prospects blindly without even giving a single minute of their daily time towards self-reflection. Further, it was discussed that the major culprit which is pushing us towards major diseases like diabetes and hypertension is the food that we consume. It was further discussed that how important role self-reflection plays in one's life and how one can accurately determine his or her needs and wants then one would not consume harmful food products and one would not over spend on things which are not necessary. More focus was laid upon organic farming and its benefits and the resource person was keen on this point that whatever items you get in the market claiming that they are organic but actually are not. The best organic products are the ones that can be found in Organic Mandis or else just grow them at your home. The session then moved towards the excessive use of gadgets and how this problem among the current generation is making their bodies excessively prone to harmful diseases. It was mutually agreed upon that the only way to solve this problem is to reduce the time we spent with these things and rather invest our time in productive activities which will also develop us and curb our urge to check our cell phone every second. The resource person showed everyone some diet charts which mostly dealt with what you should eat and what you shouldn't.

The aerated drinks were stressed upon, she told that they were very harmful and just full of sugar and various alternatives are available in the market and that a switch would be beneficial. This was followed by everyone sharing their experiences including the coordinators and the session finally concluded on a lighter note with an inspirational song, which literary meant "it's never too late to change yourself".

Photos of the Session:



Media Coverage:

वर्कशॉप का समापन
 चंडीगढ़, 4 जून (आकृति): एम.सी.एम. डी.ए.वी. कॉलेज फॉर वुमन सेंक्टर-36 में वीरवार को 'बी ए हेल्थ मैनेजर' का दूसरा संस्करण सफलतापूर्वक संपन्न हुआ। कॉलेज की कौशल विकास समिति के तत्वावधान में आयोजित, स्वास्थ्य, पोषण और जीवन शैली प्रबंधन पर सात दिवसीय ऑनलाइन कार्यशाला में स्वास्थ्य के प्रबंधन के विभिन्न पहलुओं पर जानकारी दी गई। कार्यशाला को स्त्री रोग विशेषज्ञ डॉ. मंगला डोगरा, डाइटिशियन, डॉ. नूपुर मल्होत्रा, प्लांट बेस्ड न्यूट्रिशन एंड ह्यूमन ऑप्टिमाइजेशन विशेषज्ञ पंचम पाराशर, द ग्रीन लूम को संस्थापक सुश्री सीजा भारद्वाज ने संचालित किया। वर्कशॉप का समापन 'जीवन, स्वास्थ्य और प्रौद्योगिकी' नामक सत्र से हुआ। डॉ. गुरविंदर ने कहा कि हमें यह समझना होगा कि हमें कितनी और कौन सी तकनीक की आवश्यकता है।

एमसीएम में 7 दिवसीय ऑनलाइन कार्यशाला का समापन
 चंडीगढ़, 4 जून। प्रतिभागियों के मध्य सर्वाधिक लोकप्रिय स्वास्थ्य और पोषण प्रबंधन कार्यशाला श्रृंखला 'बी ए हेल्थ मैनेजर' के दूसरा संस्करण का आज मेहदर पद मालजन शीखी कॉलेज फॉर वुमन में सफलतापूर्वक समापन हुआ। कॉलेज की कौशल विकास समिति के तत्वावधान में आयोजित, स्वास्थ्य, पोषण और जीवन शैली प्रबंधन पर सात दिवसीय ऑनलाइन कार्यशाला में स्वास्थ्य के प्रबंधन के विभिन्न पहलुओं पर आधारित कई जानकारीपूर्ण सत्र थे जिन्हें प्रसिद्ध स्त्री रोग विशेषज्ञ डॉ. मंगला डोगरा, डाइटिशियन, डॉ. नूपुर मल्होत्रा, प्लांट बेस्ड न्यूट्रिशन एंड ह्यूमन ऑप्टिमाइजेशन विशेषज्ञ, श्री पंचम पाराशर, द ग्रीन लूम को संस्थापक सुश्री सीजा भारद्वाज ने संचालित किया। कार्यशाला का समापन 'जीवन, स्वास्थ्य और प्रौद्योगिकी' नामक सत्र से हुआ जिसका संचालन कॉलेज के पब्लिक एडमिनिस्ट्रेशन विभाग की एग्जिक्यूटिव प्रोफेसर डॉ. गुरविंदर चौधरी ने किया जिसने उन्होंने प्रकृतिक चीजों के इस्तेमाल तथा स्थानीय उपज को बढ़ावा देने पर जोर दिया देते हुए, हमारे जीवन में प्रौद्योगिकी का प्रभाव, हमारे स्वास्थ्य पर इसका प्रभाव और उस प्रभाव को कैसे कम किया जाए विषय पर संचालन किया। डॉ. गुरविंदर ने कहा कि हमें यह समझना होगा कि हमें कितनी और कौन सी तकनीक की आवश्यकता है। उन्होंने कहा कि मानवतात्मक और मानसिक स्वास्थ्य के साथ हमें अपने जीवन में रचनात्मकता, शारीरिक क्रिया, प्रकृति के साथ संबंध और समग्र स्वास्थ्य के लिए करणों को पुनर्जीवित करना अति आवश्यक है।

एमसीएम में सात दिवसीय ऑनलाइन कार्यशाला संपन्न

चंडीगढ़, 4 जून (जर्स)।

प्रतिभागियों के बीच सर्वाधिक लोकप्रिय स्वास्थ्य एवं पोषण प्रबंधन कार्यशाला श्रृंखला 'बी ए हेल्थ मैनेजर' का दूसरा संस्करण आज गुरुवार स्थानीय सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन में संपन्न हो गया। कॉलेज की कौशल विकास समिति के तत्वावधान में आयोजित, स्वास्थ्य, पोषण एवं जीवन शैली प्रबंधन पर इस सात रोजी ऑनलाइन कार्यशाला में स्वास्थ्य प्रबंधन के विभिन्न पहलुओं पर आधारित तमाम जानकारीपूर्ण सत्र आयोजित हुए, जिन्हें जानीमानी स्त्री रोग विशेषज्ञ डा. मंगला डोगरा, डाइटेरियन, डा. नूपुर मल्होत्रा, प्लांट बेस्ड न्यूट्रिशन एंड ह्यूमन ऑप्टिमाइजेशन विशेषज्ञ पंचम पाराशर, 'द ग्रीन लूम' की संस्थापक सुश्री सीजा भारद्वाज ने संचालित किया।

कार्यशाला का समापन 'जीवन, स्वास्थ्य एवं प्रौद्योगिकी' नामक

सत्र के साथ हुआ, जिसका संचालन कॉलेज के पब्लिक एडमिनिस्ट्रेशन विभाग में एसोसिएट प्रोफेसर डा. गुरविंदर कौर ने किया, जिसमें उन्होंने प्रकृतिक वस्तुओं के इस्तेमाल तथा स्थानीय उपज को प्रोत्साहित एवं संवर्धित किए जाने की जरूरत पर जोर देते हुए 'हमारे जीवन में प्रौद्योगिकी का प्रभाव, हमारे स्वास्थ्य पर इसका प्रभाव और उस प्रभाव को कैसे कम किया जाए' विषय पर रोचक व्याख्यान दिया। डा. गुरविंदर ने कहा, हमें समझना होगा कि हमें कितनी और कौन-सी तकनीक की आवश्यकता है। भावनात्मक एवं मानसिक स्वास्थ्य के साथ अपने जीवन में रचनात्मकता, प्रकृति के साथ संबंध और समग्र स्वास्थ्य प्राप्ति हेतु करुणा को पुनर्जीवित करना अत्यावश्यक है।

प्राचार्य डा. निशा भार्गव ने कौशल विकास समिति की इस पहल की सराहना करते हुए कहा कि इससे कॉलेज अपने हितधारकों के ज्ञान एवं कौशल में वृद्धि करे।

स्वास्थ्य और पोषण प्रबंधन पर ऑनलाइन कार्यशाला

चंडीगढ़ (ट्रिव्यू) : स्वास्थ्य और पोषण प्रबंधन कार्यशाला श्रृंखला 'बी ए हेल्थ मैनेजर' के दूसरे संस्करण का एमसीएम डीएवी कॉलेज फॉर वूमन में समापन हुआ। कॉलेज की कौशल विकास समिति के तत्वावधान में आयोजित 7 दिवसीय ऑनलाइन कार्यशाला में स्वास्थ्य के प्रबंधन के विभिन्न पहलुओं पर आधारित कई सत्र थे जिन्हें प्रसिद्ध स्त्री रोग विशेषज्ञ डॉ मंगला डोगरा, डाइटेरियन, डॉ. नूपुर मल्होत्रा, प्लांट बेस्ड न्यूट्रिशन एंड ह्यूमन ऑप्टिमाइजेशन विशेषज्ञ, पंचम पाराशर, द ग्रीन लूम की संस्थापक सुश्री सीजा भारद्वाज ने संचालित किया। कार्यशाला का समापन 'जीवन, स्वास्थ्य और प्रौद्योगिकी' नामक सत्र से हुआ जिसका संचालन कॉलेज के पब्लिक एडमिनिस्ट्रेशन विभाग की डॉ. गुरविंदर कौर ने किया। प्रिंसिपल डॉ. निशा भार्गव ने कहा कि इस प्रयास के माध्यम से एमसीएम ने अपने हितधारकों के ज्ञान व कौशल में वृद्धि करके उनके स्वास्थ्य और उनके प्रियजनों के स्वास्थ्य प्रबंधन में मदद की है।

सात दिवसीय ऑनलाइन कार्यशाला आरम्भ

चंडीगढ़। स्वास्थ्य और पोषण प्रबंधन के क्षेत्र में अपेक्षित कौशल से अपनी छात्राओं को समृद्ध करने के उद्देश्य से, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन ने बी ए हेल्थ मैनेजर नामक कार्यशाला के दूसरे संस्करण की शुरुआत की। आहार और जीवन शैली प्रबंधन पर आधारित इस सात दिवसीय ऑनलाइन कार्यशाला श्रृंखला का आयोजन कॉलेज की कौशल विकास समिति, प्लैप संस्था के सहयोग से कर रही है। उद्घाटन सम्बोधन में कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कार्यशाला के पहले सफल संस्करण के लिए आयोजकों को बधाई दी और कहा कि दूसरे संस्करण में भी इस तरह की उत्साहजनक प्रतिक्रिया मिली कि प्रतिदिन दो सत्रों में उत्साही प्रतिभागियों को शामिल किया गया है। अपने स्वयं के अनुभव को साझा करते हुए डॉ भार्गव ने स्वस्थ जीवन शैली के लिए प्रतिभागियों से आंतरिक शक्ति, व्यायाम, नींद, योग, ध्यान तथा सकारात्मक सोच को दैनिक जीवन में अपनाने का आह्वान किया।

एमसीएम में स्वास्थ्य और पोषण प्रबंधन पर कार्यशाला का आगाज

संवाद न्यूज एजेंसी

चंडीगढ़। स्वास्थ्य और पोषण प्रबंधन के क्षेत्र में छात्राओं को कौशल से समृद्ध करने के उद्देश्य से एमसीएम डीएवी कॉलेज फॉर वूमन ने सोमवार से 'बी ए हेल्थ मैनेजर' नामक कार्यशाला के दूसरे संस्करण की शुरुआत की। आहार और जीवन शैली प्रबंधन पर आधारित इस सात दिवसीय ऑनलाइन कार्यशाला का आयोजन कॉलेज की कौशल विकास समिति, प्लैप संस्था के सहयोग से कर रही है।

उद्घाटन सम्बोधन में कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि दूसरे संस्करण में भी प्रतिदिन दो सत्रों में प्रतिभागियों को शामिल किया गया है। इसके बाद द ग्रीन लूम की संस्थापक सीजा भारद्वाज ने इम्युनिटी एक्सपर्ट एज एंड जेंडर पर एक सत्र आयोजित किया गया। इसमें सीजा ने उन कारकों के बारे में विस्तार से बताया



ऑनलाइन कार्यशाला में हिस्सा लेते प्रतिभागी। संवाद

जो नींद, भोजन, वजन और खुशी के हार्मोन सहित हमारी इम्युनिटी को प्रभावित करते हैं। उन्होंने इम्युनिटी बढ़ाने के मंत्र भी प्रतिभागियों से साझा किए। उन्होंने आंवला, करी पत्ते, काली मिर्च, धनिया, आदि के गुणों से प्रतिभागियों को अवगत कराते हुए उन्हें अपने आहार में शामिल करने के लिए प्रेरित किया।

इम्युनिटी बढ़ाने के लिए टिप्स

चंडीगढ़, 25 मई (आकृति): मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वुमेन ने 'बी ए हेल्थ मैनेजर' पर कार्यशाला के दूसरे संस्करण की शुरुआत की। आहार और जीवन शैली प्रबंधन पर आधारित सात दिवसीय ऑनलाइन कार्यशाला श्रृंखला का आयोजन कॉलेज की कौशल विकास समिति, प्लैप संस्था के सहयोग से कर रही है। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने इसके लिए आयोजकों को बधाई दी। डॉ. भार्गव ने स्वस्थ जीवन शैली के लिए प्रतिभागियों से आंतरिक शक्ति, व्यायाम, नींद, योग, ध्यान तथा सकारात्मक सोच को दैनिक जीवन में अपनाने का आह्वान किया। अच्छे स्वास्थ्य की कुंजी हर चीज के मध्यम उपभोग में निहित है। हमें सफेद चीनी और मैदा जैसे कुछ इम्युनिटी किलर को गुड़ पाउडर और पूरे गेहूँ के आटे जैसे स्वास्थ्यवर्धक विकल्पों से बदलना होगा।

महंगा नहीं है इम्यून सिस्टम को बेहतर बनना...

जागरण संवाददाता, चंडीगढ़ : इम्युनिटी सिस्टम को बेहतर बनाने के लिए हमें कोई फैंसी फूड की जरूरत नहीं। न ही मार्केट से कोई महंगे फूड प्रोडक्ट्स लेने की जरूरत है। हम कई फल और फ्रूट्स को अपने जीवन में अपनाकर अपने इम्यून सिस्टम को बेहतर बना सकते हैं। द ग्रीन लूम की संस्थापक सीजा भारद्वाज ने कुछ इन्हीं शब्दों में इम्यून सिस्टम को बेहतर करने पर बात की। एमसीएमी डीएवी-36 द्वारा आयोजित वेबिनार में उन्होंने स्ट्रुट्टेस से बात की। इम्युनिटी एक्रॉस एज एंड जेंडर उनका विषय रहा। सीजा ने उन कारकों के बारे में विस्तार से बताया जो नींद, भोजन, वजन और खुशी के हार्मोन सहित इम्युनिटी को प्रभावित करते हैं। उन्होंने कहा कि आंवला, करी पत्ते, काली मिर्च, धनिया, आदि को अपने आहार में शामिल करें। हमें सफेद चीनी और मैदा जैसे कुछ



संक्षेप: एमसीएपी डीएवी-36 द्वारा आयोजित हेल्थ पर आधारित वेबिनार को आठोंक से रूढ़िचर्चा @सौजन्य: एमसीएमी डीएवी-36 इम्युनिटी किलर को गुड़ पाउडर और गेहूँ के आटे जैसे स्वास्थ्यवर्धक विकल्पों से बदलना होगा। प्रिंसिपल डॉ. निशा भार्गव ने भी नींद, योग, ध्यान तथा सकारात्मक सोच को दैनिक जीवन में अपनाने का आह्वान किया। सत्र के अंत में प्रतिभागियों ने विशेषज्ञों से प्रश्न पूछकर स्वस्थ जीवन शैली संबंधित जिज्ञासाओं का समाधान प्राप्त किया।

एमसीएम में स्वास्थ्य प्रबंधन पर ऑनलाइन कार्यशाला

चंडीगढ़, 25 मई (द्विन्यू)

एमसीएम डीएवी कॉलेज फॉर वुमेन ने 'बी ए हेल्थ मैनेजर' नाम से 7 दिवसीय कार्यशाला के दूसरे संस्करण की शुरुआत की जिसमें आहार और जीवन शैली प्रबंधन पर आधारित विषय शामिल हैं। यह आयोजन कॉलेज की कौशल विकास समिति, प्लैप संस्था के सहयोग से कर रही है। उद्घाटन सम्बोधन में प्रिंसिपल डॉ. निशा भार्गव ने कहा कि दूसरे संस्करण में भी प्रतिदिन दो सत्रों में उत्साही प्रतिभागियों को शामिल किया गया है। डॉ. भार्गव ने स्वस्थ जीवन शैली के लिए प्रतिभागियों से व्यायाम,

नींद, योग, ध्यान तथा सकारात्मक सोच को अपनाने का आह्वान किया। इसके बाद द ग्रीन लूम की संस्थापक सीजा भारद्वाज ने 'इम्युनिटी एक्रॉस एज एंड जेंडर' पर एक सत्र आयोजित किया। सीजा ने उन कारकों के बारे में बताया जो नींद, भोजन, वजन और खुशी के हार्मोन सहित हमारी इम्युनिटी को प्रभावित करते हैं। उन्होंने इम्युनिटी बढ़ाने के मंत्र भी प्रतिभागियों से साझा किये। विशेषज्ञ ने कहा कि सफेद चीनी और मैदा जैसे कुछ इम्युनिटी किलर को गुड़ पाउडर और पूरे गेहूँ के आटे जैसे स्वास्थ्यवर्धक विकल्पों से बदलना होगा।

एमसीएम में स्वास्थ्य प्रबंधन पर ऑनलाइन कार्यशाला आरंभ

चंडीगढ़, 25 मई (राकेश) : डॉ. निशा भार्गव ने कार्यशाला के पहले स्वास्थ्य और पोषण प्रबंधन के क्षेत्र में अपेक्षित कौशल से अपनी छात्राओं को समृद्ध करने के उद्देश्य से, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन ने बीए हेल्थ मैनेजर नामक कार्यशाला के दूसरे संस्करण की शुरुआत की। आहार और जीवन शैली प्रबंधन पर आधारित इस सात दिवसीय ऑनलाइन कार्यशाला श्रृंखला का आयोजन कॉलेज की कौशल विकास समिति, प्लैप संस्था के सहयोग से कर रही है। अपने संबोधन में कॉलेज की प्रिंसिपल

डॉ. निशा भार्गव ने कार्यशाला के पहले सफल संस्करण के लिए आयोजकों को बधाई दी और कहा कि दूसरे संस्करण में भी इस तरह की उत्साहजनक प्रतिक्रिया मिली कि प्रतिदिन दो सत्रों में उत्साही प्रतिभागियों को शामिल किया गया है। अपने स्वयं के अनुभव को साझा करते हुए डॉ. भार्गव ने स्वस्थ जीवन शैली के लिए प्रतिभागियों से आंतरिक शक्ति, व्यायाम, नींद, योग, ध्यान तथा सकारात्मक सोच को दैनिक जीवन में अपनाने का आह्वान किया।

उन्होंने कहा कि अच्छे स्वास्थ्य की कुंजी हर चीज के मध्यम उपभोग में निहित है। इसके बाद द ग्रीन लूम की संस्थापक सीजा भारद्वाज ने इम्युनिटी एक्रॉस एज एंड जेंडर पर एक सत्र आयोजित किया गया। इस ज्ञानवर्धक सत्र में सीजा ने उन कारकों के बारे में विस्तार से बताया जो नींद, भोजन, वजन और खुशी के हार्मोन सहित हमारी इम्युनिटी को प्रभावित करते हैं। उन्होंने इम्युनिटी बढ़ाने के मंत्र भी प्रतिभागियों से साझा किये। उन्होंने महंगे तथा फैंसी सुपरफूड्स के

स्थान पर भारतीय सुपरफूड्स के विशाल भंडार जैसे कि आंवला, करी पत्ते, काली मिर्च, धनिया, आदि के गुणों से प्रतिभागियों को अवगत कराते हुए उन्हें अपने आहार में शामिल करने के लिए प्रेरित किया। विशेषज्ञ ने पौष्टिक भोजन के लिए हमारे पूर्वजों द्वारा बताये हुए पारंपरिक ज्ञान पर ध्यान देने की सलाह देते हुए कहा कि हमें सफेद चीनी और मैदा जैसे कुछ इम्युनिटी किलर को गुड़ पाउडर और पूरे गेहूँ के आटे जैसे स्वास्थ्यवर्धक विकल्पों से बदलना होगा।