

Talk on Health and Hygiene

National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College presented a talk on 'Health and Hygiene' in collaboration with IQAC, Mata Sundri College for Women on 20 September 2019 in Mata Gujri Hall of the college. It being *Poshan Mah*, the aim of the talk was to make students aware about health and nutrition. Ms. Tashi Choedon and Ms Akanksha Shrivastava from Lady Irwin and Dr. Pooja Malik from Psychology Department, Mata Sundri College were speakers on this occasion. At the outset, the guests were welcomed by event coordinator Dr. Daljit Kaur and IQAC Coordinator Dr. Manisha Mathur. They were presented with mementos.

The programme began with Dr. Pooja Malik's brief lecture on dealing with stress in the modern world. She spoke about various aspects of stress, and ways to manage as well as channel r stress in a positive direction. She also discussed about 'mindfulness' as an important aspect in dealing with stress on a regular basis. Dr. Malik used audio visual inputs to make her talk interactive and interesting.

Ms. Tashi and MS. Akanksha went on to talk about its vision and mass awareness programmes and importance of health in the lives of young students. They talked about diseases like anaemia, diabetes mellitus, hypertension, underweight and obesity. The talk was quite informative for students as well as teachers. The lecture was interspersed with a brief quiz in order to make it interactive. Prizes were awarded to winners. The programme was attended by a large number of students from various departments and proved to be beneficial for them.