

**INTERNATIONAL WORKSHOP ON
“PUBLIC HEALTH, WELLNESS AND WELLBEING”**

DATE OF EVENT: 12th July-13th July, 2021

ORGANISED BY: **Maitreyi Alumni Association**

NAME OF RESOURCE PERSON: **Dr. Habib Hasan Farooqui, Ms Siva Kapoor and Ms
Bhawna Prajapati.**

Number of Participants: **176**

Maitreyi Alumni Association organised a two day long International Workshop on the theme “**Public Health, Wellness and Wellbeing**” on 12th and 13th July, 2021. The workshop began with the ceremonial lamp lighting, followed by an introduction to the theme and purpose of the workshop by Dr. Richa Chilana, President of the Maitreyi Alumni Association. On the first day of the workshop, **Dr Habib Hasan Farooqui**, Additional Professor of Health Economics at the Public Health Foundation of India (PHFI), and visiting Fellow at the Institute of Health and Society, Newcastle University, UK enlightened the audience about the “**Role of Public Health in India and Avenues in Public Health.**” He spoke of the three pronged approach towards public health which includes disease prevention, promoting health and prolonging life. He discussed the tremendous opportunities in the field of public health, its focus areas and research and other opportunities offered by PHFI.

The workshop continued on 13th July with two sessions conducted by alumnae who are experts in their chosen fields. **Ms Siva Kapoor** currently based in USA, whose area of expertise is ayurveda and natural solutions based on essential oils addressed the need for “**Holistic Wellness Through Ayurveda**” and the way ayurveda can contribute to an overall sense of wellbeing. **Ms Bhawna Prajapati** who is working as a clinical Nutritionist in Medanta, The Medicity discussed “**Women’s Health and Nutrition**” and also touched upon the importance of a healthy and wholesome diet especially if one is suffering from PCOS and PCOD. The workshop was attended by more than one hundred and fifty students and alumnae of the college making it a

grand success. A total of 176 responses were received for the feedback of the ' Two Days International Workshop organized by Alumni Association, Maitreyi College, University of Delhi on July 12-13, 2021. Out of the participants, 81.3% were students, 14.2% were faculty members and 4.5% were alumni. Almost all of the attendees found the content useful and all agreed that the sessions were well-organized. They also agreed to the fact that the program was a positive experience to enhance their wellness. The participants liked both days sessions. The session by Ms. Bhawna Prajapati on "Women's Health and Nutrition" was appreciated the most followed by session by Ms. Shiva Kapoor on "Holistic Wellness through Ayurveda" as the participants could relate the facts covered with their personal life. Most of the participants commented that they learnt many things about their body and how they could improve their daily lifestyle to overcome many health problems. The students were also thankful to organisers for giving them exposure to career avenues in public health which was covered in the first day's session by Dr Habib on "Public Health". Overall, almost all the participants enjoyed the sessions and wanted more such programmes to be conducted.

The sessions concluded with an exhibition of paintings by Dr. Pooja Gopal, an alumna who is currently working as an Assistant Professor in the Department of Political Science of Maitreyi College.

PUBLIC HEALTH, WELLNESS AND WELLBEING

Dr. Habib Hasan Farooqui
Additional Professor, Indian Institute of
Public Health-Delhi
on “Role of Public Health in India
and Avenues in Public Health”

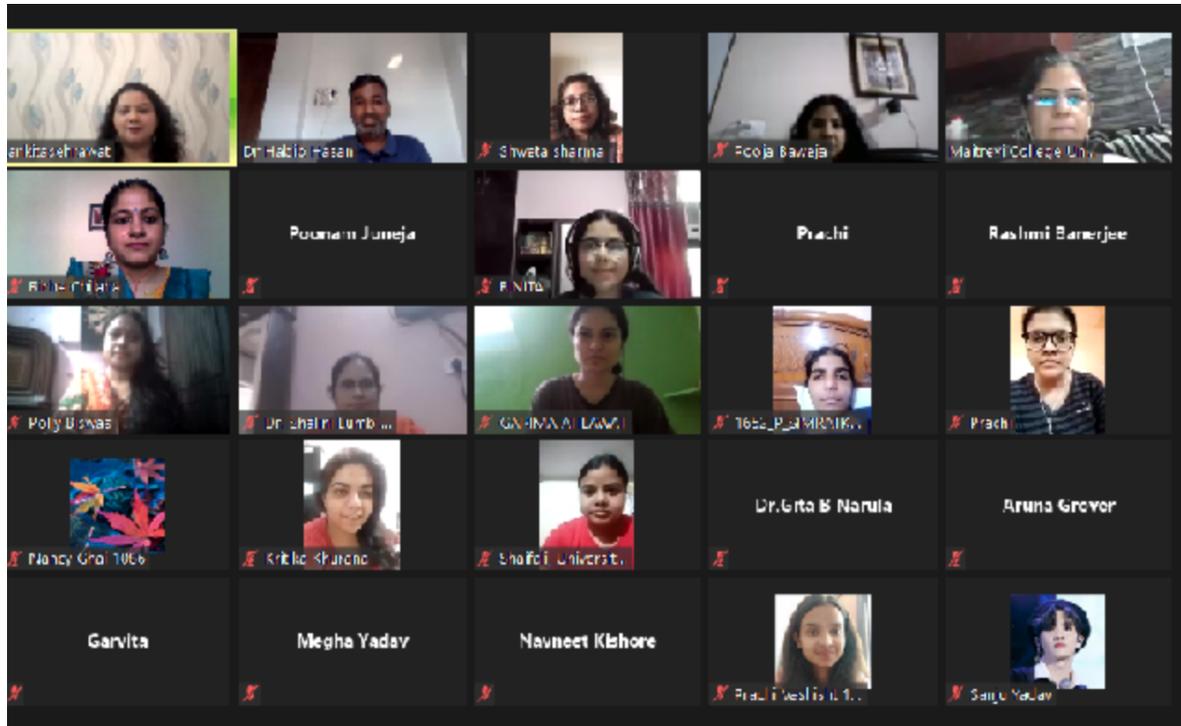
Ms. Siva Kapoor
Entrepreneur, USA
on “Holistic wellness
through Ayurveda”

Ms. Bhawna Prajapati
Nutritionist, Medanta Hospital, Gurugram
on “Women's Health and Nutrition”

ON 12TH & 13TH JULY 2021

Registration Link:

<https://forms.gle/XXvu7K4CTLDRyCV79>



List of Participants

S.No.	Timestamp	Name	Student/ Alumnae /Faculty	Course	Year	Roll Number	Department
1	7/13/2021 17:19:03	Sharmila	Student	B.Sc. (H) Physics	I	1330	
2	7/13/2021 17:19:52	Renuka	Student	B.Sc. (H) Maths	I	1227	
3	7/13/2021 17:20:03	Savina	Student	B.Sc. (H) Botany	I	949	
4	7/13/2021 17:20:09	Isha	Student	B.Sc. (H) Maths	I	1497	
5	7/13/2021 17:20:21	Vaishali Sharma	Student	B.Sc. (H) Physics	I	1646	
6	7/13/2021 17:20:22	Kritika Khurana	Faculty				Commerce
7	7/13/2021 17:20:41	Arti	Student	B.Sc. (H) Maths	I	219	
8	7/13/2021 17:21:02	Nancy Ghai	Student	B.Sc. (H) Chemistry	I	1086	
9	7/13/2021 17:21:14	Dr. Harmeet kaur	Faculty				Punjabi
10	7/13/2021 17:21:25	Saijal	Student	B.Sc. (H) Physics	I	2068	
11	7/13/2021 17:21:28	Vinisha	Student	B.Sc. (H) Physics	I	1026	
12	7/13/2021 17:21:38	BINITA	Student	B.A. (H) Hindi	I	1425	
13	7/13/2021 17:21:53	Kiran Soni	Faculty				Chemistry
14	7/13/2021 17:21:57	Vaishali Sharma	Student	B.Sc. (H) Physics	I	1646	
15	7/13/2021 17:22:09	Kaveri Choudha ry	Student	B.Sc. Life Science	I	1813	
16	7/13/2021 17:22:24	Ananya Sharma	Student	B.Sc. (H) Botany	I	780	
17	7/13/2021 17:22:25	Prachi Vashisht	Student	B.Sc. (H) Botany	I	1822	
18	7/13/2021 17:22:32	Shivani Singh	Student	B.Sc. (H) Physics	I	1409	
19	7/13/2021 17:22:38	Anshu	Student	B.Sc. (H) Chemistry	I	1410	
20	7/13/2021 17:22:46	Aarti	Student	B.Sc. (H) Maths	II	739	
21	7/13/2021 17:22:54	Saijal	Student	B.Sc. (H) Physics	I	2068	
22	7/13/2021 17:23:04	Geetans hi Dang	Student	B.Sc. (H) Botany	I	781	
23	7/13/2021 17:23:12	Manju	Student	B.Sc. (H) Maths	I	1679	
24	7/13/2021 17:23:16	Arti	Student	B.Sc. (H) Maths	I	219	
25	7/13/2021 17:23:18	Sharany a Renjit	Student	B.Sc. (H) Physics	I	1259	
26	7/13/2021 17:23:20	SIMRAT KAUR NANDA	Student	B.Sc. (H) Physics	I	1652	
27	7/13/2021 17:23:22	Laxmi	Faculty				Commerce
28	7/13/2021 17:23:22	Nancy Ghai	Student	B.Sc. (H) Chemistry	I	1086	
29	7/13/2021 17:23:35	Twinkal kumari	Student	B.Sc. Life Science	I	1912	
30	7/13/2021 17:23:59	Jaspreet Kaur	Faculty				Zoology

31	7/13/2021 17:24:06	Naiya Chauhan	Student	B.Sc. Life Science	I	1731	
32	7/13/2021 17:24:12	Preeti	Student	B.Sc. (H) Physics	I	605	
33	7/13/2021 17:24:16	Riya Uniyal	Student	B.Sc. Life Science	I	1810	
34	7/13/2021 17:24:35	HARSHI TA	Student	B.Sc. (H) Physics	I	841	
35	7/13/2021 17:24:46	Navneet Kishore	Faculty				Chemistry
36	7/13/2021 17:24:57	Yaiveinai Ngade D	Student	B.Sc. Life Science	I	2088	
37	7/13/2021 17:25:16	Hamsain di Maibang sa	Student	B.Sc. (H) Maths	I	1687	
38	7/13/2021 17:25:37	DR POONAM JUNEJA	Faculty				Physics
39	7/13/2021 17:25:50	NIKETA	Student	B.Sc. (H) Chemistry	I	2252	
40	7/13/2021 17:25:51	SAKSHI	Student	B.Sc. (H) Chemistry	III	1447	
41	7/13/2021 17:26:15	Prachi	Student	B.Sc. (H) Chemistry	I	1305	
42	7/13/2021 17:26:45	Kannupriya	Student	B.Sc. (H) Botany	III	1507	
43	7/13/2021 17:26:48	Urvashi Sangrola	Student	B.Sc. (H) Physics	I	1647	
44	7/13/2021 17:26:51	Snigdha	Student	B.Sc. (H) Botany	III	1771	
45	7/13/2021 17:26:52	Richa Agarwal	Student	B.Sc. (H) Chemistry	I	1670	
46	7/13/2021 17:27:13	Tanisha	Student	B.Sc. (H) Maths	I	987	
47	7/13/2021 17:27:14	GARIMA AHLAWAT	Alumnae				
48	7/13/2021 17:27:19	Sonia Chauhan	Student	B.Sc. Life Science	I	1633	
49	7/13/2021 17:27:20	Meghana Kumari	Student	B.Sc. (H) Maths	I	2150	
50	7/13/2021 17:27:52	Muskan	Student	B.Sc. (H) Maths	I	760	
51	7/13/2021 17:28:02	Kaveri Choudhary	Student	B.Sc. Life Science	I	1813	
52	7/13/2021 17:29:25	ISHANI MALLIK	Student	B.Sc. Life Science	I	1819	
53	7/13/2021 17:29:34	Megha Nandini Rajput	Student	B.Sc. (H) Botany	I	20043556019	
54	7/13/2021 17:30:01	VERSHA	Student	B.Sc. (H) Botany	I	782	
55	7/13/2021 17:30:08	GOEL	Faculty				Zoology

56	7/13/2021 17:30:15	Akanksha Baranwal	Student	B.Sc. (H) Maths	I	815	
57	7/13/2021 17:30:32	Khushi	Student	B.Sc. (H) Chemistry	I	2072	
58	7/13/2021 17:30:35	Aditi Kumari	Student	B.Sc. Life Science	II	1032	
59	7/13/2021 17:30:42	Garvita Dhanawat	Student	B.Sc. (H) Physics	III	1426	
60	7/13/2021 17:30:48	Rashmi Banerjee	Alumnae				
61	7/13/2021 17:32:17	Geetanshi Dang	Student	B.Sc. (H) Botany	I	781	
62	7/13/2021 17:32:36	Mamta Pandey	Faculty				Zoology
63	7/13/2021 17:33:05	Sanju	Student	B.Sc. (Physical Science with Chemistry)	II	1596	
64	7/13/2021 17:33:36	Anjali Raj Singh	Student	B.Sc. Life Science	I	1904	
65	7/13/2021 17:33:37	Aru	Student	B.Sc. (H) Maths	III		
66	7/13/2021 17:33:43	Divya	Student	B.Sc. (H) Maths	I	808	
67	7/13/2021 17:33:59	Aadya Khullar	Student	B.Sc. (H) Maths	I	818	
68	7/13/2021 17:34:26	Vishakha	Student	B.Sc. (H) Chemistry	I	1521	
69	7/13/2021 17:34:41	Neha kushwaha	Student	B.Sc. (H) Botany	I	2047	
70	7/13/2021 17:34:51	Ritika	Student	B.Sc. (H) Zoology	I	761	
71	7/13/2021 17:35:01	Aaradhana	Student	B.Sc. (H) Chemistry	I	1673	
72	7/13/2021 17:35:27	KHUSHI POONIA	Student	B.Sc. (H) Physics	II	1220	
73	7/13/2021 17:35:35	Harshita khandelwal	Student	B.Sc. (H) Maths	I	1884	
74	7/13/2021 17:35:39	SHRISTI	Student	B.Sc. (H) Chemistry	I	2313	
75	7/13/2021 17:35:46	Muskaan Makharia	Student	B.A. (P)	I	701	
76	7/13/2021 17:35:53	Diksha Bodwal	Student	B.Sc. (H) Botany	I	2239	
77	7/13/2021 17:35:56	Shivani Singh	Student	B.Sc. (H) Physics	I	1409	
78	7/13/2021 17:36:06	Priya Boora	Student	B.Sc. (H) Botany	I	881	
79	7/13/2021 17:36:19	Siva Kapoor	Alumnae				

80	7/13/2021 17:36:28	Gargi Singh	Student	B.Sc. (H) Botany	I	20043556007	
81	7/13/2021 17:36:34	Anjali Raj Singh	Student	B.Sc. Life Science	I	1904	
82	7/13/2021 17:36:40	Uma	Student	B.Sc. (H) Maths	I	2300	
83	7/13/2021 17:36:46	Anshika Verma	Student	B.A. (H) Hindi	II	731	
84	7/13/2021 17:36:53	Khushi	Student	B.Sc. (H) Botany	I	20043556014	
85	7/13/2021 17:37:39	Sneha Bhukar	Student	B.A. (H) Economics	I	2196	
86	7/13/2021 17:38:01	Bhawna Verma	Student	B.Sc. (H) Physics	I	2050	
87	7/13/2021 17:38:08	Hiya Srivastava	Student	B.Sc. (H) Maths	I	1683	
88	7/13/2021 17:38:16	Tina Singh	Student	B.Sc. (H) Botany	I	2307	
89	7/13/2021 17:38:30	Prakriti Choudhary	Student	B.Sc. (H) Chemistry	I	1523	
90	7/13/2021 17:39:11	Akanksha Baranwal	Student	B.Sc. (H) Maths	I	815	
91	7/13/2021 17:39:57	VERSHA GOEL	Faculty				ZOOLOGY
92	7/13/2021 17:41:23	Anju Yadav	Student	B.Sc. (H) Maths	II	1709	
93	7/13/2021 17:42:50	Sandhya	Student	B.Sc. (H) Botany	I	2187	
94	7/13/2021 17:43:49	Mansi Gupta	Student	B.Sc. (H) Maths	I	805	
95	7/13/2021 17:49:56	Pooja Bisht	Student	B.Sc. (H) Chemistry	I	1967	
96	7/13/2021 17:50:12	Lovely	Alumnae				
97	7/13/2021 17:50:52	Kajal Gupta	Student	B.Sc. (H) Botany	I	879	
98	7/13/2021 17:57:22	NEHA	Student	B.Sc. Life Science	I	1794	
99	7/13/2021 17:57:42	Tanya ShRma	Student	B.Sc. (H) Botany	I	2350	
100	7/13/2021 17:58:00	Stuti Gupta	Student	B.A. (P)	I	596	
101	7/13/2021 17:58:31	Meghana Kumari	Student	B.Sc. (H) Maths	I	2150	
102	7/13/2021 17:59:14	Jyoti	Student	B.Sc. (H) Chemistry	I	1676	
103	7/13/2021 17:59:23	Sonam	Student	B.Sc. (H) Chemistry	I	2112	
104	7/13/2021 17:59:38	Payal Sachdeva	Student	B.Sc. (H) Physics	II	1216	
105	7/13/2021 18:00:37	Poonam	Alumnae				
106	7/13/2021 18:00:11	Nidhi Singh	Student	B.Sc. (Physical Science with Computer)	I	1043	

107	7/13/2021 18:01:19	Priyanka Sahni	Faculty				Mathematics
108	7/13/2021 18:01:28	Yashwan i	Student	B.Sc. (H) Maths	I	1684	
109	7/13/2021 18:02:50	Uma Rani	Student	B.Sc. (H) Chemistry	I	13	
110	7/13/2021 18:03:21	HRISHIT A SHARMA	Student	B.Sc. Life Science	I	1771	
111	7/13/2021 18:03:43	Divya Sharma	Student	B.A. (H) History	I	106	
112	7/13/2021 18:03:45	Pinkey Bajaj Gandhi	Faculty				Chemistry
113	7/13/2021 18:03:56	Shweta Sharma	Faculty				Botany
114	7/13/2021 18:04:05	Richa Chilana	Faculty				English
115	7/13/2021 18:04:13	Ankita Sehrawa t	Alumnae				
116	7/13/2021 18:04:43	Shalini Lumb Talwar	Faculty				Department of Physics
117	7/13/2021 18:04:53	Rupali Ahuja	Faculty				Computer Science
118	7/13/2021 18:04:59	Varsha kumari	Student	B.Sc. (H) Botany	I	2236	
119	7/13/2021 18:05:09	Isha rani	Student	B.Sc. (H) Maths	I	1171	
120	7/13/2021 18:05:33	Juhi	Student	B.Sc. (H) Chemistry	I	1968	
121	7/13/2021 18:06:49	Prachi Shanker	Student	B.A. (H) Sociology	I	1400	
122	7/13/2021 18:07:40	Kritika Kanojia	Student	B.Sc. (H) Maths	I	1853	
123	7/13/2021 18:07:44	Pooja Baweja	Faculty				Department of Botany
124	7/13/2021 18:09:20	pratiksha brijwasi	Student	B.A. (H) Hindi	I	1104	
125	7/13/2021 18:10:00	Purva Aggarwal	Student	B.Sc. (H) Zoology	III	1346	
126	7/13/2021 18:12:25	Dharmika	Student	B.Sc. (H) Botany	I	784	
127	7/13/2021 18:13:14	Reeva	Student	B.Sc. (H) Chemistry	I	20043557024	
128	7/13/2021 18:16:46	HRISHIT A SHARMA	Student	B.Sc. Life Science	I	1771	
129	7/13/2021 18:21:14	Shristi Chakroborty	Student	B.A. (H) Political Science	I	20043527107	
130	7/13/2021 18:22:15	Swati	Alumnae				
131	7/13/2021 18:22:57	Harshita	Student	B.Sc. (H) Chemistry	I	1824	

132	7/13/2021 18:23:19	Rupika Gaba	Student	B.Sc. Life Science	II	1722	
133	7/13/2021 18:23:44	Shristi Chakroborty	Student	B.A. (H) Political Science	I	20043527107	
134	7/13/2021 18:35:56	Sulekha	Student	B.Sc. (H) Maths	III	1907	
135	7/13/2021 18:41:05	Shweta Arya	Student	B.Sc. Life Science	I	1314	
136	7/13/2021 18:47:55	Rashmita Bajaj	Student	B.Sc. Life Science	I	20043583093	
137	7/13/2021 18:48:51	Raaina	Student	B.Sc. (H) Chemistry	I	2114	
138	7/13/2021 18:53:14	Nitika Dutta	Student	B.Sc. Life Science	I	1739	
139	7/13/2021 18:54:33	Rupa Adhikari	Student	B.Sc. (H) Chemistry	III	1918	
140	7/13/2021 19:05:17	Prachi	Student	B.Sc. (H) Botany	I	2174	
141	7/13/2021 19:06:24	Ritika	Student	B.Sc. (H) Zoology	I	761	
142	7/13/2021 19:14:46	Kisa Zehra	Student	B.Sc. (H) Botany	I	2336	
143	7/13/2021 19:14:53	Manisha	Student	B.Sc. (H) Chemistry	I	20043557015	
144	7/13/2021 19:19:30	Vishakha	Student	B.Sc. (H) Physics	I	1649	
145	7/13/2021 19:20:02	YASHIKA SHARMA	Student	B.Sc. (H) Maths	III	319	
146	7/13/2021 19:33:02	Kannupriya	Student	B.Sc. (H) Botany	III	1507	
147	7/13/2021 19:35:08	Tashi Angmo	Student	B.Sc. Life Science	I	2069	
148	7/13/2021 19:38:23	Kiran Kumari	Student	B.Sc. (H) Maths	I	20201685	
149	7/13/2021 19:59:20	Monika Choudhary	Student	B.Sc. (H) Maths	I	1831	
150	7/13/2021 20:03:04	Shweta Kumari	Student	B.A. (H) History	III	1882	
151	7/13/2021 20:07:55	Anita kumari	Student	B.Sc. (H) Chemistry	I	1336	
152	7/13/2021 20:08:31	Pooja Kumari	Student	B.Sc. (H) Physics	I	757	
153	7/13/2021 20:10:17	Yashika nirwal	Student	B.A. (H) History	III	1527	
154	7/13/2021 20:13:29	Isha Arya	Student	B.Sc. (H) Botany	I	2238	
155	7/13/2021 20:31:57	DR.POONAM SHARMA	Faculty				Zoology
156	7/13/2021 20:37:46	Rashmi Suyal	Student	B.Sc. Life Science	I	1735	
157	7/13/2021 20:41:48	Ritu Dhingra	Faculty				Physics
158	7/13/2021 20:44:34	Rima Bishwas	Student	B.A. (H) Hindi	III	1091	

