

INTERNATIONAL WORKSHOP
ON
“EXPAND YOUR HORIZON AND OUTLOOK: AN INITIATIVE TOWARDS DE-STRESSING
AND PERSONALITY DEVELOPMENT”
(26th July to 2nd August, 2020.)

Our distinguished alumni graciously agreed to be the resource persons for this workshop. During inaugural session Principal Dr Haritma Chopra spoke about the stress students are facing in this Pandemic and importance of positivity in our behaviour along with exercising and meditation. The inaugural session by Major Nupur Gupta on 26th July dealt with the nuances of communication. On the second day 27th July Ms. Ipsita Mazumder spoke about three meditative techniques based on the three doshas and also taught few meditative techniques to the participants. On the third day 28th July our resource person Sister Urmil focussed on stress free living and personality development through positive thinking. On 29th July Ms. Sarita Kapoor discussed about coping up with the behavioral issues and anxiety in the current pandemic situation. On 30th July Ms. Bhawna Prajapati talked about the significance of various food items and their effects on mood and health of an individual. On the same day, Ms. Arunima Datta through virtual brain games, emphasized on ‘Rejuvenation of oneself through self-acceptance’. Ms. Suparna shared her insights about goal settings and gratitude in the last session of the workshop on 2nd August 2020. Students from various disciplines participated enthusiastically in all the sessions of the workshop. Overall, this International workshop was an extremely enriching experience for all the participants.

OVERPOKEN COMMUNICATION
Girls
 HI
 HI
 OVERPOKEN COMMUNICATION
GUYS
 HI
 HI
 Lata Singh has left the meeting

The Inside Story

FOOD AND MOOD:
 Repose yourself through nutritional approach

The glycaemic index of a food is a measure of how quickly that food raises our blood sugar level.

Major Nigur Gupta | MSc in Food and Nutrition | Alameda | IM Lucknow | Pune University | Osh University (Maitreyi College) | Miss Maitreyi - 1991