



Wellness through Yoga and Healthy Lifestyle

An Online Skill Development Programme

(Under IQAC)

Organised by

Departments of Sanskrit &
Nutrition & Health Education

Daulat Ram College
University of Delhi



Free Registration Limited Seats First Come First Serve

**NOTE: Open for students of Daulat Ram College &
its partner Colleges under Vidya Vistara Scheme (DU) only**

December 27, 2021 - January 1, 2022
10:00 am to 12:00 noon & 2:00 pm to 4:00 pm

Dr. Kamna Vimal

Coordinator

Dr. Pooja Jain

Coordinator

Dr. Meetu Khosla

Convener

Prof. Savita Roy

Principal

Visit dr.du.ac.in for further information



Wellness through Yoga and Healthy Lifestyle
An Online Skill Development Programme
(under IQAC)

December 27, 2021 to January 1, 2022

Organised by

The Departments of Sanskrit and Nutrition and Health Education
Daulat Ram College, University of Delhi

Open only for students of Daulat Ram College and its Partner Colleges
under Vidya Vistara Scheme (DU)

Patron : Prof. Savita Roy
Convener : Dr. Meetu Khosla (SDP 2021-2022)
Coordinators : Dr. Pooja Jain
: Dr. Kamna Vimal
Coordinator (VVS, DU) : Dr. Malini Sharma

Link: (To be provided to the participants)

Contact: kamnavimal@dr.du.ac.in

Detailed Schedule (Tentative)

Detailed Schedule

Date	Session	Time	Topic (Medium – Hindi)	Resource Person/ Coordinator
Day 1				
December 27, 2021	I	10:00 am – 12:00 noon	Inaugural Session	Dr. Renu Kishore Dr. Pooja Jain
Break Time				
December 27, 2021	II	2:00 pm – 4:00 pm	1: Components of Wellness 2: Guidelines for Healthy Eating	Dr. Pooja Jain Mrs. Priyanka Verma
Day 2				
December 28, 2021	I	10:00 am – 12:00 noon	Yoga & Mental Health	Dr. Meetu Khosla Dr. Sharda Gautam
Break Time				
December 28, 2021	II	2:00 pm – 4:00 pm	ज्ञानपरम्परा में स्वस्थ जीवनचर्या	Dr. Sharda Gautam Dr. Kamna Vimal
Day 3				
December 29, 2021	I	10:00 am – 12:00 noon	Construction of Healthy Menus	Dr. Ritu Jain Dr. Pooja Jain
Break Time				
December 29, 2021	II	2:00 pm – 4:00 pm	Know Your Prakriti: Do's & Don'ts	Dr. Anita Garg Mangla Dr. Kamna Vimal
Day 4				
December 30, 2021	I	10:00 am – 12:00 noon	ध्यान एवं प्राणायाम द्वारा चित्त प्रबन्धन	Dr. Shashi Sharma Dr. Ravi K. Meena
Break Time				
December 30, 2021	II	2:00 pm – 4:00 pm	शारीरिक स्वास्थ्य एवं योग	Dr. Ravi K. Meena Dr. Shashi Sharma
Day 5				

December 31, 2021	I	10:00 am – 12:00 noon	मन एवं आत्मशक्ति संवर्धन	Dr. Sushma Devi Dr. Kamna Vimal
Break Time				
December 31, 2021	II	2:00 pm – 4:00 pm	1. योग द्वारा आत्मप्रबन्धन 2. Yoga and Well-being	Dr. Rosy Sharma Dr. Kamna Vimal
Day 6				
January 1, 2021	I	10:00 am – 12:00 noon	Practice & Presentation Session	Dr. Pooja Jain Dr. Kamna Vimal
Break Time				
January 1, 2021	II	2:00 pm – 4:00 pm	Valedictory Session	Chief Guest/Speaker (To be announced) Dr. Kamna Vimal

- ✓ **Prior online registration is mandatory for all the participants.**
- ✓ **The participants must fill up attendance and feedback forms within the stipulated timeframe.**
- ✓ **The participants must have sufficient amount of data, good internet quality and the required device Laptop/Desktop/Smartphone for attending the online SDP.**
- ✓ **E-Certificates will be provided to the participants on the basis of attendance and performance.**