

MATA SUNDRI COLLEGE FOR WOMEN
(University Of Delhi)

Organized a workshop on
YOGA AND HEALTHY FOOD HABITS

DATE: 13.02.2023

TIME: 11:30am-1:00pm

VENUE: JUDO HALL, Mata Sundri College for Women; University of Delhi

On **13th February 2023**, the Department of Elementary Education of Mata Sundri College for Women (University of Delhi) organized a workshop for B.El.Ed. 1st year students on "**Yoga and Healthy Food Habits**" within the college premises as part of the celebration of Azadi ka Amrit Mahotsav. This activity was an initiative as compliance with the guidelines by NCTE vide order no 1-2/2020/MS/NCTE dated 18.01.2023.

Workshop held under the mentorship of Dr. Charanjeet Kaur (TIC, Sports Department, MSCW) and coordinated by Anushka Gupta [Sports President] and Sakshi Singh [Sports Vice President], Tanuja (volunteer) and Tannu (volunteer). It was well organized by B.El.Ed student council IGNITE Members - Ms.Charu Sharma (Vice President), Ms.Jasmine Kaur (Secretary), Ms.Manmeet Kaur (Joint Secretary), Ms.Shrishti (CR, 2nd Year), Ms.Nikki Chhabra (CR,1st Year) under the guidance of Ms. Divya Sharma and Dr. Shubhneet Kaur (Student Advisors, B.El.Ed.) and Dr. Aarti Mathur (TIC, B.EL.ED.)

Students were full of enthusiasm and avidness for the session. The session started with some warm-up exercises to increase the elasticity in the muscles. Then volunteers addressed the students about the general information regarding the importance of yoga and yoga asanas. The session was preceded with lying poses such as Savasanas, Bhujangasana, Pawanmuktasana. It went ahead with the

standing poses- surya namaskar. Everyone performed all the asanas with full energy. The coordinators and volunteers were keenly helping the students during the workshop. Then the session proceeded on with a discussion about the benefits of yoga, also providing a basic understanding on the significance of the nutrients in a regular diet . They also suggested various ways on how to inculcate it in one's daily routine as these asanas are easy to perform in a daily practice, so one could perform them at their home too. During the end of the session, students performed savasana and meditation as a part of cooling activity to relax the body.

Students enjoyed it a lot throughout the session, and ended up having a healthy interaction with each other.



MATA SUNDRI COLLEGE FOR WOMEN
Under DU Centenary Celebration 2022
Celebration of Azadi Ka Amrit Mahotsav (AKAM)

DEPARTMENT OF ELEMENTARY EDUCATION
ORGANISES A WORKSHOP ON

YOGA & HEALTHY FOOD HABITS

(For B.El.Ed. 1st year students)

Under the Mentorship of
DR. CHARANJEET KAUR
(TIC, SPORTS DEPT., MSCW)

Workshop Coordinators: Anushka Gupta (Sports President)
Sakshi Singh (Sports Vice President)
Tanuja (Volunteer)
Tannu (Volunteer)

On February 13th, 2023
11:30am onwards
Venue: Judo Hall

Ms. Divya Sharma
Dr. Shubhneet Kaur
(Student Advisors, B.El.Ed.)

Ayushi Khansali
(President, IGNITE)

Dr. Aarti Mathur
(TIC, B.El.Ed.)

Charu Sharma
(Vice President, IGNITE)

Prof. Harpreet Kaur
(Principal)



New Delhi,DL,India
Kotla Road, Mata Sundari Marg Area, New
Delhi, 110002, DL, India
Lat 28.633527, Long 77.233833
02/13/2023 12:44 PM GMT+05:30
Note : Captured by GPS Map Camera



GPS Map Camera



New Delhi,DL,India
Mata Sundari Marg Area, New Delhi, 110002,
DL, India
Lat 28.633492, Long 77.233989
02/13/2023 12:21 PM GMT+05:30
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GPS Map Camera



New Delhi,DL,India
Mata Sundari Marg Area, New Delhi, 110002,
DL, India
Lat 28.633522, Long 77.234062
02/13/2023 11:51 AM GMT+05:30
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