

The IQAC, Mata Sundri College for Women in collaboration with NSS and Dakshina Foundation, an NGO organized a talk on Nutrition and a Workshop on First Aid Training on 24<sup>th</sup> September 2019 in Mata Gujri Hall of the college. Dr. Jyoti Bali, Dr. B.R Bhardwaj and Dr. Trivendra Chumbak were speakers on this occasion. The speakers were welcomed by the Principal, Dr. Harpreet Kaur by presenting a sapling. In her opening remarks Dr. Kaur spoke about the importance of nutrition. The guest speakers of the day Dr, Bali and Dr, Bhardwaj directed the attention of the students towards problems like malnutrition and anaemia and how anaemia could be cured through a balanced diet.

The talk was followed by a Workshop on First Aid Training . The training was conducted by Dr Trivendra Chumbak , CMO of West-Zone , University of Delhi . Dr. Chumbak spoke about various First Aid techniques including CPR and how First Aid could be used to save the life of a person in cases like electric shock and snake bites before medical help could be reached. The session was attended by NSS volunteers and students and faculty members across all departments of the college.