

Short Term Online Certificate Course on Holistic Fitness and Wellness Learning

A **Short-Term Online Certificate Course on Holistic Fitness and Wellness Learning** was jointly organised by the IQAC and the Department of Physical Education of Mata Sundri College for Women (University of Delhi) and Sri Guru Nanak Dev Khalsa College (University of Delhi). The honourable **Prof. (Dr.) Harpreet Kaur**- Principal, Mata Sundri College for Women and **Prof. (Dr.) Gurmohinder Singh**-Principal, Sri Guru Nanak Dev Khalsa College were the patrons of this course. **Ms. Charanjeet Kaur**-(TIC, Dept. Phy.Edu. & Sport Science), **Dr. Lokesh Kumar Gupta**- Coordinator (IQAC) and **Dr. Gursharan Kaur**-Assistant Professor (Dept. Phy.Edu. & Sport Science) were the members of organising team of Mata Sundri College for Women. **Dr. I.P. Singh** (Convenor)Sports Committee, **Dr. Rajwant Singh** (Co-convenor) TIC Phy. Edu. & Sports Sciences and **Dr. Neeta Dhingra (Coordinator) IQAC** were the members of the organising committee of Sri Guru Nanak Dev Khalsa College.

The course was conducted with the objective of developing a more balanced lifestyle among the participants : Enhancing the fitness of the complete physical body and emotional health ; Combining methods of stress reduction, diet, traditional exercise, and sleep habits; Embracing the concept of balance between a fit looking exterior and a healthy thriving interior; Blending physical and the mental by addressing every aspect of a healthy lifestyle, including mental health; Redefining fitness and health in making the main goal to consistently improve one's overall well-being for greater health and minimized medical conditions.

The course was 20 day long with total duration of 30 hrs involving 13 eminent speakers and 97 active participants. The content of the course included: ***science of exercise; introduction to active life: fitness; introduction to active life: wellness; nutrition; diet; dietary gimmicks and myths; weight management & gym operations; behaviour modification; stress management; social development through personality development; social development through communicative skill development; spiritual development through yoga; lifestyle diseases; substance use disorder; posture and corrective exercises; first-aid; screening and health evaluation & a-z tips for health and wellness.*** The sessions were conducted on zoom platform on every Monday, Wednesday and Thursday for 1.5 hrs each; commencing from 01-03-2021 till 15-04-2021.

After the course was completed, the participants were assessed on the basis of a test of 50 Multiple choice questions based on the content of the course taught. According to their performance respective grades were awarded in their respective certificates. 87% participants performed outstandingly and secured highest grades. Overall the course received good feedback and the programme was all in all a great success.