

DEPARTEMENT OF BOTANY & DEPARTMENT OF PHYSICS

DEEN DAYAL UPADHYAYA COLLEGE  
UNIVERSITY OF DELHI



*presents*

Value Added Course

# HEALTH NUTRITION AND FITNESS

Contact us  
[vac.health.dduc@gmail.com](mailto:vac.health.dduc@gmail.com)

Click On This Link To register Yourself





# ABOUT THE INSTITUTION

**Deen Dayal Upadhyaya College is one of the most coveted colleges of the University of Delhi. Its flourishing under the able guidance of our principal Prof. Hemchand Jain. The students with brilliant minds, carry an empowering vision and the zest to change this world.**

**The Department of Botany and Department of Physics of Deen Dayal Upadhyaya College endeavors to promote and inspire students in different disciplines of plant and material sciences. Their focus is to nurture not only academic knowledge but also to provide a congenial environment for their research skills. The faculty members have published a number of research papers and articles in various journals of national and international repute. They initiate innovative projects with active involvement of students to instigate scientific temperament in them.**

# VISION AND MISSION

**We Aim to** 

**To make youth concerned about mental well being.**

**To motivate them about overall health/physical,mental and nutritional, to build a healthy community.**

**To provide information about food habits and maintaining a good and healthy diet thereof.**

**To make them aware about various ways to keep body healthy and active.**





# **ABOUT THE PROGRAM**

**Present unprecedented scenario of Covid-19 has forced us all to give a serious thought about our health and nutrition. Catering to mental, physical and psychosocial health along with lifestyle changes and acquiring immunity to several infections/diseases is the need of the hour. A proper guidance from professionals and experts in the field is required for the same. Further, as per World health organisation (WHO) estimates, a projected shortfall of 18 million health workers by 2030, mostly in low- and lower-middle income countries is expected, indicating need of workforce to cater the rising demand.**

**So, we have designed this course on Health, Nutrition and Fitness with a series of insightful modules, that would not only enlighten you regarding significance of your own health, fitness and nutrition but also motivate to start up your own venture/business in the field.**

# ELIGIBILITY CRITERIA

**OUR COURSE IS AVAILABLE FOR STUDENTS FROM ALL COURSES.**

**NEED TO STAY FIT AND HEALTHY!!**



**UG/PG STUDENTS**

**RESEARCH SCHOLARS**

**NUTRITION PROFESSIONALS**

**FITNESS PROFESSIONALS**



**HURRY UP!!**  
**Don't Miss The Opportunity**

# COURSE COMPONENTS

## ● Mental Health

 **Mental health-meaning and criterion, present day status, various types of concerns: depression and anxiety, eating and sleep disorders, addiction etc. and their solutions at individual and social level. Emotional Intelligence. Stress and its impacts. Mood swing and its handling. Insomnia in younger generation.**

**Practical: Training to handle stress and anxiety, cognitive processes such as concentration and critical thinking.**

## ● Physical Health

 **Physical health- definition, criteria and significance, A brief description of human anatomy. Role of nutrition and dietary habits along with exercise routine on immunity and infections with special reference to covid-19; Lifestyle diseases- liver disorders, renal problems, hypertension, diabetes, obesity, PCOD and their cure; effects of Smoking and drug abuse. Various forms of exercises-technique and significance viz. Strength, endurance and cardiovascular. Nutritional care for training and day-today recovery.**

**Practical: Physical exercises (For eyes, neck, spine, arms, legs, abdomen, heart, kidney, face etc.) Basic training to handle physical problems, strength training/weight training.**

# COURSE COMPONENTS

## ● Nutrition

 Nutrition and physical health, **Balanced diet: Role of macronutrients- carbohydrates proteins and fats and micro nutrients- Vitamins, minerals, their deficiency symptoms and cure. Brief description of Ayurveda in medicine and nutrition; Indian kitchen home to many superfoods and disease cure remedies, Nutraceuticals, Food supplements and their role in nutrition, Myths and facts- Growing industry on Health products and packaged foods; Calories and other factors leading to weight gain/loss. How to count calories and become your own dietician- Planning diet.**

**Practical: Overview of Food adulteration, testing food items at home; Assessing the nutritional value of any food product.**

## ● Happiness

 **Happiness Index- its assessment, India's position, how to improve it? Wellness Mantras for happiness; Role of music, dance, reading and other hobbies in happiness. Happiness- a major lifestyle change.**

**Practical: Destressing oneself: Yoga and meditation for inner peace and happiness special emphasis on breathing technique; Face yoga.**

# LEARNING OUTCOMES

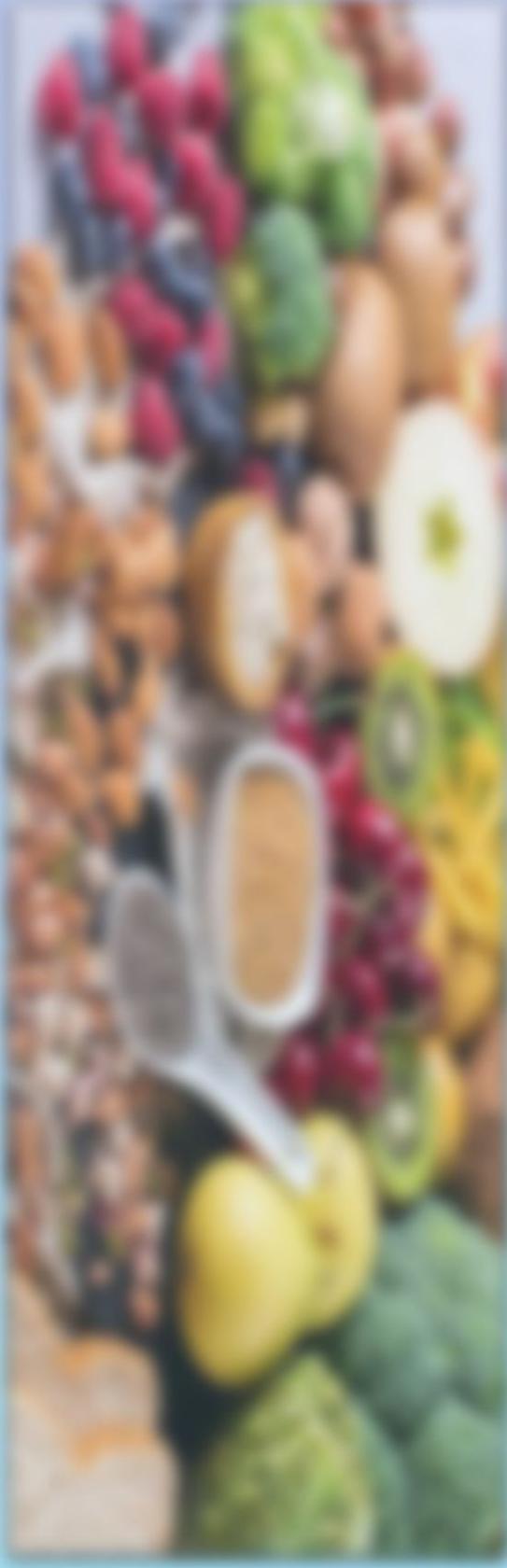
**To nurture self reliance to maintain a healthy body.**

**Motivating and enhancing the capabilities to become self reliant and to take care of one's overall well being.**

**To maintain mental well being and eliminating the toxicities in life.**

**Able to self monitor the good mental and psychophysical health practices.**

**To get knowledge about basic yoga and physical excercises to manifest a healhy regime.**



# REGISTRATION FEES

**THE REGISTRATION FEES AMOUNTS TO RS.2300/- FOR ALL THE PARTICIPANTS ENROLLING IN THIS COURSE**

## **BANK ACCOUNT DETAILS**

**NAME: PUNJAB NATIONAL BANK**

**BRANCH: D-5,HIMLAND HOUSE SHOPPING COMPLEX KARAMPURA, NEW DELHI- 110015**

**ACCOUNT NAME: ADD ON COURSE A/C DEEN DAYAL UPADHYAYA COLLEGE**

**TYPE OF ACCOUNT: SAVINGS ACCOUNT**

**IFSC CODE: PUNB0520110**

**ACCOUNT NUMBER: 52012011002259**

**MICR NUMBER: 10024665**

**2 HR CLASSES EVERY WENESDAY,SATURDAY AND SUNDAY FROM 5 P.M. TO 7 P.M.**

**HURRY UP!!**

**Dont Miss The Opportunity**

## **ACADEMICIANS, EXPERTS AND PROFESSIONALS FROM DIFFERENT FIELDS FOR THIS COURSE**



**PROF. NK CHADDHA-A WELL KNOWN PROFESSOR AND HEAD OF DEPARTMENT OF PSYCHOLOGY AT UNIVERSITY OF DELHI. HE HAS SPECIALIZATION IN APPLIED PSYCHOMETRY, HUMAN RESOURCE DEVELOPMENT, APPLIED GERONTOLOGY AND APPLIED SOCIAL PSYCHOLOGY.**



**MS. NELAANJANA SINGH IS A REGISTERED DIETICIAN & CERTIFIED DIABETES EDUCATOR, CURRENTLY SHE IS WORKING AS NATIONAL EXECUTIVE IN INDIAN DIETETIC ASSOCIATION (2019-PRESENT) .**



**MS.PUNEETA IS QUALIFIED WITH MSC. MED. IN BIOTECHNOLOGY. SHE IS ASSOCIATED WITH BHARTIYA YOG SANSTHAN AND ALSO A FREELANCER YOGA TEACHER. DURING COVID PHASE 1 AND 2 SHE ALSO CONDUCTED VARIOUS ONLINE WORKSHOP AND CLASSES FOR COVID PREVENTION .**



**MS.ANUJA AGARWALA-IS A REGISTERED SENIOR PAEDIATRIC DIETICIAN AT ALL INDIA INSTITUTE OF MEDICAL SCIENCES, DELHI WORKING TO PROVIDE INDIVIDUALIZED NUTRITIONAL INTERVENTION FOR CHILDREN WITH COMPLEX PEDIATRIC DISORDERS.**

**ACADEMICIANS, EXPERTS AND PROFESSIONALS FROM  
FROM DIFFERENT FIELDS FOR THIS COURSE**



**MR RAHUL KUMAR DIWAKAR IS A CLINICAL DIETITIAN: WORKING ON MULTI-SPECIALTY CASES SUCH AS CARDIOVASCULAR DISEASES, DIABETES, LIVER, RENAL, STROINTESTINAL DISEASES AND MANY MORE.**



**MS SHUBHA DHYANI HAS EXPERIENCE IN SEVERAL SUPER MULTISPECIALITY HOSPITALS AND FITNESS & NUTRITION INDUSTRY AND CURRENTLY RUNNING GER OWN FIRM NAMED RIGHT DIET WITH SHUBHA".**

# ORGANIZING COMMITTEE

## • PATRON

PROF. HEMCHAND JAIN  
PRINCIPAL

## • CONVENER

DR. CHARU KALRA  
ASSISTANT PROFESSOR  
DEPARTMENT OF BOTANY

## • CO-CONVENER

DR. KULVINDER SINGH  
ASSOCIATE PROFESSOR  
DEPARTMENT OF PHYSICS

## • STUDENT COORDINATORS

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*First come First serve basis!*