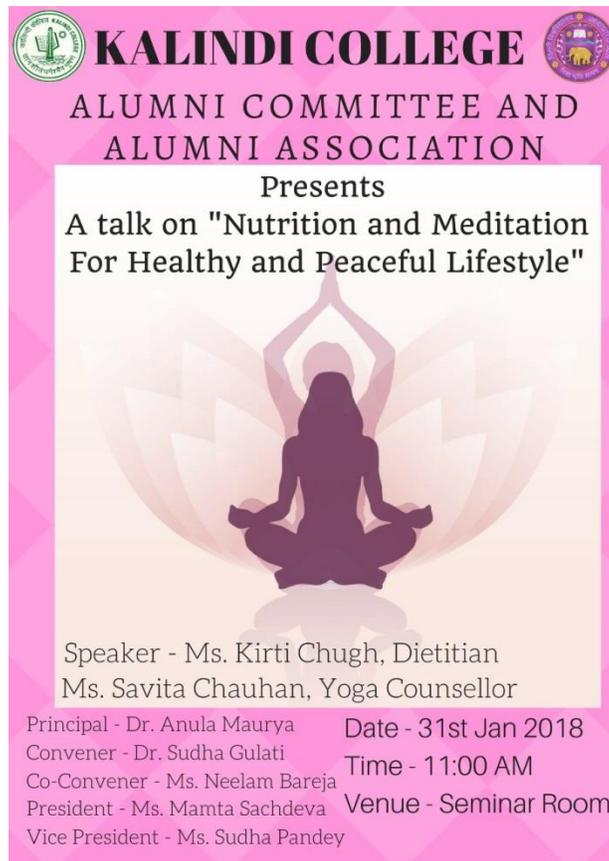


## Report on

### “Nutrition and Meditation for Healthy and Peaceful Lifestyle”

A talk on “Nutrition and Meditation for Healthy and Peaceful Lifestyle” was held on 31<sup>st</sup> Jan 2018, at 11 am, in seminar room. Two of our alumnae, **Ms. Kirti Chug** (dietitian at Abbott, the global healthcare company and formerly dietitian at B L Kapoor Super Speciality Hospital) and **Ms. Savita Chauhan** (Yoga Counselor, Diploma in Naturopathy & Yoga from International Foundation of Natural Health & Yoga) enlightened our students and faculty members with their highly motivational talk. Ms. Sudha Pandey, the Vice President of Alumni Association and Ms. Salma Rehman, Secretary of alumni association, presented planters to Ms. Kirti Chug and Ms. Savita Chauhan, respectively.



**KALINDI COLLEGE**  
ALUMNI COMMITTEE AND  
ALUMNI ASSOCIATION  
Presents  
A talk on "Nutrition and Meditation  
For Healthy and Peaceful Lifestyle"

Speaker - Ms. Kirti Chugh, Dietitian  
Ms. Savita Chauhan, Yoga Counsellor

Principal - Dr. Anula Maurya      Date - 31st Jan 2018  
Convener - Dr. Sudha Gulati      Time - 11:00 AM  
Co-Convener - Ms. Neelam Bareja      Venue - Seminar Room  
President - Ms. Mamta Sachdeva  
Vice President - Ms. Sudha Pandey

Ms. Sunita Sharma, member alumni committee, did the compering of the event. The welcome address was given by the convener of the Alumni committee, Dr. Sudha Gulati. A huge gathering of students and faculty members got benefits of healthy diet and meditation. Both the sessions were very interactive.



The first talk was given by Ms. Kirti Chug on “Healthy diet and nutrition”. Her talk was mainly focused on the issues related to the student life, such as irregular life style and lack of sleep results into deteriorating their performance. She advised to enhance the intake of liquid diet, such as, buttermilk, milk, juices, coconut water, lemon water, green tea etc. She suggested that one should take balanced diet for healthy life. The use of dates, raisins, jiggery cereals, etc. helps in increasing hemoglobin level. Raggi atta is known as good source of calcium, which can be used as a substitute to milk. Moreover, she also focused on regularly changing the cooking

oil, thereby taking the benefits of different oils. One should also take oil and fats, however, the hydrogenated fat should be avoided. The intake of high protein in dinner should be avoided, and the dinner should be taken before 7 pm. Thus her talk enlightened us for maintaining a disease-free healthy body.



Ms. Kiri Chug and Ms. Savita Chauhan giving their talk

Another talk was given by Ms. Savita Chauhan on “Meditation”. She focused on the benefits of meditation, which mainly helps in maintaining, balanced blood pressure, good digestive system, a calm mind and improves the immune system. It enhances the concentration, clarity and energy level and provides peace of mind. It also, decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems. She also guided the audience to perform 10 mins yoga.

The session closed with the vote of thanks by Ms. Sudha Pandey. At the end, there was a healthy discussion among the speakers and the faculty members. It was our great pleasure to be motivated to take responsibility for not only our health, but our life as a whole.

