

ANNUAL REPORT

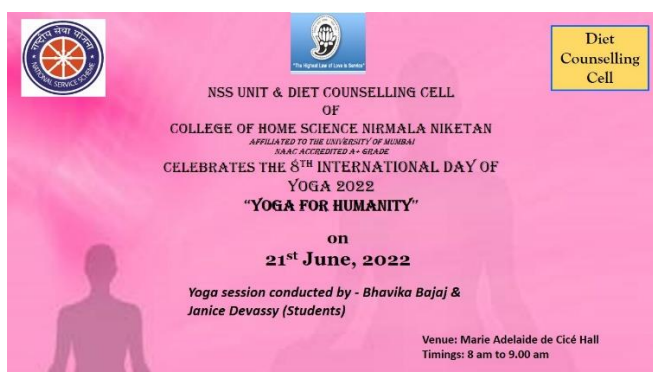
DIET COUNSELLING CELL – 2022-23

The 8th International Yoga Day “Yoga for Humanity” was celebrated by the students and staff of the College of Home Science, Nirmala Niketan on 21st June 2022 from 8.00 a.m to 9.00 a.m

A total of 142 students and staff participated in this activity. The programme was conducted in joint collaboration of the NSS Unit and the Diet Counselling Cell. The programme began with a brief introduction and welcome by I/C Principal Dr. Anuradha J. Bakshi who mentioned about the importance of yoga for mental peace and its importance for humanity.

The resource person for this programme were the students of T.Y. B.Sc Ms. Bhavika Bajaj and Ms. Janice Devassy, both certified Yoga Trainers. They began the session with a prayer for internal peace and then taught various asanas. The session ended with meditation and various types of Pranayams.

The participants enjoyed the session. After completion Dr. Pratima Goyal Programme Officer NSS proposed a vote of thanks and has also urged the attendees to incorporate Yoga into their day to day lives and not just only for one day.



The DCC also organized a “Workout cum Aerobics Session” for staff and students on 3rd October 2022. It was open to all staff and students. A total of 12 students and 2 staff attended this session.

