

### **Summary of the Event**

Date: 03.Sep.2019

NSS wing of the Post Graduate Govt. College for Girls, Sector-42, Chandigarh organized a One Day Capacity Building Workshop on the theme **“Role of Nutrition in Physical , Mental and Social Well-being of Adolescents”** under the aegis of State Project Directorate (RUSA), UT, Chandigarh in the college auditorium “Sabras”. Prof Binu Dogra, principal formally welcomed Dr. Bikram Rana, Chief Guest, State Liaison Officer, UT Chandigarh. Around 400 NSS volunteers, Undergraduate and Post Graduate students and staff of the college participated in the workshop. Dr. Rana, delivered the keynote address and motivated the students to consciously change their life styles by adopting healthy eating habits. The first presentation by Dr. Kalyani Singh, Assistant Professor, Department of Home Science, focused on ‘Fads or Facts’ about diets and their harmful effects. Dr. Monika Malik, Nutritionist, talked about the importance of the essential components of foods and water. Dr. Mangla Dogra, former PGI Gynecologist, talked about menstrual health, hygiene and social well-being among adolescents. Thereafter, Dr. Ram Niwas Yadav, Associate Professor, Department of Physical Education elaborated the need of exercise and importance of fitness in daily life. Dr. Dalip, ASPD, RUSA and Prof. Punam Agarwal, RUSA coordinator of the college appreciated the effort made by the faculty in charge of NSS. Dr. Gurmel Singh proposed a vote of thanks.