

Press Note

Workshop on Nutrition and Ayurveda Organized by PGGCG-42, Chandigarh, Date- January 23, 2025

The NEON Science Club and Srishti Environment Society of Post Graduate Government College for Girls, Sector-42, Chandigarh, in collaboration with the **Department of Science & Technology & Renewable Energy, Chandigarh Administration** successfully organized a one-day workshop on **Nutrition and Ayurveda "Marching towards Healthy Bharat"**. The event witnessed an enthusiastic participation of over 300 students and faculty members.

Renowned speakers **Ms. Monica Malik**, a Panchkula based Nutritional Therapist and Nutritional Coach and **Mr. Om Parkash**, Principal Coordinator, Eco-Clubs & Environment Societies, School & College, Dept. of Environment, Chandigarh Administration., enlightened the audience on the vital interplay between nutrition and traditional Ayurvedic practices. Their interactive sessions focused on promoting holistic health, balanced diets, and sustainable living through the incorporation of Ayurveda into daily routines.


Adding an interactive dimension to the event, live demonstration stalls showcasing various herbs and herbal products were set up for stakeholders. These stalls provided a hands-on experience, introducing attendees to the medicinal properties of herbs and their applications in promoting wellness. The vibrant display was a major attraction, inspiring participants to embrace natural and sustainable health practices.


The workshop emphasized the importance of ancient wisdom combined with modern nutrition science to achieve physical, mental, and environmental well-being. Attendees were engaged in meaningful discussions and expressed keen interest in implementing these practices in their lives.

Convener, Prof. (Dr.) Deepika Kansal shared that this workshop aligns with the college's vision of fostering holistic education and raising awareness about sustainable and healthy living among students and the community. She further emphasized that the involvement of all key members in this event highlights their commitment to promoting eco-friendly practices and raising awareness about healthy living through this workshop.

The principal of the college, Prof. (Dr.) Binu Dogra, lauded the efforts of the organizing societies and extended gratitude to the Department of Science, Technology & Renewable Energy, Chandigarh Administration, for their collaboration and support.

For further details, contact:


Prof. Deepika Kansal, Convener 'Neon Science Club


Principal
P.G. Govt. College for Girls
Sector 42, Chandigarh
