

REPORT ON
LIFE SKILLS
(YOGA, PHYSICAL
FITNESS, HEALTH
AND HYGIENE)

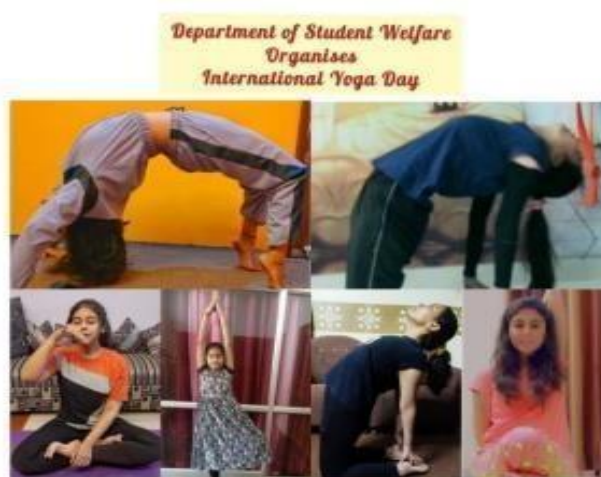
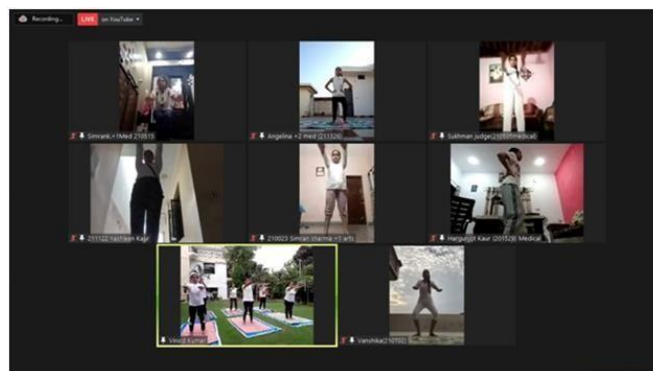
International Yoga Day Celebrations (21-06-2020)

KMV Celebrates 7th International Day of Yoga and organises Week Long Celebrations to Commemorate the International Day of Yoga

Kanya Maha Vidyalaya celebrated online 7th International Day of Yoga. A webinar on the topic “Mass Movement for Health and Well-Being” was organized by the NSS Department. The eminent Yogaexpert Dr. Vinod, Principal, OPM Institute of Education, Dyalpur,

Kapurthala was the key speaker for the webinar. Speaking during the webinar, Dr. Vinod discussed the relevance of yoga in the present context, when people are passing through the COVID-19 pandemic. He asserted that Yoga is the panacea of all the problems related to mental and physical health of the people. Principal Prof. Dr. Atima Sharma Dwivedi averred that this day has been specially selected to spread harmony and peace throughout the world. She further maintained that KMV

believes in preserving the age-tested ever-useful traditions and cultural heritage of India and Yoga is an invaluable gift of ancient Indian tradition. KMV has also organized one-week online workshop on Yoga. The yogic practices conducted during the workshop includes Asanas, Pranayama and moreover, Meditative session for students were also conducted. The students performed different yogic asanas such as standing posture, balancing postures, inverted postures, backward bending postures and Pranyama. KMV also participated in various online activities dedicated to Yoga with great enthusiasm and energy. During the week-long celebrations, online yoga sessions were conducted by the students of Department of Fashion Designing through interlinking Yoga with the present day fashion. The Department of Physical Education has shown the yoga activities of students through correlating it with the Fit India Movement. Besides, the Fine Arts Department also presented the paintings in the form of slogan writing and poster making through depicting the relevance of yoga in the present context.



Webinar on “Rejuvenation through Yoga”

Kanya Maha Vidyalaya organised a National Webinar in order to commemorate the International Yoga Day. The webinar was organised by the Department of Physical Education of KMV. Dr Rajeev Choudhary gave his talk on the topic of Rejuvenation through YOGA During his talk, he highlighted the need of yoga in present time to refresh our minds.

The Heritage Institution
KANYA MAHA VIDYALAYA
(Autonomous) Jalandhar **FIT INDIA**

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National Service Scheme
in collaboration with
Department of Physical Education
celebrates
“Online 7th International Day of Yoga”
A Webinar on
“REJUVENATION THROUGH YOGA”

Date: June 17, 2021 Time: 11:00 am -12:00 pm

Dr. Rajeev Choudhary
Professor in Physical Education,
Dean Students' Welfare (DSW),
Head, School of Studies in Law,
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh

JOIN US ON ZOOM
Zoom Meeting ID: 81235175831 Passcode: 960160

Organisers:
Mrs. Ashima Sahni
Head, Political Science & NSS Incharge
Dr. Harpreet Kaur
Head, P.G. Dept. Of Fashion Designing
Dr. Davinder Singh, Dept of Physical Education

Prof. (Dr.) Atima Sharma Dwivedi
Principal



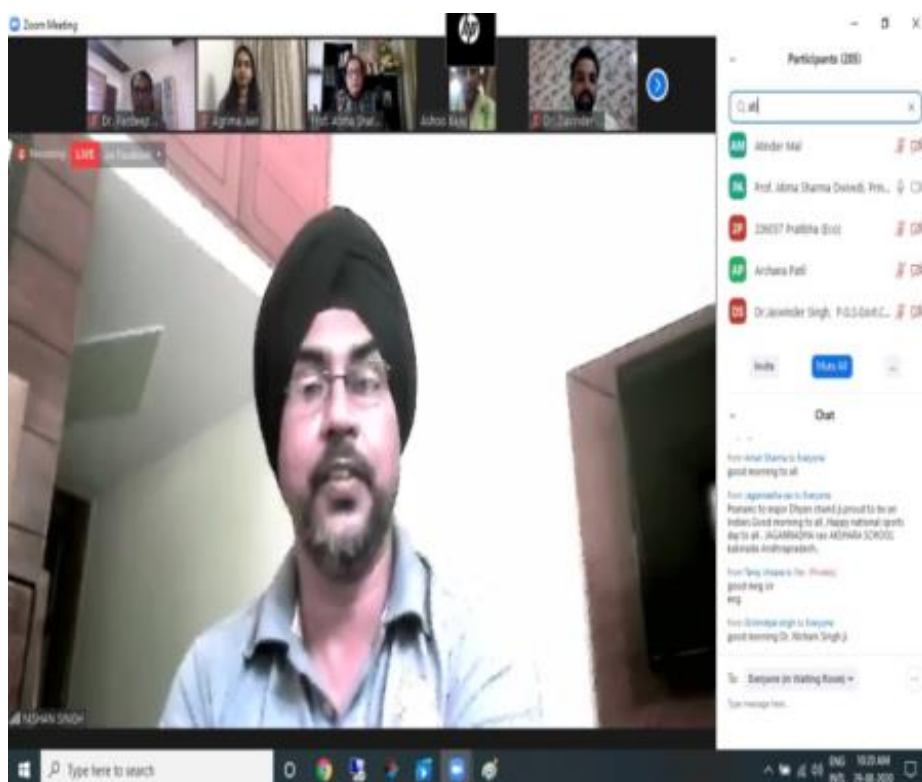
Webinar on “Science of Soul”

Kanya Maha Vidyalaya organised a National Webinar in order to commemorate the National Sports Day. The webinar was organised by the Department of Physical Education of KMV. Dr Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala & Dr Baljinder Singh Bal, Assistant Professor, Department of Physical Education, Guru Nanak Dev University, Amritsar were the speakers for the webinar. More than 500 participants participated in this webinar with full zeal & enthusiasm. Dr Nishan Singh Deol enlightened the participants through his address on the Science of Soul. He stated that we in India are always in a dilemma as whether the education or the physical health of a child is important. He emphasised on the fact that in any developed or developing country, more emphasis should be given on the holistic health of the children wherein their personality as a whole should be cultivated in order to make them healthy and strong citizens of their nation. moderator for the webinar.



Webinar on “Dynamism of University Sports: Reforming Issues & Challenges”

Kanya Maha Vidyalaya organised a National Webinar in order to commemorate the National Sports Day. The webinar was organised by the Department of Physical Education of KMV. Dr Baljinder Singh Bal gave his talk on the topic of Dynamism of University Sports: Reforming Issues & Challenges. During his talk, Dr Bal highlighted various issues of physical health and well being in this unprecedented scenario of COVID-19. He emphasized on the fact that there is a great need of institutional sports policy in order to provide good sports education to the students. There should be a sports governance in the institutions in which a large focus should be given on talent detection, talent identification, talent confirmation, talent orientation, talent selection & talent retention in order to enhance the efficiency of sports education in our country. Dr Bal appreciated the efforts of KMV in producing a very conducive environment for Research & Development in the field of sports where the students & faculty members are provided with various research projects by the college in order to explore the different arena of sports.



Extension Lecture on "Mental Health Among Adolescents During COVID-19 and Ways to Deal with It"

The P.G. Department of Psychology organized a Six-Day Celebration of World Mental Health Day from 5th October to 10th October, 2020. The third day (07.10.2020) of this six-day celebration is marked by a Webinar on “Mental Health among Adolescents during Covid-19 & Ways to Deal With it”. The eminent speaker for this webinar is Dr. Neha Dua who is a Consultant Psychiatrist practitioner, Career Development Consultant and Life-Skill Trainer. She is an expert in dealing and treating Psychological disorders.

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World Mental Health Day Celebration 2020
Six-Day Series
DAY 3
Webinar on
Mental Health among Adolescents during COVID-19
Organized by
P.G. Department of Psychology
Date: 7.10.20 (Wednesday)
Time: 3:30 pm
Resource Person
Dr. Neha Dua
M.D. Psychiatry
Sobti Hospital, Kurukshetra
Zoom ID: 5891449954 Passcode: ABCD123456
Contact Us:
Dr. Radhika Gupta: 9417260358 Prof.(Dr.) Atima Sharma Dwivedi
Dr. Pratima Sharma Mehandru: 9041967807 Principal

केएमवी में मेंटल हेल्थ पर वेबिनार

जालंधर | केएमवी के साइकोलॉजी विभाग की ओर से वर्ल्ड मेंटल हेल्थ डे पर छह दिवसीय प्रोग्राम मैनेजिंग फियर एंड एंग्जाइटी ड्यूरिंग क्राइसिस विषय पर वेबिनार करवाया जा रहा है। लाइफ स्किल ट्रेनर व पॉजिटिव साइकोलॉजी प्रेक्टीशनर डॉ. शिल्पा सूरि ने चिंता व डर की अवधारणाओं को प्रभावशाली अंदाज से बयान किया। उन्होंने कहा कि हमें अपनी भावनाओं को पहचानते हुए इन पर नियंत्रण रखने की कला का ज्ञान होना चाहिए। प्रिंसिपल प्रो. अतिमा शर्मा द्विवेदी ने कहा कि मौजूदा महामारी के समय में सभी का मानसिक तौर पर स्वस्थ होना बहुत जरूरी है।



Webinar on Diabetes and Its Management through Diet and Lifestyle Modifications

Date: 10th Oct.2020

No. of Students: 30

The students of KMV, Jalandhar had the opportunity of having live conversation with Dr. Akshita Desai, a Consultant Endocrinologist and Diabetologist at Apex Hospital, Jalandhar. She highlighted the importance of lifestyle modification and management of type II Diabetes through the balanced diet.

She laid the stress on importance of reduction in portion size of meals and increase in the frequency of the meals. Above that reduction in weight and stress helps to control Diabetes.

The lecture was an eye opener and very informative for the students.



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A Webinar
on
DIABETES and
it's MANAGEMENT
(Through DIET & LIFESTYLE modification)

Eminent Speaker
Dr. Akshata Desai
Consultant Endocrinologist,
Apex Hospital, Jalandhar

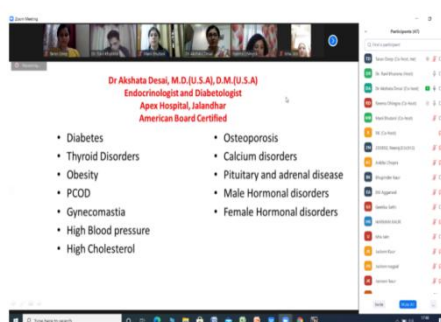
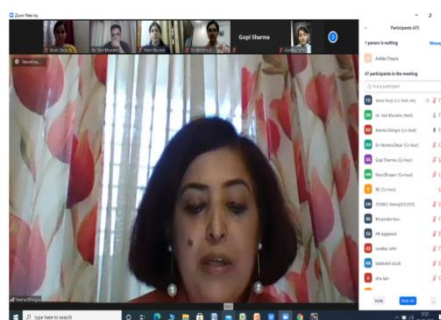
October 10th, 2020
at 5.30 p.m.

Join us on Zoom
Zoom Meeting ID: 832 2703 9388 Passcode: 927384

Organised by Dept. of Home Science

Contact Us:
Ms. Neeti Kapoor: 94175-85400
Ms. Mani Khara: 98763-12917
Ms Tarandeep: 98647-00002

Prof. (Dr.) Atima Sharma Dwivedi
Principal



Webinar on Nutrition in college going Girls

Date: 7th Sept.2020

Number of Students: 28

Keeping in mind the need of the present generation, a webinar was conducted on the Nutrition in College Going Girls.

The students of the Home Science Dept. of KMV, Jalandhar, had the opportunity to interact with the leading dietician of the town, Ms. Vaishali Bharara, Chief Dietician at PIMS, Jalandhar. She emphasized the role of nutrition and on the link between healthy meals and high grades, better memory, alertness and faster information processing. She had stress on how the common barriers like unhealthy eating, convenience foods, stress and junk foods interfere with physical and mental health.

