



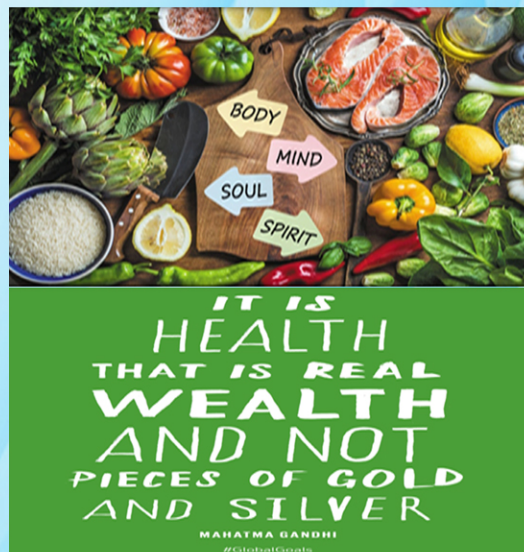
SOPHIA GIRLS' COLLEGE, AJMER (AUTONOMOUS)

International Webinar on

“Food and Well Being Challenges of the 21st Century”

(A fit body, a calm mind, a house full of love)

17th and 18th July, 2020 (4:00pm - 6:00pm)



Organized by

Department of Home Science and Psychology

Link for Registration :

<https://forms.gle/VCv5donR4i9ynez8>

About the Webinar

The Importance of Right Nutrition and Health has been severely emphasized during this year. In the clutter of opinions, nutrition, mental health and well being become something complicated for a layman. The webinar aims to simplify physical and mental health for its participants.

Objectives of the Webinar

- To provide knowledge regarding the relationship between health and well being in the present times.
- To focus on the importance of Bio- Psycho-Social perspective on health and well being.
- To provide guidance regarding the impact of Indian Dietary Habits and Lifestyle in boosting immunity.
- To offer practical solutions to manage stress and anxiety for ensuring better adjustment during the crisis.

Target Participants : Faculty Members, Research Scholars and Students
No Registration Fee

E – Certificate will be issued to the participants

Webinar Committee

Patron

Dr. Sr. Pearl

Principal

Sophia Girls' College, Ajmer (Autonomous)

Convener

Mrs. Asha Sharma

*Assistant Professor and Head
Department of Psychology*

Organising Secretary

Mrs. Ruchi Mathur

*Assistant Professor and Head
Department of Home Science*

Organising Member

Mrs. Shweta Sharma

Assistant Professor, Department of Home Science

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Our Esteemed Speakers



Dr. Medhavi Gautam Dixit
Director and Consultant Dietician,
Dr. Medhavi's Nutrifit, Jaipur
Keynote speaker - Inaugural Session



Dr. Ritu Rana
Nutrition Research Advisor,
GOAL Global, Ireland &
Assistant Professor, IIPHG, India



Mrs. Sofia Martinez Quiles
Assistant Clinical Psychologist of Emergencies,
Italy



Mrs. Sara Vidal Del Olmo
Psychologist, Spain



Dr. Vijayata Sengar
Assistant Professor
Dept. Of Foods and Nutrition
The Maharaja Sayajirao University of
Baroda



Dr. Neerja Thergaonkar
1. Child and Adolescent Psychologist, Mumbai
2. Founder- AaroHaonline.com



Ms. Veena Panjwani
1. Psychotherapist and Clinical
Hypnotherapist
2. Director, Swayam – for uncluttered minds,
Baroda