



Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

DOSSIER

On

“Health Awareness Session”

On

Sep 12, 2021

Title	Health Awareness Session
Date and Time	Sep 12, 2021.
Venue	Zoom
Resource Person/ Facilitator	Programme Officer Rotaract - Mr. Vinod Kumar Dr. Garima Nagpal
No. of Participants	100+
Summary	Webinar was conducted by the Rotaract Club of Delhi Karma which was led by Dr. Garima Nagpal who is a nutritionist in which she taught about how to live a healthy lifestyle. She also taught the rotactors about students at this time tend to develop many bad habits which include smoking, drinking alcohol, etc. Due to these health-related awareness programs, they can learn about the essence of exercising and developing healthy habits. She also addressed various queries of the Rotaractors from the comment section.

Kumar