

“YOGA AND DIET FOR PCOD PCOS AND ITS PREVENTION AND MANAGEMENT”

REPORT

Dated-17 & 18 February 2020

On 17th February, 2020 under the aegis of Women Development Cell, Dr. Ambedkar College, Deekshabhoomi, Nagpur, organized a workshop on “Yoga and Diet for PCOD, PCOS and its prevention and management”. The program was inaugurated with garlanding the portraits of Tathagat Gautam Buddha and Dr. BabaSaheb Ambedkar by enlightening the lamp by Chief Guest Ms. Dhanshree Lekurwale, International Yoga Fame along with Dr. B.A. Mehre, Head of the Department Biochemistry and Biotechnology & Dr. Pradnya Bhelwa Assistant Professor of Sports and Physical Education. The motive of the institution was to highlight the importance of Yoga and nutrition in one’s life. It was to make the students aware of its significance and how practicing it in their lives helps them to stay fit. The Yoga fame Ms. Dhanshree Lekurwale had given her valuable guidance to the students. It helps us to understand the purpose of life and how to survive in the changing environment.

Students and teacher performed different yoga ‘asanas’ which brings balance between body, soul and mind. She also guided the students with different ASANAS, Pranayam and explained their importance in daily life

To spread the benefits of Yoga the day was celebrated with full of zeal and enthusiasm at the college Auditorium. All efforts were made to spread awareness about the benefits of yoga in life.

On the second day of the workshop Dr. Sadhana Kanoje Umare, Naturotherapist, Nagpur gave outstanding lecture on the importance of diet for women of different age group and its influence in their lives. She very well explained how different outfits and eating fast food affects their health. She enlightened the girl students about PCOD and its effects on women health. She also explained how exercise and diet can reverse PCOD and PCOS can be prevented through it. The program ended with the vote of thanks by Dr. Pradnya Bhelwa. All teaching & non-teaching staff as well as students were full of exuberance and participated wholeheartedly to make this event a huge success.



Enlightening of lamp by Chief Guest Ms. Dhanashree Lekurwale



Garlanding the portraits of Tathagat Gautam Buddha and Dr. Baba Saheb Ambedkar



Lecture by Ms. Dhanashree Lekurwale



Participants performing ASANAS



Ms. Dhanashree Lekurwale performing YOGA



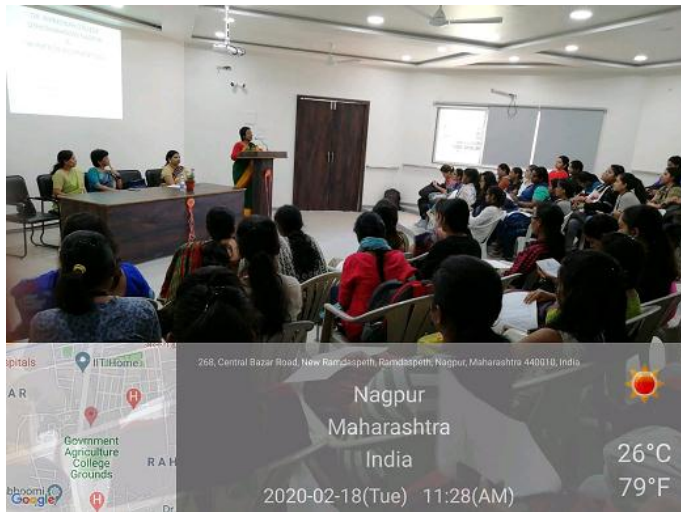
Audience at the second day of workshop



Dr. Sadhana Kanoje Umare giving lecture on nutrition



Dignitaries on the dias



Dr. Sadhana Kanoje Umare addressing the participants



Participants of the workshop