

Annual Report (2021-22)

W.U.S. and Health Awareness Committee

W.U. S. and Health Awareness Committee under the convenorship of Dr. Stuti Gupta had organized many activities in the year 2021-22. The committee had conducted an Intra College Power Point Competition on the topic “**A healthy mind in a healthy body during Covid times.**” Or “**Work from Home during COVID Times: Mental Pressure and Impact**”. It was followed by the webinar on “**Waste Material Segregation**” by Mr. Ashish Jain, Director, IPCA (Indian Pollution Control Association). Finally, first time the committee had organized the Inter-College Fest **HEALTH-O-TSAV**. The various events under this were:

- a) A Webinar, in association with IQAC, by Dr Mina Chandra on “**Mental Health During COVID Times**”.
- b) Group Discussion on the topic “**Yoga vs New Era Gym**”.
- c) Video Making Competition on “Mental Stress: Coping Mechanism”
- d) Quiz: “**SPEC-WALLET**”