



# KVA DAV COLLEGE FOR WOMEN, KARNAL

Directly Managed by DAV College Managing Committee, New Delhi  
Affiliated to Kurukshetra University, Kurukshetra (A++ Grade)  
Affiliated with UGC 12(B) 2(f), Re-accredited 'A' Grade by NAAC

## DEPARTMENT OF HOME SCIENCE

(UNDER THE AEGIS OF IQAC)

IN COLLABORATION WITH

TOTAL NUTRITION- DIET CLINIC, YAMUNANAGAR, HARYANA  
ORGANISES

## ONE DAY INTERNATIONAL WORKSHOP (ONLINE)

ON

## MINDFUL EATING FOR HEALTHY LIFESTYLE

12th March, 2024 at 4:30pm/IST



### EMINENT SPEAKERS:



**Dr. Tarvinderjeet Kaur**  
Professor & Chairperson,  
Department of Home Science,  
Kurukshetra University, Kurukshetra



**Dr. Avantina Sharma Bhandari**  
Wellness Advisor  
The Hague, The Netherlands



**Dt. Chitra**  
Founder Director  
Total Nutrition- Diet Clinic  
Yamunanagar, Haryana

## Guidelines:

1. The workshop will be conducted in the evening according to IST, in an online mode.
2. No Registration fee will be required.
3. Limited seats and will be filled on a first-come, first-served basis.
4. After Registration, please join the whatsapp group for further communication.
5. The details of workshop will be sent to all the registered participants via whatsapp group.
6. E-certificates will be provided to all the registered participants who attend the workshop and fill the Feedback Form.
7. Link to Register for the Workshop:  
<https://forms.gle/97GgAKv3yZxR6tR56>
8. For any query, please contact: 9416950554, 8708481405



**Meenu Sharma**  
Principal (Offg.)  
Patron

**Dt. Chitra**  
Founder Director,  
Total Nutrition  
Diet Clinic, YNR, Haryana  
Co-Patron

**Ms. Lakhwinder Kaur**  
Head, Dept. of Home Science  
Convener

**Dr. Anju Narwal**  
**Dr. Monika Saini**  
Co-ordinators

### ORGANIZING SECRETARIES :

**Ms. Mani, Ms. Sushmita,**  
**Ms. Apoorva**

### ORGANIZING COMMITTEE :

**Ms. Himani, Ms. Preety,**  
**Ms. Amandeep Kaur, Ms. Shally**  
**Ms. Reena Gupta, Ms. Rina,**  
**Ms. Riya, , Ms. Sunaina,**  
**Ms. Vaishali, Ms. Tarjeet kaur**

## **Mindful Eating for Healthy Lifestyle**

The Department of Home Science (under the aegis of IQAC), KVA DAV College for Women, Karnal, organized a one day International workshop on 12th March 2024 (online) at 4:30pm IST in collaboration with Total Nutrition- Diet Clinic, Yamunanagar. The topic of the workshop was “Mindful Eating for Healthy Lifestyle”.

Dr. Anju Narwal initiated the workshop with a welcome note. Formal welcome speech was given by IQAC co-ordinator Dr. Manju Singh. The theme of the workshop was introduced by convener Ms. Lakhwinder Kaur, Head of Department of Home Science.

Dr. Tarvinderjeet Kaur, Professor and Chairperson, Department of Home Science, Kurukshetra University, Kurukshetra, the first resource person spoke on the topic- Menopause: How to live healthy. She talked about nutrients, diet and exercise for a healthy life in menopause phase.

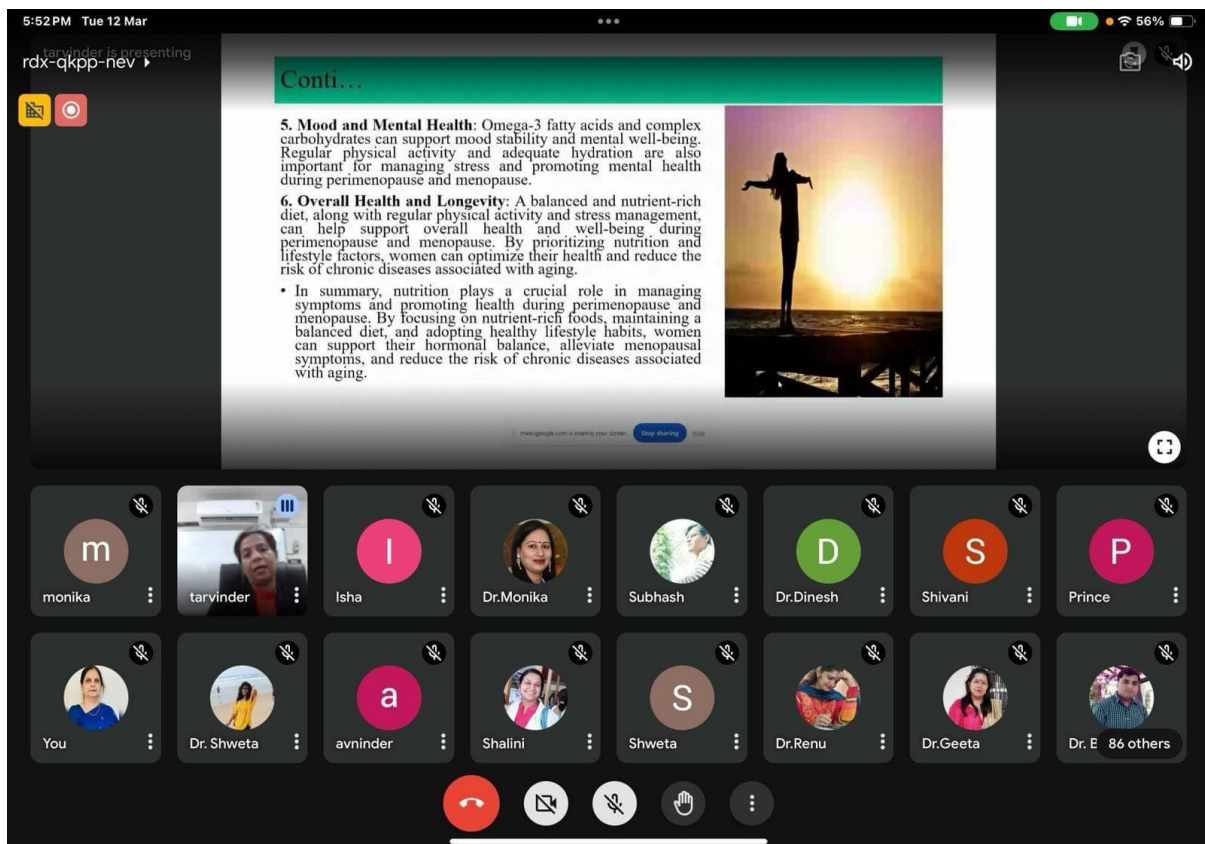
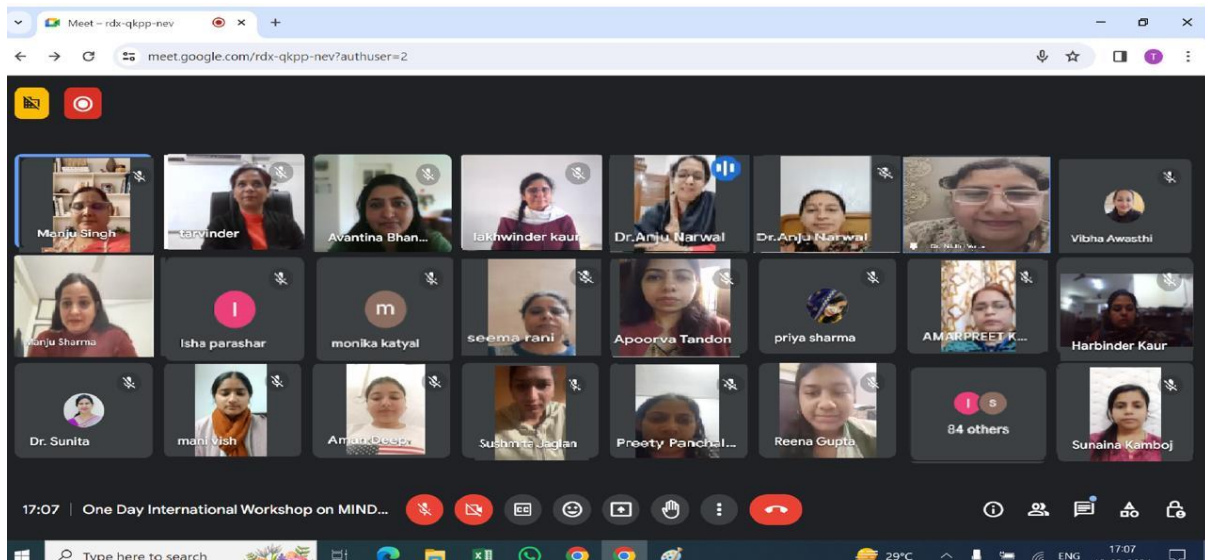
The second resource person, Dr. Avantina Sharma Bhandari, Wellness Advisor, The Hague, The Netherlands spoke on the topic- Feeding the Soul- Nourishing Your body and Mind with Mindful Eating for a Vibrant Healthy Lifestyle. She talked about the connection of food, mind and emotional well being and guilt free eating.

Participants in good numbers from around the world joined the workshop. Few participants shared their feedback about the workshop, focusing how informative the session was to them.

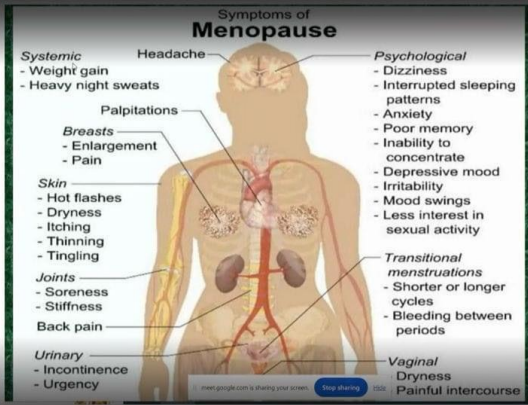
The workshop ended with a Thank you note from Dr. Monika Saini with huge appreciation messages from the participants.

Principal ma'am Ms. Meenu Sharma encouraged to conduct more of such workshops in the future. Head of Department Ms. Lakhwinder Kaur along with

faculties Ms Mani, Ms Sushmita, Ms Himani, Ms Preety, Ms Apoorva, Ms Reena, Ms Amandeep Kaur, Ms Riya, Ms Shally, Ms Sunaina, Ms Vaishali, Ms Rina and Ms Tarjeet Kaur together successfully completed this workshop.



tarvinder is presenting rdx-qkpp-nev



monika, tarvinder, Isha, Dr.Monika, AKANKSHA, prerna, Mandip, AKRITI, You, Shweta, avninder, mani, Nutrition, Aman, Nandini Kap..., lakh' 78 others

tarvinder is presenting rdx-qkpp-nev

### Phytoestrogens and Their Potential Role in Managing Menopausal Symptoms

- Phytoestrogens** are naturally occurring plant compounds that have a similar structure to estrogen, the primary female sex hormone. Although they are not identical to human estrogen, phytoestrogens can bind to estrogen receptors in the body and exert weak estrogenic effects.
- Types of Phytoestrogens:** The two main types of phytoestrogens are isoflavones and lignans. Isoflavones are found primarily in soybeans and soy products, while lignans are abundant in flaxseeds, sesame seeds, and whole grains.
- Potential Role in Managing Menopausal Symptoms:** Phytoestrogens have gained attention for their potential role in managing menopausal symptoms, such as hot flashes, night sweats, vaginal dryness, and mood swings. Although research findings are mixed, some studies suggest that phytoestrogens may help alleviate menopausal symptoms by exerting mild estrogenic effects in the body.
- Estrogenic Effects:** Phytoestrogens can bind to estrogen receptors in tissues throughout the body, including the brain, bones, and reproductive organs. By mimicking the effects of estrogen, phytoestrogens may help maintain hormonal balance and alleviate symptoms associated with estrogen deficiency during menopause.
- Antioxidant and Anti-inflammatory Properties:** In addition to their estrogenic effects, phytoestrogens possess antioxidant and anti-inflammatory properties, which may further contribute to their potential benefits for menopausal health.

#### FOODS HIGH IN PHYTOESTROGENS

monika, tarvinder, Isha, Dr.Monika, seema, Ms. Swati, dr.ragini, lakhwinder, You, Subhash, avninder, mani, Vibha, Pawan Deep, AMARPREET, Nan' 90 others