

## Health Camp on September 28, 2015

**Innovation Project SHC-311**  
Organizes  
*Health Camp on Lifestyle Disorders*  
(September 28, 2015)  
**InnerScan**  
**BODY COMPOSITION MONITOR**

1. Body Weight
2. Subcutaneous Fat
3. Skeletal Muscle
4. Body Fat Percentage

**Interpreting the Body Fat Percentage Result**

MALE	FEMALE
20% or more and less than 25% 25% or more and less than 30% 30% or more and less than 35% 35% or more and less than 40%	20% or more and less than 25% 25% or more and less than 30% 30% or more and less than 35% 35% or more and less than 40%

5. Skeletal Muscle Percentage

**Interpreting the Skeletal Muscle Percentage Result (for adults)**

Gender	(Low)	(Normal)	(High)	(Very High)
Female	5.0-20.8	20.9-27.4	27.5-34.0	34.1-40.0
Male	9.0-32.9	33.0-35.7	35.8-37.3	37.4-40.0

6. Segmental Subcutaneous Fat
7. Body Age
8. Resting Metabolism
9. BMI

**Interpreting the BMI Result**

BMI	Classification (by the WHO)
Less than 18.5	Underweight
18.5 or more and less than 25	Normal
25 or more and less than 30	Overweight
30 or more	Obese

10. Visceral Fat

**Interpreting the Visceral Fat Level Result**

Visceral Fat Level	Level Classification
0.0 - 9.9	0 (Normal)
10.0 - 14.9	+ (High)
15.0 - 20.0	++ (Very High)

Tests: Hemoglobin, Blood Sugar, Lipid profile, TSH, Calcium and Bone Density

## World Health Day celebration on April 7, 2016

**Shivaji College**  
(NAAC Accredited "A" Grade)  
University of Delhi  
**Innovation Project SHC-311**  
*Celebrates*  
*The World Health Day 2016*  
on 7 April, 2016  
**InnerScan**  
**BODY COMPOSITION MONITOR**

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MALE	FEMALE
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0.0 - 9.9	0 (Normal)
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## World Asthma Day on May 3, 2016

**Shivaji College**  
(NAAC Accredited "A" Grade)  
University of Delhi  
**Innovation Project SHC-311**  
*Celebrates*  
*World Asthma Day*  
3rd May, 2016  
**Breathe Easy Camp**

Dr. T. Chumbak

Dr. Darshan Malik  
Dr. Ankita Dua  
Ms. Jayita Thakur

**Health Mela, Free Health Check Up, Organized by Shivaji College in coordination with West District Legal Services Authority on October 31, 2018**







**International Yoga Day, June 21, 2019**




**Webinar on immunity and nutrition on April 22, 2020**



## Webinar on handle COVID-19 with positive approach on April 25,2020



**International Webinar on Psychological well being and Covid-19: an internal journey**  
**May 7, 2020**



# WOMEN DEVELOPMENT CELL

## SHIVAJI COLLEGE (NAAC Accredited Grade "A") University of Delhi

PRESENTS


## WEBINAR

(UNDER THE AEGIS OF IQAC)


ON

## PSYCHOLOGICAL WELL-BEING AND COVID-19: AN INTERNAL JOURNEY


SPEAKERS




**DR. SHWETA K. SARIN**  
Director, Institute of Women and Gender Studies  
University of Delhi, India



**DR. SHASHI GOYAL**  
(Member of Ontario Psychological Association)  
Clinic of Anti-Cranial Psychology, Canada



**DR. E. ARAVIND RAJ**  
Department of Psychiatric Social Work  
NIMHANS, Bangalore, India



**DR. MEENA RATHEE**  
Deputy Commissioner, New Jersey Department of Health  
Trenton, New Jersey, US

**Date : May 07, 2020 (Thursday)**

Link for registration : <https://docs.google.com/forms/d/e/1FAIpQLSd1Lo69lPvUd06CwLwEXmcXR1NCGLQmRuvQ7V7fnQ/viewform>

Last date for registration: May 06, 2020

**Time : 3.00 - 5.00 PM**

E-Certificates will be given to all participants.

**DR. SUNITA SINGH**  
WDC CONVENER

**DR. RASHMI WARDHAN**  
CONVENER, IQAC

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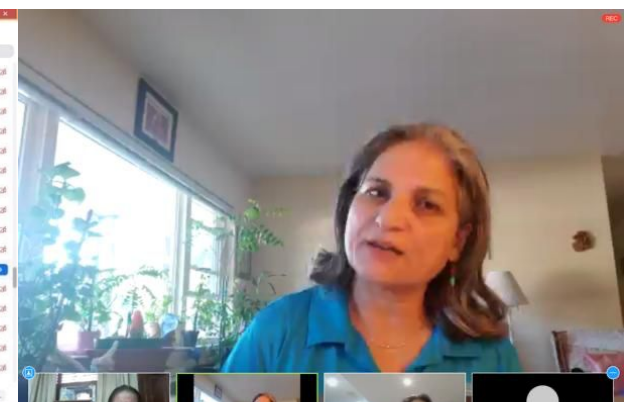
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CONVENER, IQAC





**Webinar on Mind matters - Coping with stress May 11, 2020**  
**Webinar on reviving post pandemic:opportunities and impediments on May 16,2020**



**WOMEN DEVELOPMENT CELL**  
**SHIVAJI COLLEGE**  
(NAAC Accredited Grade "A")  
University of Delhi

**PRESENTS**  
**WEBINAR**  
(UNDER THE AEGIS OF IQAC)

**ON**  
**MIND MATTERS - COPING WITH STRESS**



**DR. VIRAT CHIRANIA**  
TEDx Speaker, Life Coach & International Art of Living Faculty

Date: May 11, 2020 (Monday) Time : 11.00 AM

Link for registration: <https://forms.gle/PqaDLghBi3temzVWA>

Last date for registration: May 10, 2020 E-Certificates will be given to all participants.

**DR. SUNITA SINGH**  
WDC CONVENER

**DR. RASHMI WARDHAN**  
CONVENER, IQAC

**DR. SHIV KUMAR SAHDEV**  
ACTING PRINCIPAL




**Shivaji College**  
 Accredited by NAAC with 'A' Grade  
 UNIVERSITY OF DELHI  





**NATIONAL SERVICE SCHEME**  
*Under the aegis of IQAC*  
 presents  
 A WEBINAR  
 ON  
**Reviving Post Pandemic:  
 Opportunities and Impediments**

  
**Dr. Garima Gupta**  
*Associate Professor  
 Faculty of Management Studies  
 University of Delhi*


WEBINAR	
Date	May 16, 2020
Time	11:00 AM
Platform	ZOOM

**Dr. Ruchira Dhingra**  
 PROGRAM OFFICER
 
**Dr. Shiv Kumar Sahdev**  
 PRINCIPAL (ACTING)

Webinar on online power yoga sessions on June 19-21,2020



**Shivaji College**  
 ACCREDITED BY NAAC WITH 'A' GRADE  
 University of Delhi  


**National Service Scheme**  
 presents  
**ONLINE POWER YOGA SESSIONS**  
*Under the aegis of IQAC*  
 On  
**Occasion of  
 International Yoga Day**  
 By

  
**Shri Umesh Ji**  
 YSS Pramukh

DATE	:	19, 20 & 21 JUNE, 2020
TIME	:	4:00 PM TO 5:30 PM
PLATFORM	:	ZOOM

**DR. RUCHIRA DHINGRA**  
 PROGRAM OFFICER
 
**DR. SHIV KUMAR SAHDEV**  
 PRINCIPAL

Webinar on “Surviving the Pandemic Crisis: Stress and Lifestyle Management” on June 24,2020



**Shivaji College**  
ACCREDITED BY NAAC WITH 'A' GRADE  
**University of Delhi**  
**National Service Scheme**  
*Under the aegis of IQAC*  
presents  
**INTERNATIONAL WEBINAR**  
On  
**Surviving the Pandemic Crisis:  
Stress and Lifestyle Management**  
Our honorable speakers

Dr. Ravinder Mehta  
Professor and Physician, Weill  
Cornell Medical College  
New York, Qatar

Dr. Manish Verma  
Consultant Physician  
and Geriatrician  
New Delhi

DATE	:	JUNE 27, 2020
TIME	:	12:30 PM (IST)
PLATFORM	:	ZOOM

● Limited number of seats      ● E certificates will be provided

Webinar on “Importance of Soft Skills in Post Covid Era” on July 6, 2020



**MAKE ME BUILDER**  
enactus  
SHIVAJI COLLEGE  
In collaboration with

JOIN OUR NEXT WEBINAR  
**IMPORTANCE OF  
SOFT SKILLS IN  
POST COVID ERA**



 July 6, 2020  3:30 PM

PLATFORM: ZOOM  
**Register NOW!**

  
**Mr. Mukul Goel**  
FOUNDER OF MAKE ME BUILDER

<https://mub.me/39C>  FOR QUERIES CONTACT  
SMDITI 8700265450

## Health through Yoga, Meditation and Physical Activity on July 6-17, 2020



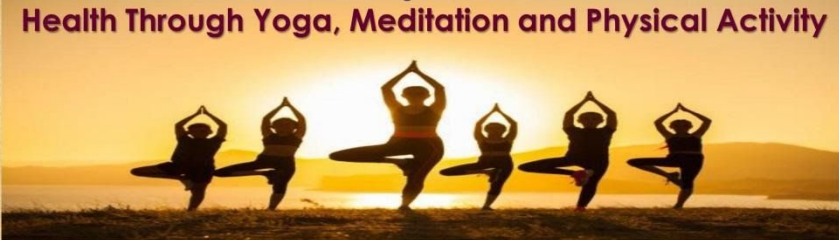
# SHIVAJI COLLEGE

NAAC ACCREDITED GRADE "A"  
UNIVERSITY OF DELHI

## NATIONAL SERVICE SCHEME

In collaboration with  
DEPARTMENT OF PHYSICAL EDUCATION  
Under the aegis of IQAC  
Organizes

### Health Through Yoga, Meditation and Physical Activity



- ❖ No Registration fee
- ❖ E- certificates to participants
- ❖ Timings: 4:00-4:30 p.m.
- ❖ Date of Commencement: 06-07-2020
- ❖ Last Date and Time of Registration: 05-07-2020 by 5 p.m.
- ❖ Platform: ZOOM

DR. RUCHIRA DHINGRA  
Programme officer

DR. SHIV KUMAR SAHDEV  
Principal

## Webinar on "Stress Management in the times of Covid-19 Pandemic" on July 22, 2020



## WOMEN'S DEVELOPMENT CELL

### SHIVAJI COLLEGE

Accredited by NAAC with 'A' Grade  
University of Delhi

organises

## A WEBINAR ON

(Under the Aegis of IQAC)

# Stress Management in the Times of Covid-19 Pandemic

SPEAKER  
**DR. RAJESH NAGPAL**

Neuropsychiatrist & Psychotherapist, Manobal Klinik  
Director, Behavioural & Neurosciences Academy of India



**JULY 22, 2020**  
**11:30 AM**  
**ZOOM PLATFORM**

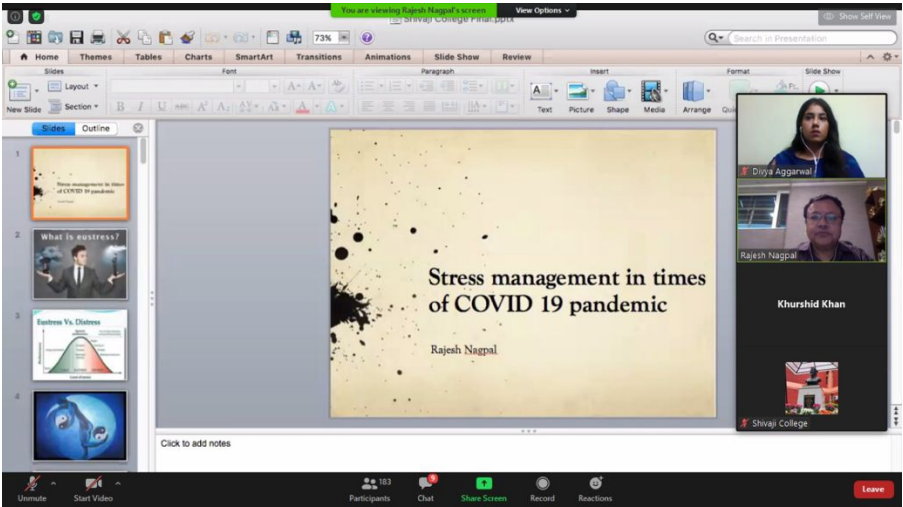
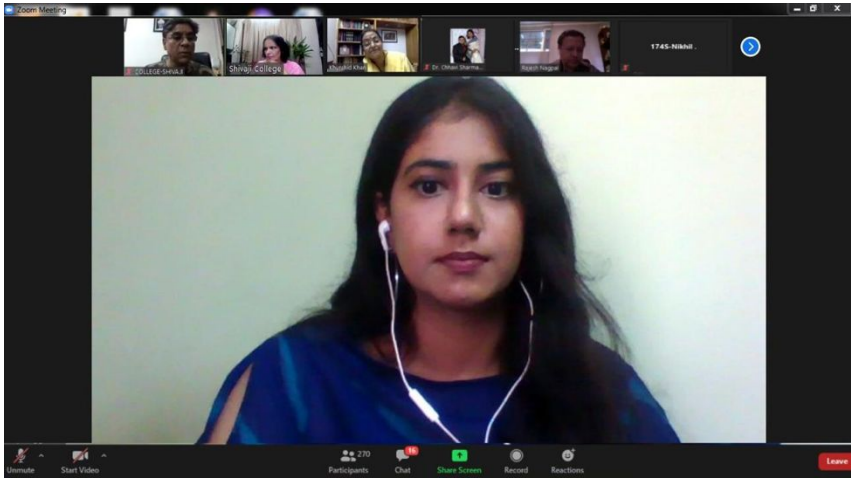
**Registration link-**  
<https://forms.gle/g4srjH8iGgPmXij7A>

Kindly register at the earliest.  
E-Certificates will be provided to participants.

For queries contact - Divya(President)- 9711587057; Sonakshi(Vice President)- 7060148521

<b>DR. SUNITA SINGH</b> CONVENER, WDC	<b>DR. RASHMI WARDHAN</b> CONVENER, IQAC	<b>DR. SHIV KUMAR SAHDEV</b> PRINCIPAL
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**Webinar on “Subconscious Mind and Behavior” on July 25, 2020**



SHIVAJI COLLEGE  
Accredited by NAAC with 'A' Grade  
UNIVERSITY OF DELHI  
NATIONAL SERVICE SCHEME  
presents  
**WEBINAR**  
(Under the aegis of IQAC)  
on  
**SUBCONSCIOUS MIND  
AND BEHAVIOUR**

  
**Prof. (Dr.) Manju Agrawal**  
Dean Student Welfare  
Professor of Psychology  
Amity University, Lucknow Campus

**DATE | JULY 25, 2020**  
**TIME | 05:00 PM**  
**PLATFORM | ZOOM**

**DR. RUCHIRA DHINGRA**  
Programme Officer

**DR. SHIV KUMAR SAHDEV**  
Principal

**Webinar on “Knowing Mental illness and Fighting Stigma” on September 4, 2020**



Shivaji College  
Accredited by NAAC with 'A' Grade  
University of Delhi  
National Service Scheme  
Presents  
**A WEBINAR**  
(Under the aegis of IQAC)  
on  
**'Knowing Mental Illness  
and Fighting Stigma'**  
Under the series  
**AAROGYA: Essence of Healthy India**



  
**Dr. Harshit Garg**  
(M.D. AIIMS)  
Consultant Psychiatrist

 **4th September 2020**  
 **6:00 PM**  
 **Zoom**



**Dr. Ruchira Dhingra**  
Programme Officer

 /nssshivaji

**Dr. Shiv Kumar Sahdev**  
Principal

Webinar on “Cancer Awareness and Healthy Lifestyle”, September 22, 2020



**Shivaji College**  
Accredited by NAAC with 'A' Grade  
**University of Delhi**  
**National Service Scheme**  
Presents  
A Webinar in collaboration with **SAHJEEVNI**  
(Under the aegis of IQAC)  
on  
**Cancer Awareness and Healthy Lifestyle**  
On the occasion of  
**World Rose Day**  
Under the series  
**AAROGYA: Essence of Healthy India**

  
**Miss Sumki Begum**  
Program Co-ordinator  
SLBC (Outreach)

 **22 September 2020**  
 **4:00 PM**  
 **Zoom**



**World Rose Day**  
(Welfare of Cancer Patients)

**Dr. Ruchira Dhingra**  
Programme Officer

 /nssshivaji

**Dr. Shiv Kumar Sahdev**  
Principal

Webinar on “Migrane Vs Headache:Myths, Precautions and Treatment” on October 10, 2020



**Shivaji College**  
Accredited by NAAC with 'A' Grade  
**University of Delhi**  
**National Service Scheme**  
Presents  
**A WEBINAR**  
(Under the aegis of IQAC)  
on  
**Migraine vs Headache:  
Myths, Precautions and Treatment**  
Under the series  
**AAROGYA: Essence of Healthy India**



  
**Dr. Rahul Jain**  
Senior Consultant and  
Head of Department  
Columbia Asia Hospital

 **10 October 2020**  
 **4:30 PM**  
 **Zoom**



**Dr. Ruchira Dhingra**  
Programme Officer

 /nssshivaji

**Dr. Shiv Kumar Sahdev**  
Principal