



# SHIVAJI COLLEGE

University of Delhi

NAAC Accredited 'A' Grade

## Department of Zoology

(under the aegis of DBT sponsored Star College Scheme)

organises

## Summer Training Program

on

"Healthy living under the Lens : Summer Training on Lifestyle Disorders"

(27th June – 04th July, 2025)



Last date for registration  
26 June, 2025; 12 PM

No registration fees. Limited  
seats are available.

Selected students will be informed through their  
registered Email ID. Certificates will be issued after  
the successful completion of the Training Program.

**Prof. Deepika Yadav**  
Convener, DBT Star College Scheme

**Ms. Nimita Kant**  
Teacher-in- Charge & Co-Convener, DBT Star College Scheme

**Dr. Jitendra K. Chaudhary**  
**Dr. Ankita Dua**  
Co-Conveners, DBT Star College Scheme

**Organizing Team**  
Faculty members of Department of  
Zoology

**Prof. Virender Bhardwaj**  
Patron

# "Healthy living under the Lens : Summer Training on Lifestyle Disorders"



## Learning Outcomes :

- Understanding lifestyle disorders with the common examples such as obesity, type 2 diabetes, hypertension, and stress-related disorders
- Learn to interpret basic health parameters such as BMI, blood pressure, blood glucose level profiles
- Conduct experiments like hemolytic assay and data analysis related to human health and lifestyle choices using laboratory and/or digital tools
- Evaluate the impact of nutrition, physical activity, sleep and mental well-being on disease prevention and management
- Integrate knowledge from biology, biochemistry, psychology, and nutrition sciences to understand and address lifestyle disorders
- Reflect on personal lifestyle habits and implement changes based on learnings to promote long-term health and well-being

Link for Registration:

<https://forms.gle/dFhYphfoSHZTz9oM8>



Eligibility: UG, PG and PhD  
Students