



# 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

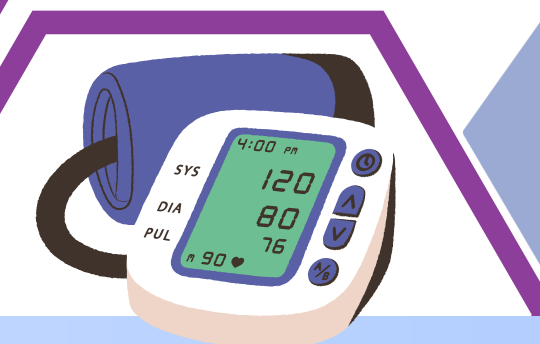
**“Tools and Techniques for assessing basic health parameters and making healthy life style choices”**

**(2<sup>nd</sup> – 10<sup>th</sup> July, 2024)**

Last date for registration  
30<sup>th</sup> June, 2024

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.



Ms. Nimita Kant  
Dr. Jitendra K. Chaudhary  
Dr. Ankita Dua

CO-CONVENERS, DBT STAR COLLEGE SCHEME  
(DEPARTMENT OF ZOOLOGY)

Dr Deepika Yadav

TEACHER-IN-CHARGE

CONVENER, DBT STAR COLLEGE SCHEME  
(DEPARTMENT OF ZOOLOGY)

Department of Zoology  
ORGANISING TEAM

Prof. Virender Bhardwaj  
Principal  
(PATRON)

# “Tools and Techniques for assessing basic health parameters and making healthy life style choices”



## Learning Outcomes :

Link for Registration:  
<https://forms.gle/sNLvTR1y515em2uW9>

- Understand the relationship between dietary preferences and common health issues
- Master techniques for accurate anthropometric measurements and interpret the data to evaluate health status
- Evaluate the environmental impact of various food choices & promote sustainable food choices
- Understand the principles and importance of water quality testing
- Self-Assessment of Healthy Food Choices Based on Food Labels
- Understand the use of the Hamilton Depression Rating Scale (HDRS) for assessment of mental health
- Understand the principles of epidemiology in lifestyle and health research



Eligibility: UG/PG Students