

# DEPARTMENT OF HISTORY

## SEMINAR REPORT

### Seminar on: “Hormone Health through Nutrition and Lifestyles”

**Date:** 24 February 2026

**Venue:** Smart Classroom, Old Academic Building–01, Rama Devi Women’s University (RDWU)

The Department of History, Rama Devi Women’s University, organized a seminar on “**Hormone Health through Nutrition and Lifestyles**” on 24th February 2026. The distinguished resource person for the seminar was **Dt. Avinash Kaur**, a renowned nutritionist and expert in health and lifestyle management.

### Objectives of the Seminar

1. To create awareness among students about the importance of hormonal balance for overall health and well-being.
2. To provide systematic knowledge about the role of nutrition in maintaining hormone health.
3. To guide students in adopting healthy lifestyle practices for preventing hormonal disorders and improving physical and mental health.

### Proceedings of the Seminar

The seminar commenced at **10:30 AM** in the Smart Classroom, Old Academic Building–01, RDWU. The esteemed guest, Dt. Avinash Kaur, arrived at the venue along with the faculty members of the Department of History and was warmly welcomed by the students and staff.

The session began with an introductory address by **Mr. Paramjit Singh**, who highlighted the professional achievements, expertise, and contributions of Dt. Avinash Kaur in the field of nutrition and health management. After the formal introduction, the session was handed over to the resource person to deliver her lecture.

Dt. Avinash Kaur began her presentation by explaining the concept of **hormones** and their crucial role in regulating various bodily functions such as metabolism, growth, mood, sleep, and reproductive health. She discussed how modern lifestyle patterns, stress, irregular eating habits, and lack of physical activity can disturb hormonal balance.

She emphasized the importance of:

- Balanced and nutrient-rich diet
- Regular physical activity
- Adequate sleep
- Stress management techniques
- Avoidance of processed and junk foods

The speaker also explained common hormonal issues such as thyroid imbalance, PCOS, diabetes, and stress-related disorders. She provided practical dietary suggestions and lifestyle modifications that students can adopt in their daily routines to maintain hormonal health.

The session was highly interactive. Students actively participated by asking questions regarding diet plans, weight management, menstrual health, and stress control. Dt. Avinash Kaur addressed their queries patiently and provided practical, easy-to-follow guidance.

The seminar concluded with an engaging Question-and-Answer session, which greatly enhanced students' awareness and understanding of health and nutrition.

### **Learning Outcomes**

By the end of the seminar, students:

- Gained awareness about the importance of hormonal health.
- Understood the connection between nutrition and hormonal balance.
- Learned practical lifestyle changes to improve overall well-being.
- Developed a sense of responsibility towards maintaining a healthy routine.

The seminar proved to be informative, practical, and beneficial for all participants.

### **Conclusion**


At the end of the session, the distinguished guest was felicitated and presented with a sapling as a token of appreciation and respect from the Department of History.

Finally, **Dr. Jitendra Suna**, Senior Faculty Member of the Department of History, delivered the Vote of Thanks, expressing sincere gratitude to Dt. Avinash Kaur for her insightful and informative lecture and to everyone who contributed to making the seminar a grand success.

The program concluded on a positive and appreciative note.

Seminar Photos and Attendance

**Rama Devi Women's University**  
DEPARTMENT OF HISTORY



Dietitians know how to bring it!



**BALANCE**

***Dr. Avinash kaur***  
RENOWNED DIETICIAN AND WELLNESS COACH

**Topic: Hormone Health Through Nutrition and lifestyles**

**24 | FEB | 2026**  
(Smart Classroom)  
Old Academic Building 1



Topic → Hormone Health Through Nutrition And Lifestyles

By - Dr. Avinash Kaur  
Time - 11:00 AM

Date - 24.02.2026

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