

INSTITUTE OF HOTEL MANAGEMENT GWALIOR

June 2021 ACTIVITY under EK BHARAT SHRESHTHA BHARAT

SI No .	Name of the CIHM	Day of the Activity	Actual Activity	Details of the Activity	Paired states	No. Attendees	Any other relevant information
1	IHM Gwalior	21st June, 2021	Online session on “Essence of yoga and regional cuisine as an immunity booster”	<p>IHM Gwalior Organised an online session on “Essence of yoga and regional cuisine as an immunity booster”</p> <p>on Google meet from 9:00 AM to 10:00 AM</p>	Manipur and Nagaland	47	<p>IHM Gwalior has organised a webinar on google meet on the occasion of “International Yoga Day”. The idea behind the online session was to promote the art and science of yoga and the yoga meals which is locally available in Madhya Pradesh, Manipur and Nagaland</p> <p>Also, the webinar focuses on the diets that a person should consume while practising the yoga.</p> <p>Resource persons:</p> <ol style="list-style-type: none"> 1. Chef Feroz Khan (Lecturer, IHM Gwalior) 2. Shikha Dixit (Yoga expert, L.N. Birla Yoga and Naturopathy center)

एक भारत श्रेष्ठ भारत
IIM GWALIOR
 in association with
INDIA TOURISM INDORE
 Invites you to join
 Webinar
 on
**ESSENCE OF YOGA AND REGIONAL
 CUISINE AS IMMUNITY BOOSTER**

International Day of Yoga

Keynote speakers

Chef Feroz Khan
 Lecturer, IIM Gwalior

Ms. Shikha Dixit
 Yoga Instructor

21st June, 2021
 9:00 AM

meet.google.com/fvz-hbzu-sgz

E-poster for event



Principal of IIM Gwalior addressing the participants

YOGA DIET FOOD CHOICE

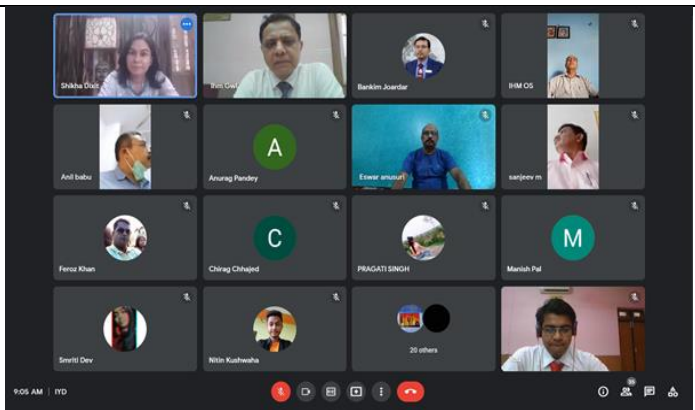
Since our minds and bodies must be properly nourished to remain alert and energetic, the practice of yoga should be coupled with eating the right and avoiding the wrong kind of foods.

- SATWIC**
 - Fresh fruits and vegetables, salads, fresh fruit juices, cereals, herbal tea, dry fruits, nuts, honey
- SORHIC**
 - Chilies, salt, fish, chocolate, eggs
- RAJASIC**
 - Spicy herbs, coffee, oils, refined sugars
- TAMASIC**
 - Meat, fried foods, alcohol, garlic, onions, junk food, frozen foods and preservatives

Yoga and its important diets



A yoga demonstration by Ms. Shikha Dixit at the webinar



A grid view of the participants



Chef Feroz Khan explaining about the dishes from Madhya Pradesh and Manipur that can be utilise as a yoga diet

