



## MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical  
Education Society) Affiliated to GGSIP  
University; Recognized u/s 2(f) of UGC  
NAAC Accredited with Grade "A++"

Recognized by Bar Council of India; ISO 9001: 2015  
Certified Institution Maharaja Agrasen Chowk, Sector 22,  
Rohini, Delhi - 110086, INDIA Tel. Office: 8448186947,  
8448186950 - www.maims.ac.in

### DEPARTMENT OF COMMERCE

**Email:** hodcommerce@maims.ac.in

**Prof. (Dr.) Manju Gupta**

**Ph:** +91 9811871455

**Head, Department of Commerce**  
Monday, 6<sup>th</sup> April, 2026

### NOURISH TO FLOURISH SESSION

Academic Year: 2025-26

**Name of Event:** Nourish to flourish: Managing Stress Through Diet Session

**Organized by:** Department of Commerce, MAIMS

**Convener:** Ms. Diksha Singh, Assistant Professor, Department of Commerce

**Date of the Event:** 6<sup>th</sup> April, 2026

**Time of the Event:** 12:00 PM – 1:00 PM

**Location:** Room No. 984, 9th Block

**Number of Participants:** 50

#### **About the Workshop**

The Department of Commerce, Maharaja Agrasen Institute of Management Studies (MAIMS), organized a session entitled "Nourish to flourish: Managing Stress Through Diet" on Monday 6<sup>th</sup> April, 2026, with the objective to educate students on healthy dietary habits for improved well-being while equipping them with practical strategies for effective stress management. The session commenced with the formal felicitation of the resource person. The Head of the Department, Prof. (Dr.) Manju Gupta warmly welcomed Ms. Sonia Adlakha, Clinical Nutritionist and Academic Head and presented and felicitated them with mementos and saplings as a token of appreciation.

With her extensive expertise in clinical nutrition and functional medicine, Ms. Adlakha provided deep insights into the connection between diet, lifestyle and mental well-being. She explained how stress affects the body at a biochemical level and emphasized the importance of maintaining a balanced diet to regulate mood, energy levels and overall health.

During the session, she highlighted key areas such as stress-reducing nutrients, mindful eating and the role of holistic wellness practices. Special emphasis was laid on managing common lifestyle concerns such as anxiety, fatigue and hormonal imbalances through proper nutrition. To make the session more engaging and practical, real-life examples and case-based discussions were incorporated, enabling students to understand how small dietary changes can significantly improve mental health and productivity. The session also encouraged students to adopt sustainable lifestyle habits for long-term well-being.

The session proved to be highly interactive and insightful, with enthusiastic participation from students who actively engaged in discussions and raised queries related to diet planning, stress management and the adoption of a healthy lifestyle. The resource person addressed all queries with well-structured explanations, practical solutions and evidence-based insights, thereby enhancing the overall learning experience. The session successfully achieved its objective of creating awareness about the importance of nutrition in managing stress and promoting holistic well-being.

The programme concluded with a formal vote of thanks, wherein sincere gratitude was extended to the esteemed speaker for her valuable time, knowledge and guidance. The session left a lasting impact on the participants, encouraging them to adopt healthier dietary habits and incorporate effective stress management strategies into their daily lives.

## Glimpses of the Session



*Felicitation of Resource Person by Prof. (Dr.) Manju Gupta, HOD, Department of Commerce*



*Ms. Sonia Adhlakha addressing the students*



*Activity Session with Participants*