

Activity: Workshop on Health & Nutrition

Date: 24th June 2022

Time: 3pm to 5.00 pm

Location: ISME Campus

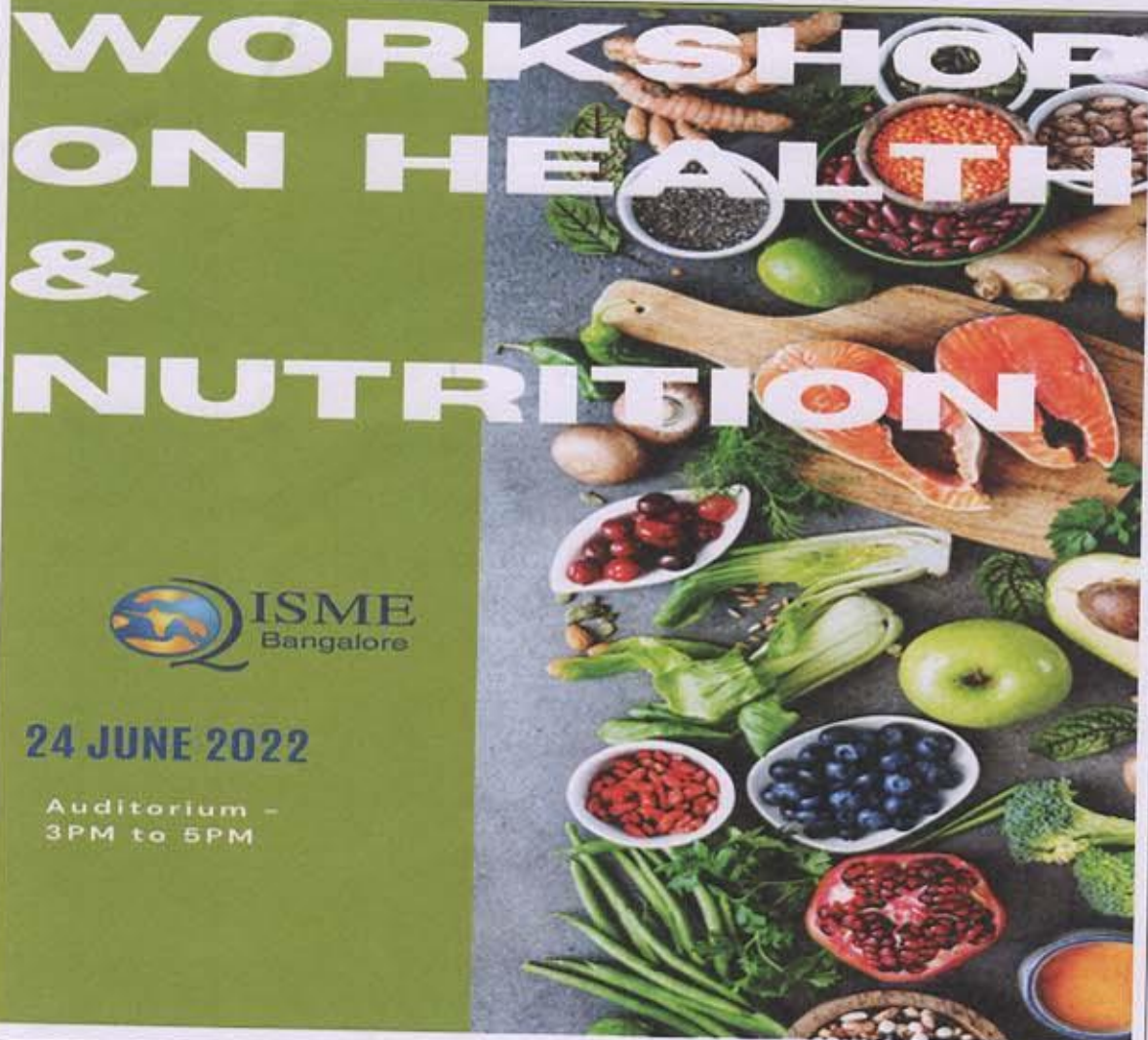
Resource Person(s): Students and Faculty members

Faculty In-charge: Prof. Sweta

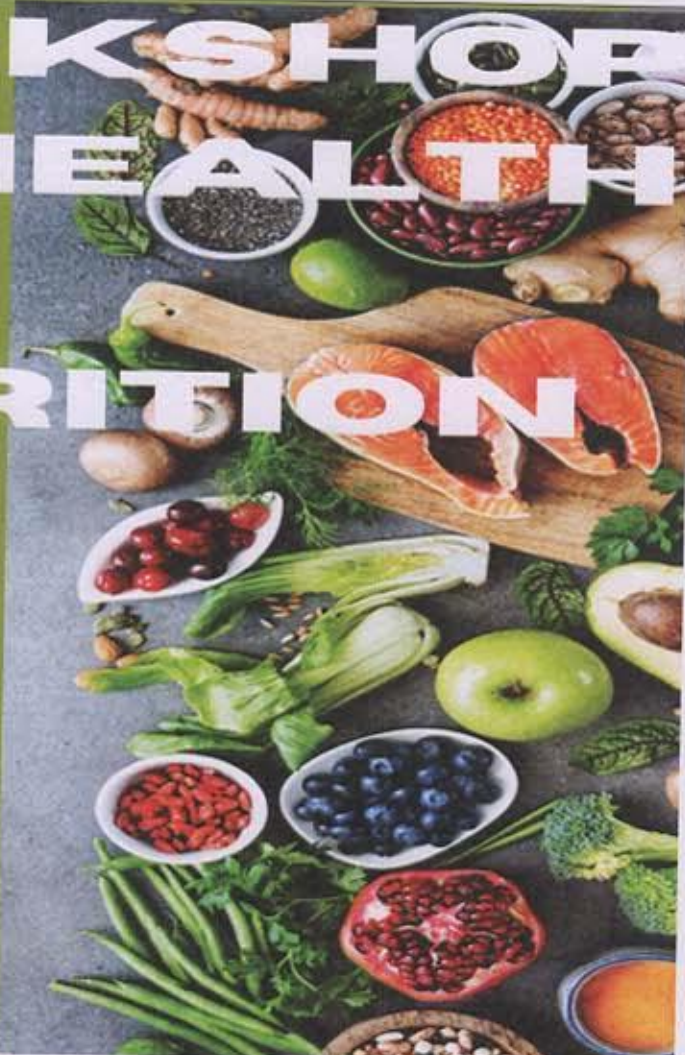
Student In-charge: Mr. Harshvardhan


No of students present: 100

Poster / Flyer / Notice



**WORKSHOP
ON HEALTH
&
NUTRITION**



 **ISME**
Bangalore

24 JUNE 2022

Auditorium -
3PM to 5PM

Event Report

Health Awareness Workshop Report: 24th June 2022

Overview

On June 24, 2022, a Health Awareness Workshop was organized for students at [School/College Name]. The event aimed to educate students on various aspects of health, wellness, and preventive care. The workshop featured sessions by healthcare professionals, interactive activities, and informational booths.

Objectives

1. **Health Education:** Provide comprehensive information on physical, mental, and emotional health.
2. **Preventive Care:** Promote the importance of regular health check-ups and preventive measures.
3. **Healthy Lifestyle:** Encourage students to adopt healthy habits and lifestyles.
4. **Mental Health Awareness:** Highlight the significance of mental well-being and available support systems.

Participants

- **Students:** Approximately 300 students from various grades/years.
- **Speakers:** A team of 5 healthcare professionals including doctors, nutritionists, and mental health counselors.
- **Organizers:** 10 student volunteers and 5 faculty members.
- **Partners:** Local health organizations and clinics.

Preparation

1. **Planning Committee:** A group of organizers planned the event logistics, including speaker invitations and activity coordination.
2. **Promotion:** Flyers, posters, and social media posts were used to promote the workshop and encourage attendance.
3. **Venue Setup:** Arrangements were made for a large auditorium, breakout rooms for specific sessions, and informational booths.
4. **Materials:** Health pamphlets, brochures, and wellness kits were prepared for distribution to participants.

Execution

- **Opening Session:** The workshop commenced at 9:00 AM with a welcome address by the principal and an overview of the day's agenda.
- **Keynote Speech:** A keynote address by Dr. Anusha Tandon, a renowned healthcare professional, on the importance of holistic health.
- **Interactive Sessions:**
 - **Physical Health:** Tips on nutrition, exercise, and regular medical check-ups.
 - **Mental Health:** Recognizing stress, anxiety, and coping mechanisms.
 - **Preventive Care:** Importance of vaccinations, hygiene, and regular screenings.
- **Breakout Activities:**
 - Yoga and mindfulness session.
 - Healthy cooking demonstration.
 - Interactive Q&A with mental health counselors.
- **Informational Booths:** Various booths providing information on topics like dental care, eye health, and substance abuse prevention.
- **Closing Session:** Summary of key takeaways and distribution of wellness kits.

Results

- **Attendance:** Over 300 students attended the workshop, showing high engagement.
- **Feedback:** Positive feedback from students and faculty, with many appreciating the interactive and informative nature of the sessions.
- **Awareness:** Increased awareness among students about the importance of maintaining both physical and mental health.
- **Commitment:** Many students expressed a commitment to adopting healthier lifestyle choices and seeking regular health check-ups.

Challenges

- **Time Management:** Ensuring all sessions and activities stayed within the scheduled time.
- **Engagement:** Keeping students engaged throughout the day required dynamic and interactive content.
- **Resource Availability:** Ensuring enough materials and resources for all participants.

Recommendations

1. **Follow-Up Workshops:** Organize follow-up workshops to delve deeper into specific health topics.
2. **Regular Events:** Schedule health awareness events regularly to maintain momentum and reinforce learning.
3. **Increased Collaboration:** Partner with more local health organizations to provide a wider range of expertise and resources.

4. **Student Involvement:** Increase student involvement in planning and organizing to better tailor content to their interests and needs.

Conclusion

The Health Awareness Workshop held on 24th June 2022 was a significant success, effectively educating students on crucial health topics and promoting a culture of wellness. The enthusiastic participation and positive feedback highlight the value of such initiatives. Future workshops can build on this foundation, providing continuous education and support to foster healthier lifestyles among students.

Geotagged Photographs with Caption



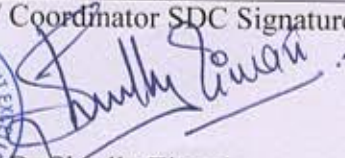
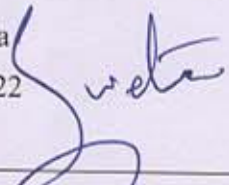
Health & Nutrition Workshop for students

List of Participants:

Name	Student Type	Present /Absent	Signature
Adithya Bharath Pravin(19I6C26001)	Under Graduate	Present	Adi
Anish Mittal (19I6C26004)	Under Graduate	Present	Anish
Aravapalli Venkata Satya Deep(19I6C26007)	Under Graduate	Present	Arav
Arya Behera (19I6C26010)	Under Graduate	Present	Arya
Ashika Polisetty (19I6C26042)	Under Graduate	Present	Ashika
Ashish K (19I6C26011)	Under Graduate	Present	Ashish
Bidyum Baruah (19I6C26016)	Under Graduate	Present	Bidyum
Chekri G(19I6C26018)	Under Graduate	Absent	
Dhanamanjuri Thangjam (19I6C26021)	Under Graduate	Present	Dhanamanjuri
Gajula Manogna (19I6C26022)	Under Graduate	Present	Gajula
Gaurav Kumar Gupta(19I6C26023)	Under Graduate	Present	Gaurav
Gotimayum Ishorchandra Sharma(19I6C26025)	Under Graduate	Absent	
Gummadi Praveen Kumar(19I6C26026)	Under Graduate	Present	Gummadi
Lakshya Jain S(19I6C26052)	Under Graduate	Present	Lakshya
Lourembam Bishorjit Singh(19I6C26032)	Under Graduate	Present	Lourembam
Nakka Lakshmi Prasad(19I6C26037)	Under Graduate	Present	N.Lakshmi
Nandini Ramanand (19I6C26038)	Under Graduate	Present	Nandini
Pragati C. (19I6C26044)	Under Graduate	Present	Pragati
Rainson Potshangbam (19I6C26046)	Under Graduate	Present	Rainson
Rishav Chakrabarti (19I6C26050)	Under Graduate	Present	Rishav
Ritesh Raman (19I6C26051)	Under Graduate	Present	Ritesh
Sai Sravya Mv(19I6C26033)	Under Graduate	Present	Sai Sravya
Shreya Kavitha (19I6C26054)	Under Graduate	Present	Shreya
Sohan Sainath Meraskar(19I6C26055)	Under Graduate	Absent	
Sujatha Vudatha (19I6C26060)	Under Graduate	Present	Sujatha
Tushar Jose (19I6C26057)	Under Graduate	Present	Tushar
Tushar Mishra (19I6C26058)	Under Graduate	Present	Tushar
Usha Bhargavi (19I6C26013)	Under Graduate	Present	Usha
Bani Kaur (19I6C26014)	Under Graduate	Present	Bani
Aishwarya Nityanand Jeeragi(19I6C26002)	Under Graduate	Present	Aishwarya
Ajani Dev Rajesh(19I6C26003)	Under Graduate	Present	Ajani
Anurag Gupta (19I6C26005)	Under Graduate	Present	Anurag

Apoorv Gupta (1916C26006)	Under Graduate	Present	
Arijit Chatterjee (1916C26008)	Under Graduate	Present	Arijit
Arpit Gupta (1916C26009)	Under Graduate	Present	
Astha Jain (1916C26012)	Under Graduate	Present	Astha
Bhavik Tiwari (1916C26015)	Under Graduate	Present	
Chaitra S (1916C26017)	Under Graduate	Present	
Chitteli Karthik Raj Goud (1916C26019)	Under Graduate	Present	
Gautam Kailashchand Prajapati(1916C26024)	Under Graduate	Present	
Harsh Jain (1916C26027)	Under Graduate	Present	Harsh
Hiyai Leima Ningthoujam(1916C26028)	Under Graduate	Present	Hiyai
Kondapaturi Yaswanth Kumar(1916C26029)	Under Graduate	Present	Yaswanth
Leanne Lara Dsouza(1916C26030)	Under Graduate	Present	Leanne
Liza Wangkhem (1916C26031)	Under Graduate	Present	Liza
MD Shadab Alam (1916C26035)	Under Graduate	Present	
Manchikanti Ranga Sai Srenik(1916C26034)	Under Graduate	Absent	
Nitishree Bhansali (1916C26039)	Under Graduate	Present	NB
Noah Gabriel Sama(1916C26040)	Under Graduate	Present	Noah
Obula Sandeep Reddy(1916C26041)	Under Graduate	Present	
Priyanka Mavai(1916C26045)	Under Graduate	Present	Priyanka
Rajesh Shandham (1916C26047)	Under Graduate	Present	
Attendance Register : July 2020			
Adithya Bharath Pravin(1916C26001)	Under Graduate	Present	Adithya
Anish Mittal (1916C26004)	Under Graduate	Present	
Aravapalli Venkata Satya Deep(1916C26007)	Under Graduate	Present	
Arya Behera (1916C26010)	Under Graduate	Present	
Ashika Polisetty (1916C26042)	Under Graduate	Present	Ashika Pol.
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Bani Kaur (19I6C26014)	Under Graduate	Present	<i>Bani</i>

Faculty In-Charge Signature:	Head / Coordinator SDC Signature
Name: Prof. Sweta	
Date: 24 th June 2022	Name: Dr Shurly Tiwari
	Date: 24 th June 2022

