

MIT

MAEER's

Arts, Commerce & Science College

Alandi (D), Pune – 412 105

Department of Arts & Commerce

Academic Year 2024-25

Report on One day Workshop on “Healthy Life style”

Date: 17th August 2024

Name of the Activity : “One day Workshop on “Healthy Life style”

Objectives: To inspire students to make informed and sustainable choices related to nutrition, physical activity, sleep, and other lifestyle factors that contribute to well-being.

Date : 17th August 2024

Venue : TRN 303

One day Workshop on “Healthy Life style was successfully organized by the Department of Arts & Commerce under Anubhuti Club on Saturday, 17th August 2024 under the guidance of Dr. Padmavati Undale, HoD Arts & Commerce. The program aimed to educate participants about the fundamentals of a healthy lifestyle, including nutrition, physical activity, mental wellness, and preventive healthcare. The workshop aimed to provide practical strategies and tools that individuals can incorporate into their daily lives to improve their overall health and well-being. **Mr. Sachin Moharir** from Healthfulness, Alandi Centre was the resource person for this program. He explained the benefits of regular physical activity, different types of exercise (aerobic, strength training, flexibility) and asked to create a personalized fitness plan. He also elaborated importance



of mental health, Techniques for stress reduction (meditation, mindfulness, deep breathing) and building resilience and emotional intelligence.

74 students attended this program and feedback from them indicated that they found the session highly informative and beneficial. The one-day workshop on "Healthy Lifestyle" successfully met its objectives by providing valuable insights into maintaining a healthy lifestyle through balanced nutrition, regular physical activity, mental wellness, and preventive healthcare. The interactive format and expert guidance enabled participants to gain practical knowledge and develop actionable plans for improving their health. Future workshops could benefit from extended sessions and additional follow-up resources to support ongoing participant engagement.

This Professional Consultation Program ended with the vote of thanks proposed by Aryan Gurav, student of TYBCOM.



Dr. Archana Aher
Coordinator



Dr. Padmavati Undale
HoD Arts & Commerce



Dr. B. E. Waphare
Principal



"One day Workshop on "Healthy Life style" dated 17th August 2024

