



## Event Activity Report

<b>Academic Year</b>	<b>: 2023-24</b>
<b>School Name</b>	<b>: School of Science</b>
<b>Event Title</b>	<b>: MY HEALTH, MY LIFE</b>
<b>Event Date</b>	<b>: 7<sup>th</sup> April (Post celebration on 8<sup>TH</sup> April, 2024)</b>
<b>Time</b>	<b>: 11:00 AM onwards</b>
<b>Duration in Days</b>	<b>: One Day</b>
<b>Mode of Conduction</b>	<b>: Offline</b>
<b>Level of Program</b>	<b>: School Level</b>
<b>Event Coordinator</b>	<b>: Ms. Pratiksha Magar (SOS)</b>
<b>Participants</b>	<b>: Under Graduate and Post Graduate Students from School of Science</b>

### **Objective:**

Raising awareness about physical health and mental wellbeing, and various measures to combat global health challenges, keeping this in mind **The School of Science, Sandip University Nashik, Maharashtra organized a one day workshop with the theme "My Health, My Life" on the occasion of WORLD HEALTH DAY.** In commemoration of this significant day, the workshop aimed to emphasize the importance of prioritizing personal health for a better quality of life.

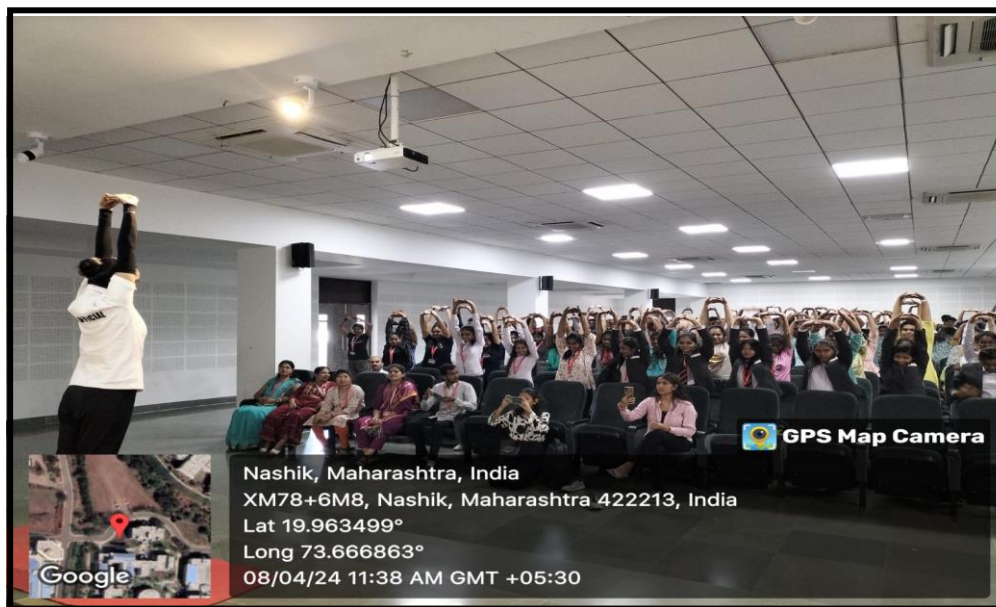
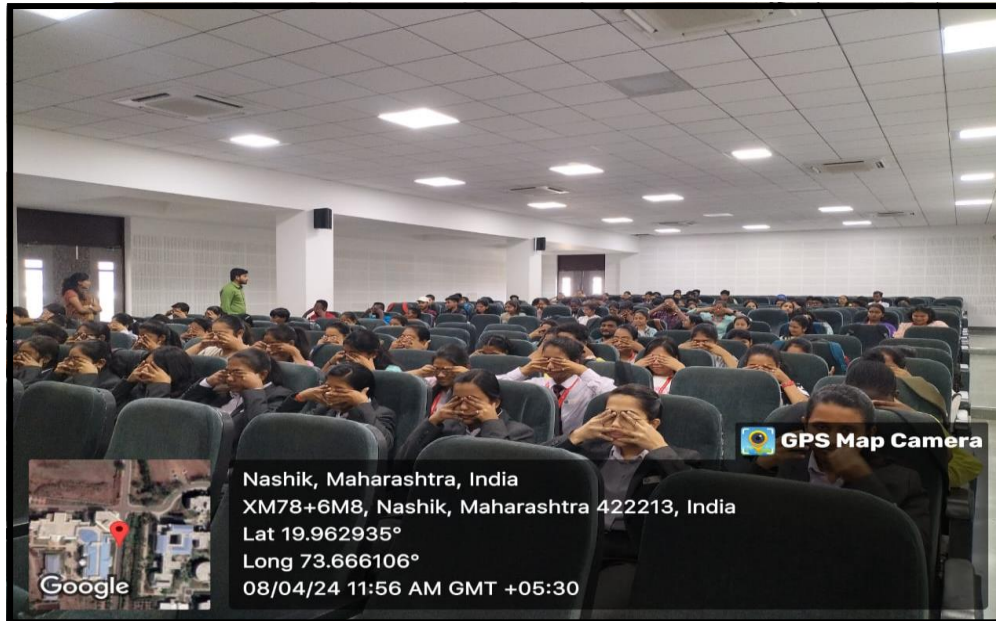


A renowned Guest expert **Dr. Tasmeeena Shaikh from Abhilasha Naturopathy centre, Nashik** delivered a keynote speech focusing on the theme "My Health, My Life." The speech emphasized the crucial link between individual health choices and overall well-being.

The Students from School of Science actively participated in interactive sessions where they learned practical tips for incorporating healthy habits into their daily routines. Topics covered included healthy eating, stress management, and the importance of regular exercise.

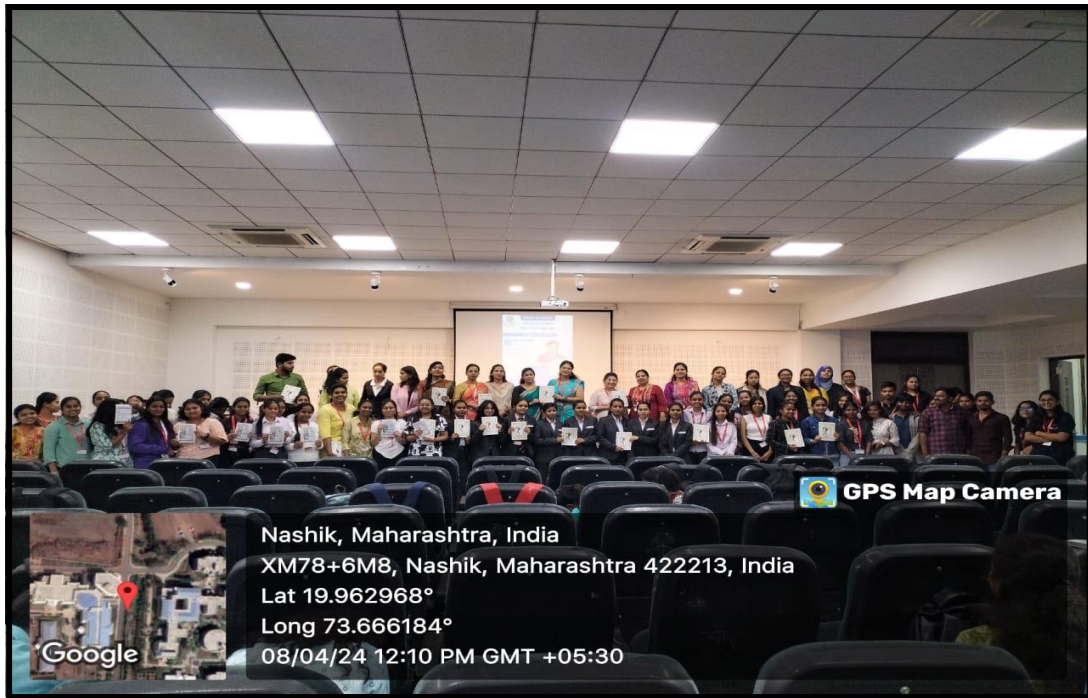


As **yoga** is recognized globally for its numerous health benefits, a dedicated yoga session was conducted as part of this workshop. A certified yoga teacher Dr. Tasmeeena Shaikh led participants through a series of gentle yoga poses and breathing exercises, promoting relaxation and inner peace.



The "My Health, My Life" workshop provided an invaluable opportunity for students and teachers to prioritize their health and well-being. Through informative sessions, interactive activities, and practical demonstrations, students gained valuable insights into managing their health effectively. The presence of a yoga teacher added a holistic dimension to the event, emphasizing the importance of mind-body wellness. As we reflect on World Health Day, let us commit to making healthy choices that enhance our quality of life and contribute to a healthier, happier community.





*beatisha  
Mogale*

Event Coordinator (SoS)

*Chilima*

Associate Dean (SoS)