



**NEW HORIZON
COLLEGE - KASTURINAGAR**

Women empowerment cell," Aaradhya"

Organises a webinar on

"Know Your Health"

KNOW YOUR HEALTH

Live Webinar

Learn how to prevent disease and
enjoy vibrant health



January 21st, 2022
3:30 pm - 4:30 pm



zoom



Joyce Prabhu

Wellness Coach

WQ Community

**REPORT ON
WEBINAR ON “FINANCIAL PLANNING IN COVID TIMES”**

Date: 21st January 2022

Mode and Link: Zoom– Meeting ID:

<https://us02web.zoom.us/j/83285308179?pwd=L2pXY2VDcDJEZFRJM2lobVp1QzVpdz09htt>

Conducted By: Women Empowerment Cell “ Aaradhya”

Attended By: Teaching and Non-Teaching Staff

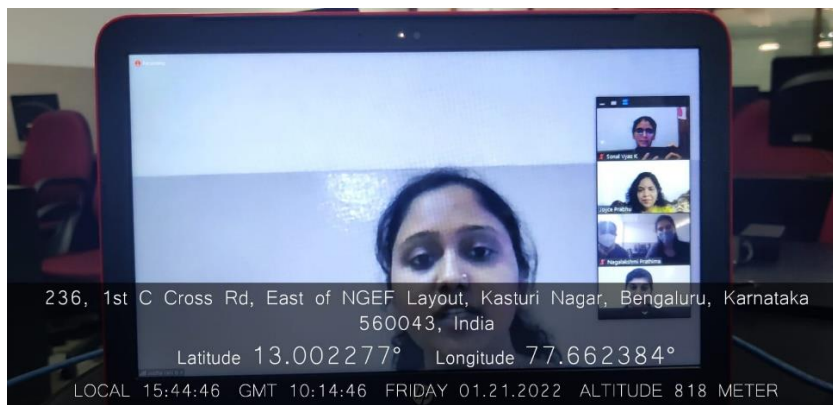
Time: 3.30 pm-4.30 am

OBJECTIVE:

1. To help understand balanced food habits

An enthusiastic session on “ Know Your Health” was organized by Women Empowerment Cell, “ Aaradhya” on 21st January 2022 for the teaching and Non teaching Faculty .The resource person was Ms. Joyce Prabhu.

Health is defined as the overall mental and physical state of a person; the absence of disease. This isn't entirely the same thing as wellness. wellness is an active and dynamic process of change and growth to reach one's fullest potential and aims to enhance overall wellbeing.



Ms.Sudha Rani offering a welcome speech

Highlights of the session:

- How to inculcate the balanced food habits
- Motivating yourself to exercise
- Making time for you self everyday

The introduction of the session began with the resource person asking the participants to introduce their selves about asking a few questions on health and wellness. It was a fun interaction between the resource person and the attendees.

The speaker gave a lot of inputs on how to include the balanced food habits and specially the joint exercises that relieve stress, how one can motivate themselves to indulge in daily exercises by joining friends or family members to do the same.

The speaker asked the audience few questions and also requested to come up with any doubts that they have with regards to eating habits, exercise or whatever with regards to the health and wellness.

The questions of the participants were answered.

Conclusion: They gained a knowledge on balanced food plates, exercises and wellness.

Reported By: Ms.Sudha Rani BN

Coordinator

HOD

Principal

Director

