



# SARVAJANIK UNIVERSITY SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY WOMEN DEVELOPMENT CELL

## HEALTH AND FITNESS AWARENESS TALK

**5 AUGUST 2023** 

WOMENDEVELOPMENT CELL

Coordinated by
Dr. Kaushika Pal
Dr. Vivaksha Jariwala

#### **Objective of the Session**

Health is one of the major aspect for each and every work we do. It is the most crucial factor for humans but is mostly taken lightly, we just keep postponing preventive health-related activities. To draw attention in females about various effects of hormonal imbalance and steps to create healthy life and to spread awareness about healthy and fit life, Women Development Cell organized the "Health and Fitness Awareness Talk".



#### **Details of the Talk**

Date and Time:	5 <sup>th</sup> August 2023 (11:00 AM to 12:30 PM)	
Venue:	NJ Seminar Hall	
Targeted Audience	Faculty members and Students of SCET	
Coordinated By:	Dr. Kaushika Pal, Dr. Vivaksha Jariwala	
Organized By	Women Development Cell	
Participation	60+	
Speaker	Mr. Karan Joshi, Owner and Head Coach of Pal Fitness Club	
Technical Setup	Ms. Khushbu Naik	
Assistance	Ms. Heena Panchal	
WDC Committee		
Members	Dr. Kaushika Pal	Prof. Payal Zaveri
	Dr. Shama M. Mulla	Prof. Mitali Shah
	Dr. Nehal N. Shah	Dr. Vaishali Umrigar
	Dr. Jigisha U. Pandya	Dr. Krishma Desai
	Prof. Bhumika Patel	Prof. Jayana S. Rana
	Prof. Bhumika Bhatt	
MOC	Ms. Sanskruti Patil, EC Dept.	
	Ms. Siya Anghan, IT Dept.	
Key Learning	✓ Keep moving throughout the day.	
	✓ Minimum 150 minutes of Physical exercise is needed for	
	healthy life.	
	✓ Eat Local and homemade food.	
	✓ Focus on lifestyle change.	
	✓ Follow diet which you can do it for life's	
✓ Don't stress self.		
	✓ Be in company of good	people.

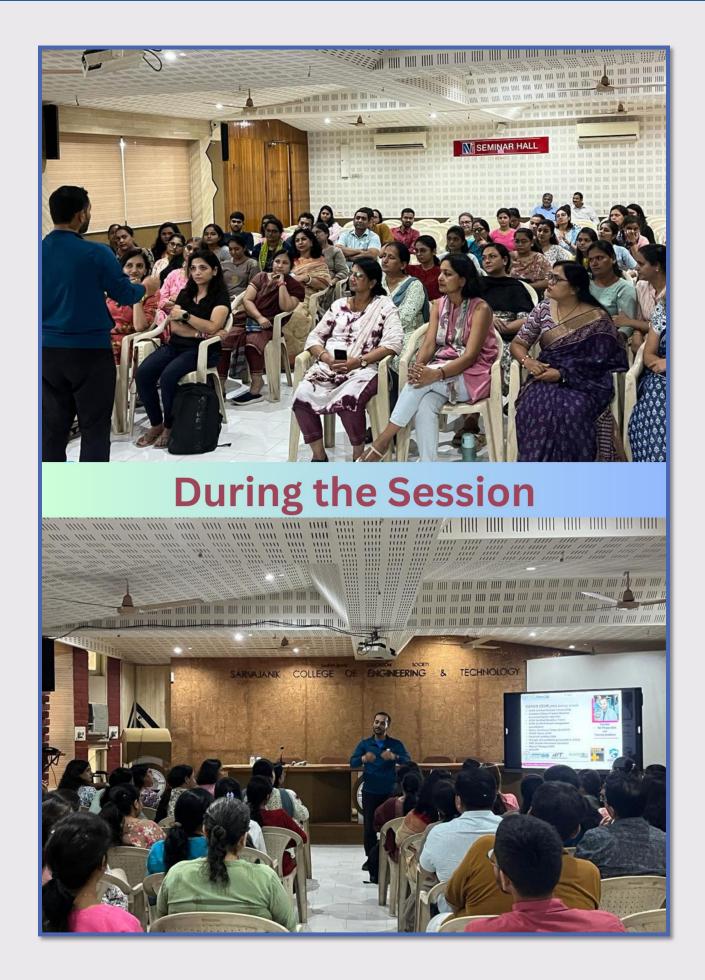
#### Talk in Brief:

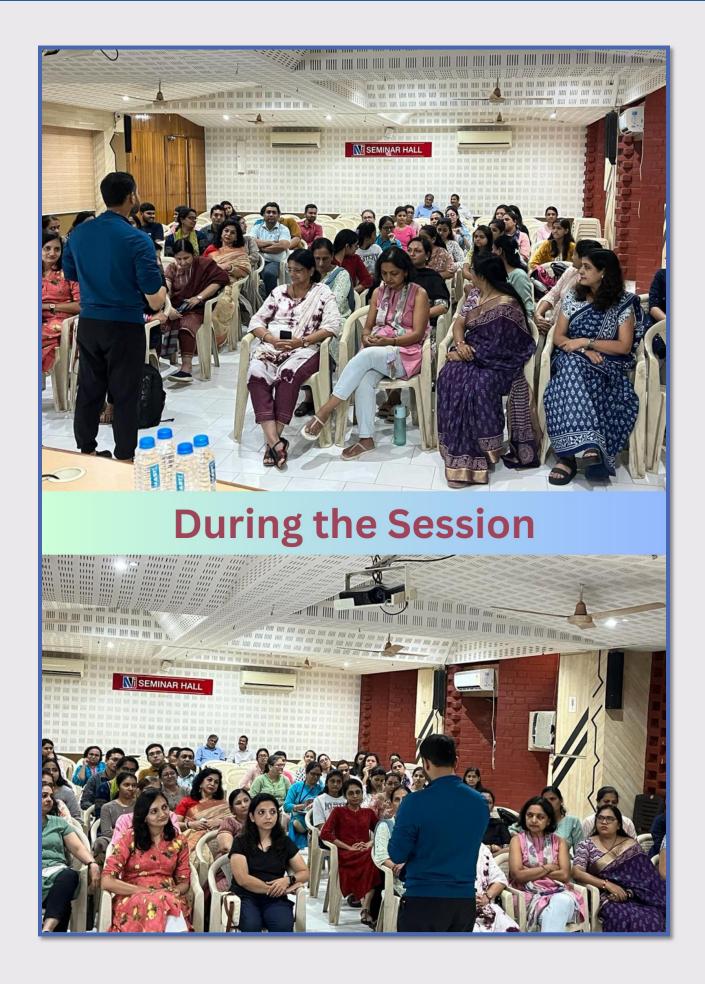
- The session started with a warm welcome to Mr. Karan Joshi by Dr. Vivaksha Jariwala.
- Ms. Sankruti Patil, 4<sup>th</sup> year EC dept. introduced the Expert Mr. Karan Joshi to audience.
- Mr. Karan Joshi started the talk with the warm greeting. He emphasised the importance of maintaining good health and fitness in our daily lives and he discussed 5 different

- parameters for good health by answering the queries generated by the audience during the talk.
- 1. **Understanding Health and Fitness**: The definition of fitness and the role fitness play in our regular life and why health should be good, the difference between health and fitness.
- 2. **Physical Activity and Exercise**: Significance of regular physical activity and its impact on overall health. He mentioned various forms of exercise, such as cardio, strength training, and flexibility exercises and esnouraged the audience to find activities they enjoy to make fitness a sustainable part of their routine.
- 3. **Balanced Nutrition**: He described the role of nutrition in maintaining good health and importance of a balanced diet with a variety of fruits, vegetables, whole grains, and lean proteins. He addressed the harmful effects of excessive consumption of processed foods, sugar, and unhealthy fats.
- 4. **Mental Health and Stress Management**: He also informed audience about the significance of mental health and how it affects our overall well-being and provided strategies for stress management, such as mindfulness practices, meditation, and hobbies.
- 5. **Sleep and Rest**: He discussed the importance of adequate sleep for physical and mental rejuvenation. He discussed tips for improving sleep quality, such as establishing a bedtime routine and creating a sleep-friendly environment.
- He informed the audience that small changes in their lifestyle can lead to significant improvements in their health and fitness and ended the session.
- **Ms. Siya Anghan**, 3<sup>rd</sup> year IT dept. thanked the expert for his time and audience for attending the talk.
- A Momento was presented to Mr. Karan Joshi by Dr. Kaushika Pal as a token of gratitude from WDC, SCET.
- The session was full of queries, and all were answered by Mr. Karan Joshi
- The Workshop was ended after group photograph.

### **Some Glimpse of the Session:**















Report Compiled by Dr. Kaushika Pal