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SARVAJANIK UNIVERSITY
SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY
WOMEN DEVELOPMENT CELL

REPORT ON
HEALTH AND FITNESS AWARENESS TALK

5 AUGUST 2023

ORGANIZED BY
WOMEN
DEVELOPMENT 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".

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TRUST IN SUBSTANCE

SARVAJANIK UNIVERSITY
SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY

Women Development Cell
Presents
"HEALTH AND FITNESS AWARENESS TALK"



Mr. Karan Joshi,
Owner and Head Coach,
PAL Fitness Club, Surat

August 5, 2023 | 11:00 AM onwards
Venue : NJ Seminar Hall

Scan to Register



<https://tinyurl.com/WDCHealth>

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 [scetsurat_official](https://www.instagram.com/scetsurat_official)

Details of the Talk

Date and Time:	5 th 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 Assistance	Ms. Khushbu Naik Ms. Heena Panchal	
WDC Committee Members	<div> Dr. Kaushika Pal Dr. Shama M. Mulla Dr. Nehal N. Shah Dr. Jigisha U. Pandya Prof. Bhumika Patel Prof. Bhumika Bhatt </div> <div> Prof. Payal Zaveri Prof. Mitali Shah Dr. Vaishali Umrigar Dr. Krishma Desai Prof. Jayana S. Rana </div>	
MOC	Ms. Sanskruti Patil, EC Dept. Ms. Siya Anghan, IT Dept.	
Key Learning	<ul style="list-style-type: none"> ✓ 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**, 4th 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 encouraged 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**, 3rd year IT dept. thanked the expert for his time and audience for attending the talk.
 - A **Memento** 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:



Introduction and Welcome





During the Session





During the Session





Thanks giving



Shot on OnePlus
by Vivaksha Jariwala

05/08/2
12:42 p





Group Photo



Report Compiled by Dr. Kaushika Pal