

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1

DEPARTMENT OF MATHEMATICS

REPORT

Webinar on “Importance of Physical Activity – Enhancing Health & Well-Being”

16.03.2024

INVITATION



**D.K.M. College for Women (Autonomous), Vellore
(Accredited by NAAC with ‘A’ Grade)**

Department of Mathematics

*Webinar on
" Importance of Physical Activity- Enhancing
Health & Well being"*



Chief Guest

**Akila Sathish
Health Consultant**

**DATE: 16-03-24
TIME: 10.00 A. M.**

**Venue: D Block Conference
Hall**

Chief Patrons

Er. D.Maninathan

Secretary

Dr.T.Sivakumar

President

Patrons

Dr. R.Banumathy

Principal

Convenors

Mrs.G.Vinupriya

Head of the Dept.

Dr. M. Devi

Assistant Professor

Organizing Committee

Dr.N.Nithyapriya

Assistant Professor

Dr. M. Kasthuri

Assistant Professor

**All are cordially invited
Management, Principal, Staff and Students, DKMC.**

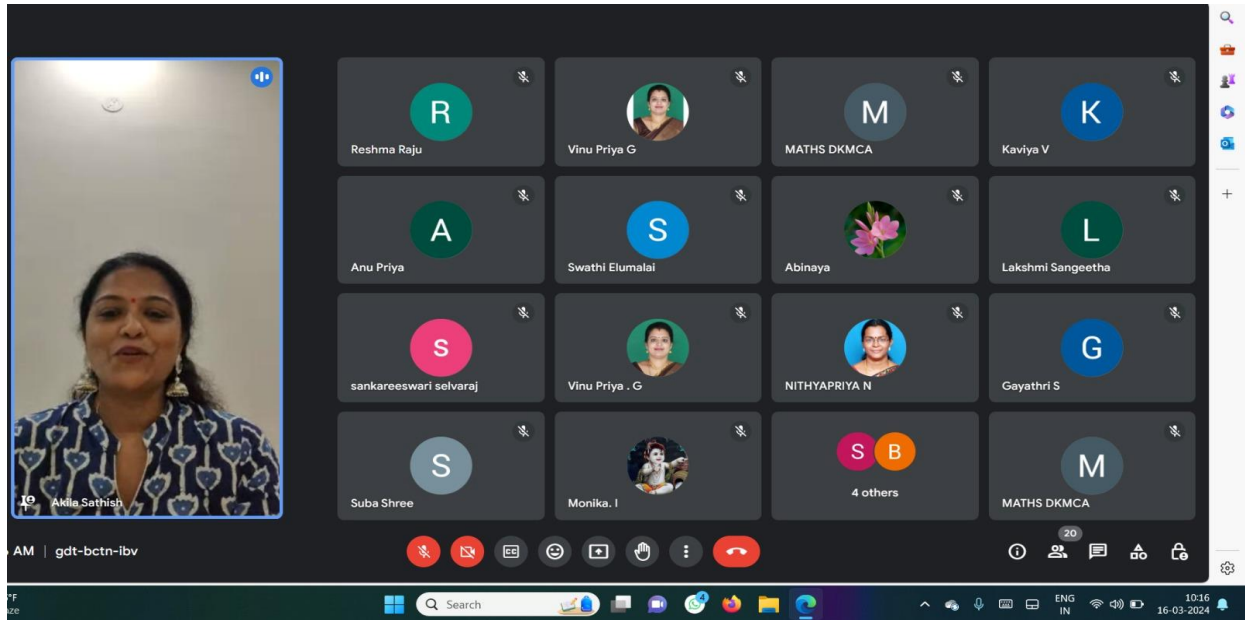
REPORT

The Department of Mathematics organized a webinar on 16.03.2024. Mrs. G. Vinu Priya, Head and Assistant Professor of Mathematics welcomed the gathering and Dr. M. Devi, Assistant Professor of Mathematics introduced the Chief Guest Mrs. Akila Sathish, Entrepreneur and Health Consultant. The Resource person explained about Optimal Health to the students.

Good health means being free from physical and mental illness or injury. So, optimal health is basically about staying disease-free. There are many different aspects to health, but you can help ensure it by eating a balanced diet and exercising frequently in ways that are appropriate for your fitness level. There are four main pillars for Optimal Health. They are Exercise, Attitude, Rest and Nutrition. We must have the regular exercises for physical health, Positive mental attitude, adequate rest and balanced diet. There are a variety of other variables one should address like keeping blood sugar stable, social support, sleep, adequate exposure to sunshine, managing stress, relaxing, thinking positive, and more. The process of achieving optimal health will be an ongoing and lifelong process. It requires dedication and passion for the goal and continual evaluation and adjustment according to current needs and circumstances. Students gained valuable insights into the significance of optimal health, which encompasses physical and mental well-being. they were empowered to actively pursue a healthy lifestyle for lifelong well-being. The webinar was conducted in hybrid mode, with 50 students joining online and 109 students viewing it. In total, 159 students benefited from this program.

Dr. N. Nithyapriya, Assistant Professor of Mathematics proposed the vote of thanks.

PHOTOS



Resource Person “Mrs. Akila Sathish”, Entrepreneur, explained about the topic.



Participation of the students in the program