



Date/Day: 4th January 2025, Saturday

Title: “IMPORTANCE OF GOOD HEALTH & YOGA”

Objective:

- **Highlight Yoga as a tool for Physical, Mental and Spiritual well-being.**
- **Encourage regular Yoga practice like Meditation & Pranayama for Stress relief and Emotional Stability.**
- **Enhance Mindfulness to foster a deeper connection between mind and body through awareness and concentration exercises.**
- **Emphasize how good health improves energy levels and overall performance in daily activities.**
- **Explain how good Health and Yoga work together to create a balanced and fulfilling lifestyle**
- **Promote regular exercise, a balanced diet and proper sleep to maintain physical health.**

Program Outcome: PO1, PO2, PO6, PO7, PO9, PO10, PO11

Details of the Resource Person/Event:

An seminar on ‘Importance of Good Health and Yoga’ was organized by Extension and Outreach committee and Department of Lifelong Learning and Extension and was coordinated by Dr. Sheela Yadav, Ms. Nikhat Khan and Ms. Sayli Sawant. The session was led by the esteemed speaker, Mr. Ittikorn Wattana, a renowned health and wellness expert from Thailand

Participants Details:

Total no. of college students: 350

Total no of Faculty: 10

Summary of the Lecture/Activity:

A seminar on “Importance of Good Health and Yoga” was organized by the Extension and Outreach Committee and Department of Lifelong Learning and Extension of H. K. College of Pharmacy on 4th January 2025. The purpose of the seminar was to raise awareness about maintaining physical, mental and emotional well-being. The session was led by the esteemed speaker, Mr. Ittikorn Wattana, a renowned health and wellness expert from Thailand. The event began with a warm welcome to the speaker followed by a brief introduction to the speaker and objectives of the seminar. Mr. Wattana discussed the components of good health, emphasizing the need for regular exercise, a balanced diet and mental peace. Mr. Wattana explained the concept of telomeres, which are protective caps on the ends of chromosomes. He emphasized how telomere shortening, influenced by stress and unhealthy habits, is linked to aging and chronic diseases. Yoga and meditation were presented as potential ways to reduce stress and slow down the shortening of telomeres, thereby promoting longevity and preventing age-related illness.

Attendees actively participated in guided meditation, allowing participants to understand how these practices contribute to cellular health and stress reduction. The seminar by Mr. Ittikorn Wattana successfully bridged the gap between traditional wellness practices and modern science. The discussions on telomere shortening added a unique perspective, emphasizing the scientific benefits of adopting Yoga and Healthy Living.

Brochure/Photo Gallery:



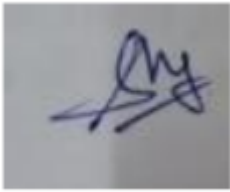
Key Outcome of the Lecture/Activity:

- Participants gained a deeper understanding of the importance of maintaining good health and adopting a holistic lifestyle.
- Understanding the Telomere Science provided insights into connection between cellular aging, stress and chronic diseases, emphasizing the role of lifestyle choices in promoting longevity.
- Practical knowledge of Yoga techniques, including postures, breathing exercises, and meditation, which they could in-cooperate into their daily routines.

- Management of Stress effectively through mindfulness and yoga, promoting emotional resilience and mental stability.
- Inspiration to adopt healthier habits, such as regular Yoga practice, balanced nutrition and prioritizing mental well-being.

Link for social media:

LinkedIn:	https://www.facebook.com/photo/?fbid=1054246410048334&set=pcb.1054246626714979
Facebook:	https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222-extension-and-outreach-committee-in-collaboration-activity-7283363010499235840-F_9c?utm_source=share&utm_medium=member_desktop
Instagram:	https://www.instagram.com/p/DEomHDFIaVo/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



Dr. Sheela Yadav



Dr. Anagha Raut



Dr. Tushar N. Lokhande



IQAC Coordinator

Principal

Ms. Nikhat Khan



Ms. Sayli Sawant



Event Coordinators



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