

**Name: Eleen Morgan**

**Roll No 33**

**St Xavier's Institute of Education**

**Date :29/5/24**

**Time :10:40**

### **Report on World Digestive Health Day**

On World Digestive Day 29th May 2024 the Health Cell at St. Xavier's Institute of Education organized an informative and engaging session in the multipurpose hall at around 10:40am. F.Y and S.Y. B.Ed students were warmly welcomed by the faculty coordinator Dr.Priti Sivaramakrishnan and health cell members. Both F.Y.and S.Y.B.Ed students attended the session. The session comprised three parts: a talk on health and nutrition by Ruchika a yoga session by Saniya and Racheal, and a laughter session by Praveen , all F.Y.B.Ed students. During the "Power of Nutrition" segment, Ruchika elaborated on creating a balanced diet plate, connecting the concept of a rainbow plate with the body's chakras, and emphasized maintaining a healthy lifestyle through nutritious food habits such as intermittent fasting and proper hydration. The session concluded with an interactive Q&A on nutrition.



## Yoga Session by Rachel, Saniya

The yoga session was designed to introduce participants to basic yoga practices that can be easily integrated into daily routines. It focused on improving flexibility, strength, and mental clarity.

## Activities

**Warm-up Exercises:** Simple stretching exercises to prepare the body for yoga postures.  
**Asanas (Postures):** Demonstrated and practiced various yoga postures such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Shavasana (Corpse Pose).

**Pranayama (Breathing Techniques):** Taught breathing exercises like Anulom Vilom (Alternate Nostril Breathing) and Kapalhati (Skull Shining Breath) to enhance respiratory function and reduce stress.

**Meditation:** Guided meditation to promote relaxation and mental clarity.



## **Laughter session by Praveen**

The session was started with a enjoyment as Praveen started with a laughter session with small jokes regarding the school, college we really enjoyed the laughter session which was conducted by Praveen.

The session was successful in raising awareness about health rights, introducing beneficial yoga practices, and highlighting the positive effects of laughter therapy. Participants left with practical tools and knowledge to improve their physical and mental health. The combination of education, physical activity, and laughter provided a holistic approach to well-being.