

St.Xavier's Institute of Education (Autonomous)
2023-2024
‘नैरुज्यम’ Health Cell
Report on My Health My Right – 29th May, 2024

On 29th May 2024 the Health Cell at St. Xavier's Institute of Education organized an informative and engaging session on the theme of 'My Health My Right' in the multipurpose hall from 10:40am. To 12.40 p.m.

First year and second-year students were warmly welcomed by the faculty coordinator Dr.Priti Sivaramakrishnan and health cell members. The session comprised of three parts: A talk on health and nutrition by first year student Ms.Ruchika, A yoga session by first-year student Ms.Saniya and Ms.Rachel, and a laughter session by first year student Mr. Praveen.

A talk on health and nutrition session by Ms. Ruchika

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 Ms.Rachel & Ms. Saniya

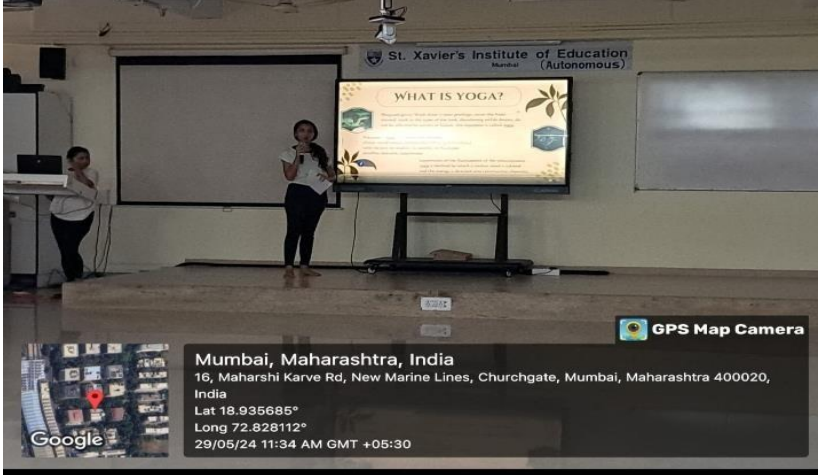
The yoga session was designed to introduce participants to basic yoga practices that can be easily integrated into daily routines. It focused on improving flexibility, strength, and mental clarity. Following yoga asanas were conducted.

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 Kapalbhati (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 about school, and college the laughter session was much enjoyed by all.

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

Dr. Andrea Coutinho
Principal

Dr. Priti Sivaramakrishnan
Health Cell Coordinator

