

**Report on UGC Students' General Symposium on  
Healthy Lifestyle for Women**

- 1. Name of the College : Sri Sarada College for Women (Autonomous),  
Salem - 636016**
- 2. Organized Department : College Union**
- 3. Title of the Programme : Healthy Lifestyle for Women**
- 4. Date of the Programme: 07.02.2020**
- 5. Brief report of the Programme:**

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”

B.K.S. Iyengar

The holistic health is the picture of health that includes not only the obvious physical factors, but mental, emotional, social and even spiritual factors as well. In today's modern world, many of our systems and customs seem to be organized in a way that separates the different facets of health. It seems that we have forgotten the idea that health encompasses not just the absence of physical disease, but involves healthy habits, thoughts, coping mechanisms and peaceful ways of relating to our environment and to others. Sports have a direct relation with fitness. But today's Fit India Movement is more than that. Fitness is not just sports but an important part of our lives. But over time, one has become indifferent to fitness. Lifestyle disorders are causing lifestyle diseases. Lifestyle disorders can be corrected by making changes in the lifestyle. Fitness also played a crucial role in national development. With this vision in mind, a students' general symposium was organised by the college union to share with others on their journey to a well-balanced life.

In the technical session – I, Dr.S.Selvalakshmi, Assistant Professor and HoD i/c, Department of Yoga, Tamilnadu Physical Education and Sports University, Chennai spoke on the topic “Yoga – A road map to fitness”. She stressed the need for yoga practise and other fitness activities like exercise, meditation, walking, cycling, dance and aerobics. In addition, she also taught few muthra poses for maintaining one's mental, physical and emotional health.

The next resource person was JRF Rajeswari Venkataraman, National Trainer, NLP practioner, JCI India spoke on the topic “WOW: Wealth of Wellness” She addressed on emotional concerns of students like depression, anxiety and stress and also gave ideas to manage them. She also concluded that a woman who has health has hope and who has hope has everything.

The technical session – II was handled by Dr.T.Poongodi Vijayakumar, Professor and Head, Department of Food Science and Nutrition, Periyar University, Salem -11. She spoke on the topic “Personalised Nutrition” and stressed the importance of nutritional diet. She also highlighted on healthy nutrition and provided the nutritional chart to be followed in daily life.

In the technical session – III, there was a video show on “Fit India Movement”

Number of Beneficiaries: 2013

**Principal**

