



Shri Narayanrao Babasaheb Education Society's
SHRI VENKATESH MAHAVIDYALAYA, ICHALKARANJI
ABRIDGED EVENT REPORT-2022-23

Name of Event	One Day Seminar 'Physical & Mental Health of Youth'		
Department	Medical Club		
Scheme	Under 'Physical and Diet Awareness Programme'		
Name of Teacher-in-Charge	Dr. Pradeep Gaikwad (Coordinator, Dept. of B. Com. IT)		
Chief Guest/s/ Resource Person/s	Dr. Umesh D. Kalekar, (M. D., Astigma Hope Clinic, Shirol)		
Presided Over by	Prin. Dr. Vijay Mane		
Day	Saturday	Date	19 th November, 2022.
Time	From-10.00 a. m. to 11.30 a.m.		
Venue/Place	Seminar Hall		
Total number of hours spent (Planning, preparation, execution & documentation etc.)	6		
Number of Students Participated	129		



Resource Person: Dr. Umesh Kalekar

Medical Incharge: Dr. Pradeep Gaikwad



Question Answer Session

Participant Students of B. Com. IT

Detailed Report:

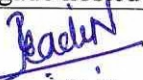
Department of Medical Club organized one-day seminar under 'Physical and Diet Awareness Programme' for the students of dept, of B. Com. (IT) at Shri Venkatesh Mahavidyalaya, Ichalkaranji to create the awareness about health among the students. For this seminar as a resource person Dr. Umesh D. Kalekar, (M. D., Astigma Hope Clinic, Shirol) was present.

First of all, the Vice-Principal and HOD of the Commerce department Prof. (Dr.) N. M. Mujawar explained the the theme of the seminar and introduced the resource person.

Then, the chief resource person, Dr. Umesh Kalekar, while guiding to the students said, in childhood, the body is dominated by phlegm, in youth there is a predominance of bile, while in old age, vata is dominant, so in order to maintain physical health, we need to maintain balance among vata, bile and phlegm is necessary. If we understand the causes of ill-health, we can maintain our health in a better way by changing our behavior accordingly. In order to maintain good health, we should take meal less than intake capacity (mitahar). Moreover, the opposite diet should be avoided. The right method of drinking water is drinking when you are thirsty, drinking it in between meals and drinking it after waking up. As well as for good health we must exercise our choice every day. Getting enough sleep at the right time it recharges our body and mind. As well as, for healthy mind, we should use the four-pronged strategy of positivity, creativity, goodwill and acceptance of ourself as it is. Thus, he guided to the participants on various aspects of the health.

Then, the principal of the college, Dr. V. A Mane sir in his presidential address, mentioned the importance of the health and mind and said in order to maintain physical health, students should adopt the three-pronged approach of eating properly, exercising regularly and getting proper sleep. Especially girls have low hemoglobin levels for which they need to take special care of their health. As well as further he said for good health, it is important to have a fresh diet at home, therefore, as far as possible, young ones should avoid outside food. At the end of his session, participating students gave their positive opinions about the seminar

For this seminar, students and teachers of the department of B. Com. IT as well as non-teaching staff were present. For this seminar, we received cooperation from the vice-principal of the college, Dr. N. M. Mujawar Sir. Also, the teachers and non-teaching staff of the college gave valuable guidance to make this seminar successful. Thus, the well-studied seminar was completed in terms of physical and mental health of youth. This seminar was concluded with the vote of thanks proposed by the in charge of Medical Club, Dr. Pradeep Gaikwad While Miss. Sneha Hogade hosted the event.


Dr. Pradeep Gaikwad
(Incharge, Medical Club)


(Dr. V. A. Mane)

PRINCIPAL,
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