

## **SRM INSTITUTE OF SCIENCE AND TECHNOLOGY VALUE EDUCATION CELL**

### **WORKSHOP ON HOLISTIC HEALTH**

**Department :** Civil Engineering

**Faculty Coordinator:** Dr. M. Kamalanandhini

**Date & Time:** 10.10.2024 – 11.10.2024

**Venue :** SRM Institute of Science and Technology, Kattankulathur

**Collaborating department:** -

**No. of Participants:** 26

#### **Objective of the Event :**

The objective of the event is to increase the knowledge of people who struggle to their health, which is more important part of universal human values. The program helped people understand themselves and their bodily requirements, and it imparted confidence in them to care for themselves in a holistic approach.

#### **Brief Description about the Event :**

On the occasion of World Mental Health Day, the Department of Civil Engineering, SRM Institute of Science and Technology, Kattankulathur conducted a Two-days Workshop on "HOLISTIC HEALTH" for the Faculties and Research Scholars of SRMIST. The event was conducted on 10-11th October, 2024. A total of 26 participants actively participated in the program. The resource persons invited for the workshop were Dr. P. Supraja, Associate Professor, Department of Networking and Communications, SRMIST, Dr. G. Pavithra, Assistant Professor, Department of Clinical Psychology, SRMMCH & RC, Dr. U. Nambiraja, Principal and Chief Physiotherapist, MGP College of Physiotherapy, Bangalore and Dr. M. Shanmugapriya, Assistant Professor, Centre for Yoga, SRMIST. The Inaugural session was chaired by the resource persons and the Head of the Department. Dr. M. Kamalanandhini, Convenor of the workshop gave a brief introduction about the workshop. Following a brief introduction, the head of the department gave a short note about the departmental activities based on human values.

#### **Participants' Engagement:**

The first session was led by Dr. P. Supraja, Associate Professor, Department of Networking and Communications, SRMIST. She emphasized the importance of holistic human health through human values. There was active involvement of the participants throughout the session. The second session was led by Dr. G. Pavithra, Assistant Professor, Department of Clinical Psychology, SRMMCH & RC. She spoke about the boundaries a person should fix when they

are in the society and the self-care routines to be followed by every individual. The participants got new insights during the session. Post lunch, the third session was handled by Dr. U. Nambiraja, Principal and Chief Physiotherapist, MGP College of Physiotherapy, Bangalore. He elaborated about the metabolic diseases which possess adverse effects to our body. The last session for the day was handled by Dr. M. Shanmugapriya, Assistant Professor, Centre for Yoga, SRMIST. Her practical explanation on yoga for stress management was really useful for the participants. There was active involvement, and all the resource persons answered the queries raised by the participants.

Day 2 of the workshop was conducted as nature connect activity, where the participants were taken to Cholamandal Artists' Village, Injambakkam, Chennai. There were few activities planned for the participants during the nature connect. The participants were requested to ground with soil and enjoy the nature walk. The participants had a great time visiting the paintings and stone carvings of the artists displayed in the museum. Basic yoga asanas were also practiced by the participants during the session. The participants felt refreshed after all the activities. They were grateful to the event coordinators for providing such an educational and practical sessions on holistic health.







**Glimpse of Holistic Health workshop**



**Active involvement of participants – Day 1**





Active involvement of participants – Day 2



Group photo with the participants

Attach Brochures /Posters/Invitations Circulated:



**SRM**  
INSTITUTE OF SCIENCE AND TECHNOLOGY  
COLLEGE OF ENGINEERING AND TECHNOLOGY  
DEPARTMENT OF CIVIL ENGINEERING

Organizes a  
**Two-Days Workshop on  
HOLISTIC HEALTH**

Date : 10<sup>th</sup> & 11<sup>th</sup> October 2024 | Venue : EEE Conference Hall, Main Campus

For SRMIST Faculties & Research Scholars

Scan for Registration

**Nature Connect Activities**

Registration Link: <https://forms.gle/YnFaTQ7JPJf5dsjg8>  
Registration fee: Rs. 150 (Includes Workshop KIT, Refreshments and Lunch)

Co-ordinator  
Dr. M. Kamalakantham, Assistant Professor, Department of Civil Engineering, SRMIST

Co-Coordinator  
Dr. M. Bhuvaneshwari, Assistant Professor, Department of Civil Engineering, SRMIST

Program Schedule		
Date : 10 <sup>th</sup> & 11 <sup>th</sup> October 2024   Venue : EEE Conference Hall, Main Campus		
Time	Session Topic	Resource Person
Day 1 – 10.10.2024		
8.45 am – 10.00 am	Registration	
10.00 am – 10.15 am	Inauguration	
10.15 am – 11.15 am	Holistic Human Health	Dr. Sankar P Associate Professor, Department of Biotechnology, Government Engineering College, KSR
11.15 am – 11.30 am	Tea break	
11.30 am – 12.30 pm	Diets and Self Care	Dr. Prathiba R Associate Professor, Department of Clinical Psychology, SRMIST, KSR
12.30 pm – 1.00 pm	Lunch break	
1.00 pm – 2.00 pm	Holistic Diseases	Dr. Nandini U Principal and Sr. Psychologist, MGP College of Physiotherapy, Bangalore
2.00 pm – 2.15 pm	Tea break	
2.15 pm – 4.00 pm	Yoga for Stress Management	Dr. Shanmugasri M Associate Professor, Center for Yoga, SRMIST, KSR
Day 2 – 11.10.2024		
8.00 am – 9.15 pm	NATURE CONNECT – Visit to Chelvanarasimhan Village	
9.15 pm – 2.30 pm	Lunch break	
2.30 pm – 3.00 pm	Valedictory	

Invitation of Two-days Workshop on Holistic Health



**Feedback from participants :**

The participants felt rejuvenated and delighted to be a part of the event. They recognized the value of self-care and were encouraged to nourish their bodies in order to be healthy and happy. The participants were able to understand about the selfcare and bodily needs after the program and also, they were able to identify the source of happiness through holistic approach. They really had a good source of information on how to manage their bodily needs by understanding their self and body.

**Drive link with videos photographs, Attendance and other supporting materials**

[https://drive.google.com/drive/folders/1UGZt98SRVjrS4kBT\\_grwk3UKvqjPKWSl?usp=drive\\_link](https://drive.google.com/drive/folders/1UGZt98SRVjrS4kBT_grwk3UKvqjPKWSl?usp=drive_link)