

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY VALUE EDUCATION CELL

UNDERSTANDING SELF AND BODY

Department : Civil Engineering

Faculty Coordinator: Dr. M. Kamalanandhini

Date & Time: 21.09.2024

Venue : SRM Institute of Science and Technology, Kattankulathur

Collaborating department: -

No. of Participants: 36

Objective of the Event :

The objective of the event is to increase the knowledge of people who struggle to understand themselves and their bodies, both of which are important parts of universal human values. The program helped people understand themselves and their bodily requirements, and it instilled confidence in them to care for themselves and their bodies.

Brief Description about the Event :

The Department of Civil Engineering, SRM Institute of Science and Technology, Kattankulathur conducted a one-day value-based program on “UNDERSTANDING SELF AND BODY” for the Canteen staff of SRMIST. The event was conducted on 24th February, 2024. A total of 35 staffs actively participated in the program. The resource person for the event was Dr. U. Nambiraja, Principal and Chief Physiotherapist, MGP College of Physiotherapy, Bangalore. First, Dr. M. Kamalanandhini, UHV coordinator, Department of Civil Engineering, SRMIST, gave a quick introduction about the coexistence of self and body, as well as the importance of nurturing the body. Following a brief introduction, the session was led by the resource person, who emphasized the significance of bodily care. He also emphasized the need of self-care and physical health in the workplace, as all of the participants work in a high-stress setting.

Participants' Engagement:

There was active involvement, and the resource person answered many of the attendees' questions. There were few activities for the participants during the program. The participants felt refreshed after the activity. They were grateful to the event coordinators for providing such an educational and practical presentation about self and body. The participants were grateful to the event coordinators for providing such an educational and practical presentation about self and body.



Value based program on Understanding Self and Body



Resource Person Lecture

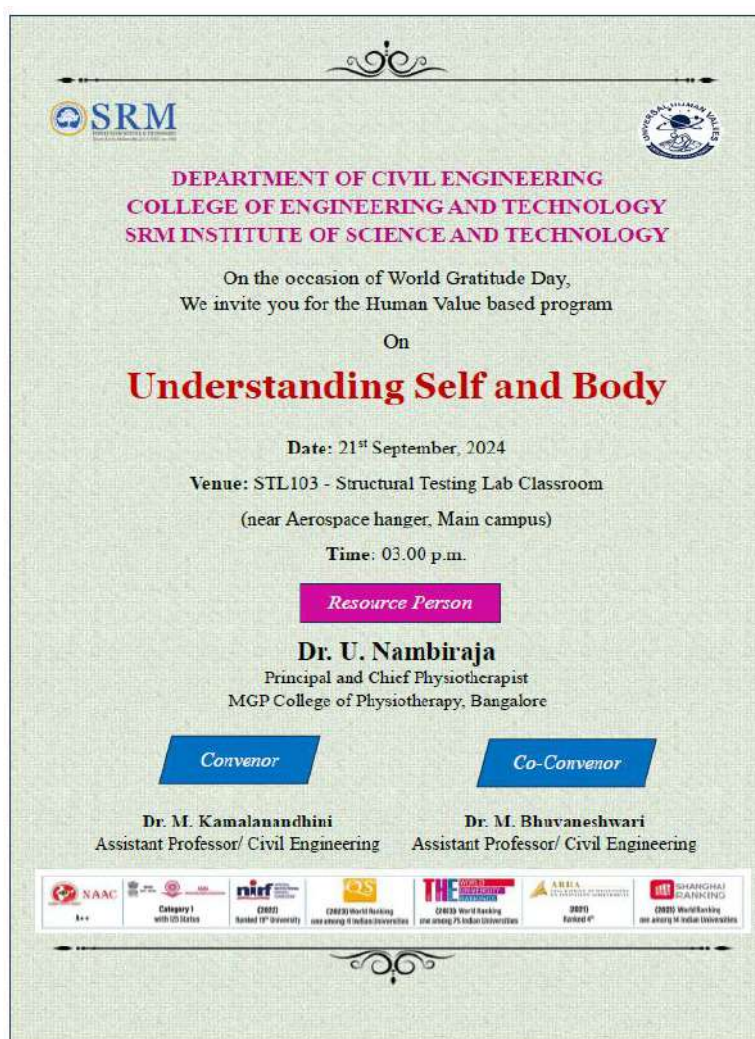


Active involvement of participants



Group photo with the participants

Attach Brochures /Posters/Invitations Circulated:



Brochure on Human Value program

Feedback from participants :

The participants were able to understand their self after the program and also, they were able to decide what they are and what they really want to do. They really had a good source of information on how to manage their bodily needs by understanding their self and body. 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.

Drive link with videos photographs, Attendance and other supporting materials

https://drive.google.com/drive/folders/1UGZt98SRVjrS4kBT_grwk3UKvqiPKWSI?usp=drive_link