

Vedavyasa Institute of Technology, Karadparamba

Program: World Sleep Day

Title of activity: **Tap out of internet addiction**

Organizer: WOMENS FORUM, VVIT

Name of coordinator:
 Prof. Dr. Kavitha S Murugesan, Vice Principal,
 Mrs. Saranya Sreedharan V Assistant Professor of S&H,
 Ms. Fathima Shimna Shubin(student)

Date: 08/03/2023
 9:30 AM to 11:00 AM

Summary of activity:

The Seminar on Womens Forum VVIT Presents "Tap out of internet addiction" on "WORLD SLEEP DAY" was conducted on 18th March 2023 at 9.30 AM by Dr. Sripriya Shaji, Psychological Counsellor, Nutritionist and Art Therapist, Founder of Srisha Councelling. Ms. Thanishma K Dietitian & Founder Nutrilive, Prof. Dr. Kavitha S Murugesan, Vice Principal, Mrs. Saranya Sreedharan V Assistant Professor of S&H were the coordinators. Program comments with a Silent prayer, Welcome Speech was given by Prof. Dr. Kavitha S Murugesan, Vice Principal. All the B.Tech Students and Faculty of VVIT had participated. Dr. Sripriya Shaji educated about the World Sleep Society views that World Sleep Day as an opportunity to promote sleep health alongside thousands of other sleep health professionals and advocates. They believe that by promoting sleep health and raising awareness about it, we can work together to achieve a greater impact than the sum of our individual efforts. The society encourages everyone to spread the word about sleep health on World Sleep Day and help elevate the conversation around it. Ms. Thanishma K addresses that while many entrepreneurs sacrifice sleep as a way of boosting productivity, a restful night is an integral part of their journey to success. A sufficient amount of quality sleep is essential for staying healthy and performing at a high level. This is the reason that every entrepreneur should prioritize a good night's rest. As we know, entrepreneurship is a self willing and approached business firm which starts with a limited investment where they paved their own pathway with their efforts and ideas in their corresponding field. • So, in the field of nutrition and dietetics entrepreneurship, a person is termed as: NUTRIPRENEURS. Vote Of Thanks was given by Malavika Student of CSE

Benefit to Women /Faculty:

1. Helps Maintain Weight
2. Helps Improve Concentration and Productivity
3. Improves Athletic Performance ...
4. Keeps Your Heart Healthy ...
5. Prevents Development of Diabetes

No of participants: 80

