

Vedavyasa Institute of Technology, Karadparamba

Program: International Students Day	Title of activity: Empowering Your Academic Journey Through Healthy Choices	
Organizer: WOMENS FORUM, VVIT	Name of coordinator: Mrs. Saranya Sreedharan V (Assistant Professor of S&H)	Date: 17/11/2023 11:40 AM to 12:20 PM

Summary of activity:

The Webinar on Women's Forum VVIT Presents " Empowering Your Academic Journey Through Healthy Choices" was conducted on 17th November 2023 at 11.40 AM by Ms. Diya Feroze Counsellor VVIT., Mrs. Saranya Sreedharan V (Assistant Professor of S&H) was the coordinator. Program commence with a welcome Speech by Mrs.Sreekala N (Assistant Professor of S&H). All the B.Tech Students and Faculties of VVIT had participated. Ms. Diya Feroze educated about the importance of healthy choices and how they can be eradicated by the intake of proper food items. All the queries are cleared by the speaker after the session. Vote of thanks was given by Ashitha T (Assistant Professor of S&H).

Benefit to Women /Faculties:

1. Healthy behaviour
2. Mindful Eating
3. Balancing diet
4. Dehydration
5. Fitness and Nutrition
6. sleep and Nutrition

No of participants: 100

Name, designation of resource person with his comments:
Ms. Diya Feroze counsellor VVIT


The above mentioned activity was schedule in accordance with the requirement of behalf of Women's Forum. The seminar was a fair / good success.

President : Mrs Saranya Sreedharan V

Signature

[Handwritten Signature]
17/11/2023

The activity was conducted during this semester and has given good benefits to participants.

Principal *[Handwritten Signature]*
[Handwritten Date: 17/11/23]
 **VEDAVYASA INSTITUTE OF TECHNOLOGY**
Near Ramanattukara, Karad P. tamba P.O.
Malappuram District. PIN - 673 632

Date: 17th November 2023

