## PROFORMA FOR REPORTING $\underline{AZADI\ KA\ AMRIT\ MAHOTSAV\ (AKAM)}$ EVENTS

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**Event:** Workshop on "Health is Wealth"

**Date:-** 11/3/2022

**Time:-**3:30am to 5:30 pm

**Department:-** Girls and ladies staff of all Department, P.E.S. College of Engineering, Aurangabad

Name of Coordinator:- Dr.A.A.Tupe, Prof. P.K.Ghuge

**Topic/Subject of Activity**:- Workshop on "Health is Wealth"

#### **Resource Person:**

Name	Dr.Sanskruti Ravindra Tahakik
Designation	Assistant Professor
Organization Name	MGM Institute of Physiotherapy
Mobile number	9765216705
Mail id	tahakiksanskruti16@gmail.com

**Participants:-** Girls and ladies staff of all Department, P.E.S. College of Engineering, Aurangabad

Venue:- Vaishali Girl's Hostel, PESCOE

#### **Objectives:**

To Understand the state of well being, free from disease or diseases, both physical and mental is indeed a wealth.

#### **Abstract:**

'Health is wealth' is a world-famous proverb concerning health. A healthy body is

defined as the overall ability of the body to function well. It includes the physical, mental, emotional, and social health of all individuals. When one maintains good health, he/she opens the key to happiness.

When maintaining health, it depends on multiple factors such as drinking water regularly, exercising, eating healthy foods, sleeping on time, etc. Healthy life also ranges from the people you spend time with to the air around that you breathe.

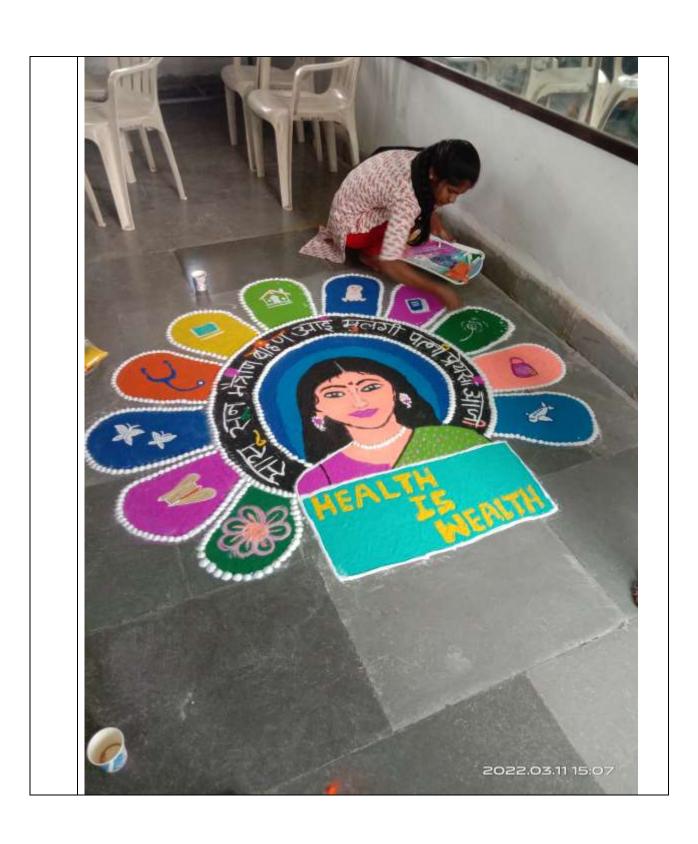
Health contains lots of equally important components. Even if one of the components goes missing, a person cannot remain as healthy. The prime source of happiness and bliss is our health.

Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable.

#### **Outcomes:**

- Understand the Living a healthy lifestyle help prevent chronic diseases and long-term illnesses.
- To raise awareness and reduce the stigma of breast cancer through education on symptoms and treatment.
- Increasing the knowledge of the public on the benefits of early detection, changing attitudes and behaviors to seek early detection services, and raising awareness around breast cancer and cancer prevention in general; An ability to use current techniques, skills, and tools necessary for computing practice.

#### **Snaps of the Program:**



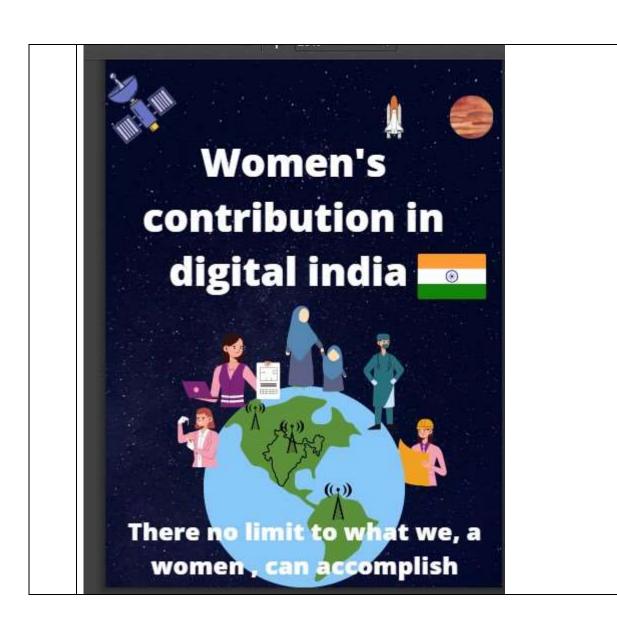














# P.E.S. College of Engineering Aurangabad.

Ref.No.-PESCOE/Office 2021-22/986

Date 09/03/2022

स्चना

पी. इं. एस. अभियाविकी महाविद्यालयातील सर्व महिला कर्मचारी व विद्यार्थिनींना सुचित करण्यात येते की दिनांक ।। मार्च 2022 रोजी दुपारी 3 30 pm वाजता "हेल्थ इज वेल्थ" या विषयावर समुपदेशन व कार्यशळेचे आयोजन करण्यात आले आहे. तरी आपण सर्वांनी या कार्यक्रमास आपली उपस्थिती नाँदवावीं.

स्थळ : वैशाली मुलीचे वसतिगृह

प्राचार्य

पी. ई. एस. अभियात्रिकी महाविद्यालय.

औरंगाबाद.

प्रतः

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- 2. सर्व विभाग प्रमुख
- 3. विद्यार्थिनी विभाग
- 4. मुलीचे वसतिगृह

# P.E.S.College of Engineering, Aurangabad

On the Occasion of Immunicipal Wester's Day

Workshop on

### " Health is Wealth "

#### Attendance Report

Venue - Valshali Girl's Hostel, PESCOE Dote - 11 · 03 · 2022

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	Rof S. B. Dhule	civil	9763727375	Athel
-	Prof. P.K. Ghuge	ETC	9423463954	Klehuse
	Shital Rathod	CSE	952937344	Verlies
	Shreya Gangare	CSF	9309240701	1
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7	Madhuri Kale	CSE	9359322511	(C) Links
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	Sakina Abedi	cse	9112754110	Birther
5	shruti Dobhade	cse	9404863646	- talland

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No.	Dirya Gowali	cse	8275316464	Gawali
	Smuti Chitalkar	CSE	9619983039	dhidi_
	Samiksha sanune	CSE	9325055773	Stonune.
	Sanbodhi Jadhav	CSE	9699262828	Cangadhau
	Janvi kudmithe	CBE	958888564	Coked
	Rant Jadhar	CSE	9699235843	Radhay
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No.	Ritika Borkar	cse	930781 3828	ted.
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4.	Ranvir shivani	CSE	7020192776	Buil.
5	Ankita Borade	CSE	744 80 31714	dirity
6	Ashwini Magoe	C5E	9370321265	Ashuni
7-	Waghmere Kanohan	CSE	916824 9225	Kanchay
8 -	Pooja s. Patil	c5 E	7972218333	丁雪
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2	Aarti Gujjazwaz	CSE	7499117896	Rost
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