



# WORLD HEALTH DAY AWARENESS TALK ON BALANCING MIND, BODY & SOUL: THE KEY TO HOLISTIC HEALTH

7<sup>th</sup> April 2025 | 02:00 PM to 05:00 PM

Mechanical Seminar Hall, Acharya campus.

## About the Program

On the occasion of World Health Day, this awareness programme aims to educate participants on the importance of holistic health by addressing the balance between the mind, body, and soul. Stress has become an inevitable part of modern life, affecting overall well-being. Through this session, participants will explore practical ways to manage stress, cultivate inner peace, and adopt a healthier lifestyle for long-term wellness.

### Objectives of the Program

- To brief the interconnectedness of physical, mental, and emotional well-being.
- To help participants recognize common sources of stress in daily life.
- To introduce mindfulness, meditation, exercise, and healthy lifestyle habits.
- To highlight how diet and movement impact overall health.
- To encourage small, consistent lifestyle changes for long-term well-being.

### Expected outcomes of the programme

- Participants will gain awareness of holistic health principles.
- They will learn effective stress management strategies to enhance productivity and quality of life.
- Improved understanding of the impact of lifestyle choices on mental and physical health.
- Ability to implement mindfulness and relaxation techniques in daily routines.
- Increased motivation to prioritize self-care and work-life balance.

## Important Dates

Event Details	Dates
Important Dates	07 <sup>th</sup> April 2025
Time	02:00 PM to 05:00 PM
Target Audience	First Year Students
Type of program	Offline
Venue	Mechanical Seminar Hall

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## Committee Members

### ADVISORY COMMITTEE

- Dr. C. K. Marigowda, Principal, AIT
- Dr. Rajeswari, Professor and Dean student affairs, AIT

### CONVENER

- Dr. Satish. K., Head Dept. of Chemistry & First Year coordinator, AIT

### COORDINATOR

- Ms. Chandrakala K B., Assistant Professor, Department of Chemistry, AIT
- Ms. Bhagyashree B Jahagirdhar., Assistant Professor, Department of Chemistry, AIT

## Resource Person Details



### Dr. Chaitra Nagaraj Kumble

**Designation :** Clinical Psychologist,  
NIMHANS, Bangalore.



### Acharya Institute of Technology

Acharya Dr. S. Radhakrishnan Road, Acharya P.O  
Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

### Event Coordinator

Prof. Chandrakala K B,  
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Department of Chemistry, AIT