



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University | Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act  
A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## REPORT ON HAPPY AND HEALTHY LIFE

Date: 23<sup>rd</sup> April 2019

Venue: Business Lab

Conducted By: Post Graduate Centre

Attended By: Huskur gate residents, PG Staff and Students

Organised By: Health Club, St. Francis de Sales College, Electronic city, Bengaluru

The Health Club of St. Francis De sales College conduct various awareness programs for the students to ensure that our students stay mentally fit and physically healthy. The vision of the health club is to create awareness about health related issues and also guide the SFS community towards a healthy and happy life. The health club also initiates a number of activities every year to make sure that the club nurtures to the need of the college in providing the needful to the society.

The Post Graduate Centre always believes in having a happy and healthy life style for the students. To give a orientation for the students as well as the staff, the PG centre organized a session on "How to lead a Healthy Life?" along with the Health Club of SFS College. Maintaining happiness is equally good. As it keep the temper low and try to stay as happy as possible so that one's health does not get affected. I have made these habits a part of my life and I find myself feeling very happy and contented with myself most of the time as I have a peaceful mind housed in a healthy body.

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A team of personalities like Dr. Tin, Dr. Edison Samraj, Mr. Samuel Daniel met the PG students in the Business Lab at 11.30 am on 23rd April, 2019.

Dr. Tin conducted a session titled "How to lead a Healthy Life?". The brief talk emphasized the importance of a happy. He made us realize how the spiritual well-being is important to lead a happy and healthy life. He also told that Eating can be an extremely sensitive topic. Decades of preserved/processed foods, technology, and advertising has confused us so thoroughly that we often don't realize how our food is affecting us. A few students and faculty members raised some relevant questions to which Dr. Tin responded impressively. The session ended at 1.00 p.m.

Dr. Edison Samraj addressed the gathering with his inspiring thoughts on a happy and healthy life. He told that if you really want your mind to work well, you have to pay attention to your body's needs, and one of its needs is the need to move that is doing exercises. He told it could help in Improving your emotional health, promoting optimum body weight, toning your muscles and strengthening your bones and also making you look prettier. Making the choice to exercise on a daily basis makes you a happier and healthier person. Exercise on a daily basic doesn't means that one have to join a formal exercise program. Just walking over to your friend's house or going swimming can be part of your daily exercise. He said that he have chosen to figure skate and dance as part of his exercise. He didn't choose to skate and dance because it was exercise, but because it is something that he enjoy. He also added that to make exercise a daily part of your life, you need to discover.

Avoid routine snacking on junk food and find some healthy snacks that you enjoy like fruit and raw vegetables. It is really not hard to eat healthy every day. The Canada Food Guide is a good place to start. If you eat a healthy amount of all of the food groups, you are off to a great start. In eating healthy, you will feel good and you will also have the energy you need to get the amount of exercise you need.

Mr. Samuel Daniel was more energetic to answer frequently asked questions on the topic. He told the relevance to lead a happy as well as a healthy life. He told q healthy lifestyle can boost our mood and increase life satisfaction while a positive mindset can lengthen your lifespan and help you avoid unhealthy habits. He asked to start by reframing your mindset into an optimistic and active perspective. He emphasized on diet, habits, and social network which can also affect both our mental and physical health.

The entire session was very energetic and students were very happy to realize the steps to lead a happy and healthy life was actually not so tough but very important to have one.

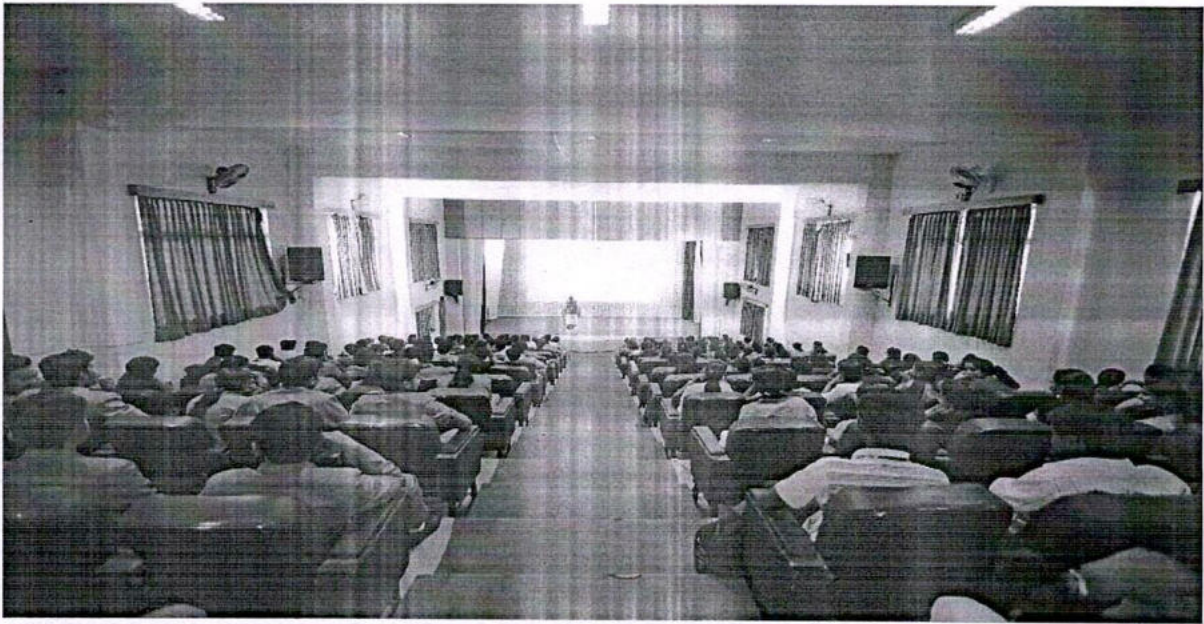
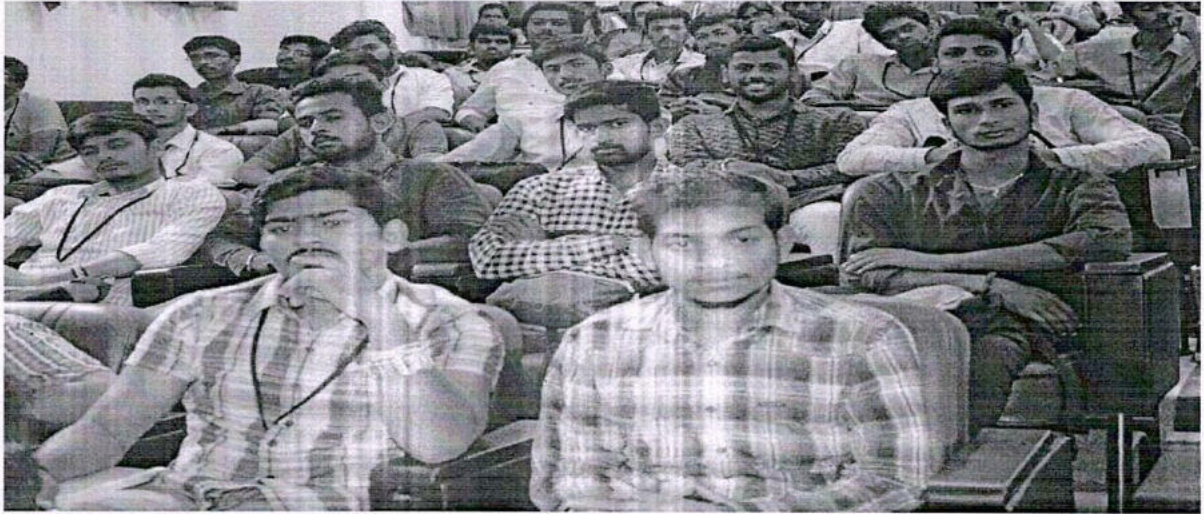
The college encourages the faculty members to conduct various health awareness sessions for students.



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Students are immersed in the discourse of the speaker held on 23<sup>rd</sup> April 2019

  
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