



## SESSION ON HAPPY AND HEALTHY LIFE

**DATE: 24/6/2019**

**VENUE: SEMINAR HALL**

**CONDUCTED BY: BBA**

**ATTENDED BY: BBA students.**

**ORGANISED BY: St. Francis de sales college, Electronic city, Bengaluru.**

On 24/6/2019 to enhance the Life skills of BBA students, we had conducted a seminar on "Happy and healthy life" for all the BBA students of ST. FRANCIS DE SALES COLLEGE. The resource person Ms Shefali Shukla addressed the students

The seminar included:

1. Eat nourishing food.
2. Sleep seven to eight hours a night.
3. Keep company with good people.
4. Avoid news overdose.
5. Get regular exercise.
6. Do something meaningful each day.
7. Think good thoughts for others.

It is very essential for everyone to have a healthy and happy life. With this mechanical life, which has become so routine, everybody needs to understand where do they derive the happiness from. Its very important to keep ourselves mentally and physically fit. This can be done by finding happiness in our work.

The speaker of the session started with the note on health and happiness. Then the speaker addressed the students about the different life skills to be enhanced, out of which being healthy and fit, and staying happy with our life should be given the highest priority.

How to keep ourselves healthy and happy? This question was posed to the students and most of them came up with different views. By putting all of them together, we find few of them being important. They are having nourishing food. We have to consume a variety of foods from all the food groups to get a range of nutrients to energize us throughout the day. Then Getting more sleep seems to be a healthy habit many people need to improve on. We already know that we need at least seven hours of shut-eye each night, so what prevents us from getting it? Think about how you can improve your biggest sleep disruptors and know this: Sleep deprivation can perpetuate serious health conditions, as well as negatively affect your mood, motivation and energy levels. Prioritizing sleep is one of the best things you can do to set yourself up for a successful, energized day.

Maximize the amount of time that you spend with people you enjoy being around. Connecting with others who radiate positivity and have similar interests will excite and energize you. Getting the 150 minutes of weekly activity recommended by the Physical Activity Guidelines for Americans can add to your energy account and not subtract from it. Exercise relieves stress and tension, strengthens muscles and boosts endurance, which helps your body to work more efficiently during other physical tasks or activities. Doing things which we feel passionate about makes us happier at the end of the day. These are some of the things that has to be practiced by every individual which leads to a healthy and happy life.

The students really enjoyed the session. It was a very intellectual program.

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