



PRERANA EDUCATIONAL & SOCIAL TRUST®

PES INSTITUTE OF ADVANCED MANAGEMENT STUDIES

&

Counselling Cell, PES Trust®

Jointly Organizes

**3 DAY ONLINE FDP on
Women's Health and Wellbeing**

(Exclusively for female faculty members and female students)

8th – 10th June 2020



**PES INSTITUTE OF ADVANCED MANAGEMENT STUDIES
& COUNSELLING CELL, PES TRUST (R), SHIVAMOGGA**

JOINTLY ORGANIZES

Women's Health & Well-being

3 DAY ONLINE FDP

EXCLUSIVELY FOR FEMALE FACULTY
MEMBERS & FEMALE FINAL YEAR
DEGREE STUDENTS



Topic Includes

**8TH JUNE
3.00- 4.30PM**

Master the Art of Life with
COVID- 19 Crisis (Physical,
Mental & Spiritual
Dimension Re- worked



ANU KRISHNA
Relationship Coach
Founder, Word Weave
Bengaluru

**9TH JUNE
4.00 - 5.00PM**

Online Fitness Session-
How to stay home and
stay fit with props
available at home



WANITHA ASHOK
Fitness Ambassador
Get Fit India
Bengaluru

**10 TH JUNE
3.00- 4.30PM**

Immunity Boosting
Dietetics as per
Ayurveda Principles



**Dr. CHITRALEKHA V.
KRISHNA**
Ayurveda Consultant
Sri Sadguru Chikistalaya
Shivamogga

Each faculty can nominate 1-5 female final year degree students |
Free Registrations | Must attend all 3 days to receive E- Certificates

Register Now !
<https://forms.gle/DMG1LAXyfbmVtnip8>

Contact
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**3 DAY ONLINE FDP on
Women's Health and
Wellbeing
(Exclusively for female
faculty members and
female students)
Organized by
PES Institute of
Advanced Management
Studies & Counseling
Cell of PES Trust ®
Shivamogga**

PES Institute of Advanced Management Studies & Counseling Cell of PES Trust ®, Shivamogga jointly organized, "3 DAY ONLINE FDP on Women's Health and Wellbeing", exclusively for female faculty members and female students from 8th to 10th June 2020. A total of 351 participants across the country took part in this FDP. It is a customary practice at PES to organize such Faculty Development Programs every year to enhance the functional expertise and performance of the teachers at the institutional level and also facilitating them to build their professional credentials at the individual level.

The current situation of COVID- 19 and lockdown has thrown multiple challenges especially to the teaching fraternity in the education sector. Amidst all uncertainties and challenges, the teaching fraternity is making every effort to connect to the students and engage them academically. Adapting professionally through online mode- a new normal, shifting changes in lifestyle patterns, safety and security concerns has had a serious

impact on the way that everyone think and act. This has led to major mental and health concerns especially among women community. To address these challenges, 3 Day Online FDP on Women's Health and Wellbeing was designed and hosted.

The topics chosen for the program revolved around the three dimensions namely- Mental health, Physical health and Spiritual health of Women's Health and Wellbeing. A panel of experts with professional expertise in their chosen area was invited as speakers for the sessions making it impactful.

The first session on the topic, "Master the Art of Life with COVID-19 Crisis (Physical, Mental & Spiritual Dimensions Re- worked) was handled by Ms. Anu Krishna, Mind Coach & NLP Trainer, Founder, Word Weave, Bengaluru on 8th June 2020. The session focused on different dimensions of health, meditation and some techniques to calm mind, body and soul. The participants thoroughly enjoyed the activities and got inputs from the speaker in Q & A session.

The second session on the topic, "Online Fitness Session- How to stay fit with props available at home", was handled by Ms. Wanitha Ashok, Fitness Ambassador & Influencer, Get Fit India, Bengaluru on 9th June 2020. The session started with muscle composition for stamina & strength, and exercises for teachers, followed by live workout session specially meant for teachers.

The third session on the topic, "Immunity Boosting Dietetics as per Ayurveda Principles", was by Dr. Chithralekha V. Krishna, Gavya Chikitsa & Ayurveda Consultant, Sri Sadguru Chikitsalaya, Shivamogga on 10th June 2020. The session broadly focused on Food and Nutrition, food which boosts immunity, activities to be adopted for a healthy lifestyle, classical eating habits, traditional vs. contemporary foods, poor eating habits leading to anxiety & depression etc. The session was very informative and interactive one. The participants got benefitted with the inputs provided by the speaker on various health concerns especially during COVID -19 periods.

Looking at the positive side of this lockdown period, the new normal- connecting people through online has blurred the boundaries, and got the information & people closer. Because of which, this FDP have received an overwhelming response from the participants not just from the local region but across the country. A total of 351 participants from different states of the country have participated with lot of energy and enthusiasm and made this program a successful and meaningful one.

Trustees and Management of Prerana Educational and Social Trust have not only ensured the well-being of students and staff in current crisis, but have extended full support to the 3 DAY ONLINE FDP on Women's Health and Wellbeing jointly hosted by PESIAMS & Counseling Cell, PES Trust, Shivamogga.

Feedback from Speakers

A wonderfully conducted FDP that was able to reach many in the Education Fraternity, far and wide. Being one of the speakers of the Program, I realize the enormity of organizing such a program online merging technology to support a noble outcome by PES. At the end, I believe if the intent to impact is pure and genuine, everything flows smoothly and yields the best results. And that's exactly what happened! It was by Women for Women and as community builders we understand that to make massive changes, women-centric approach has known to be very useful. To sum it all up, we women simply rocked it...More power to the Human Architects of the World!

Ms. Anu Krishna, Mind Coach & NLP Trainer, Founder, Word Weave, Bengaluru

I was happy to have done this meaningful session for the prestigious PES institute.

I was over whelmed by the number of participants; the session was energetic and alive due to the interest shown by the teachers.

I thoroughly enjoyed doing this workshop.

Ms. Wanitha Ashok, Fitness Ambassador & Influencer, Get Fit India, Bengaluru

Greetings

A National level Webinar on Women's health and Well-being, very neatly organized with power packed participants. The selection of the topics was very apt and the need of the hour. I appreciate the efforts and concern of the Organizers in this regard. Had a wonderful experience throughout the session. The involvement and interaction of the participants made it more worthy. Thank you Dr. Sailatha, Principal, PESIAMS and Smt Aruna Devi for this opportunity.

Dr. Chithralekha V. Krishna, Gavya Chikitsa & Ayurveda Consultant, Sri Sadguru Chikitsalaya, Shivamogga

Feedback from Participants

Thanks to the whole organizing team for conducting such a wonderful FDP of 3 days.

Each day was power packed with new things and I personally got to learn so much from it. And will definitely follow each and every thing told and also tell it to my fellow colleagues and my relatives too.

Thanks again for conducting an excellent webinar with so apt topics which are really need of an hour right now.

Regards.

Akanksha Nayyar, Student of Masters in Tourism Management of Lyallpur Khalsa College Jalandhar, Punjab

It was a nice 3 days session. We learnt a lot about our healthcare. Thank you for the organizing team for conducting this session.

Ms. Prathi Kumari, Student, M.com, Alva's College, Moodbidri, Karnataka.

Thank you so much for organizing very special sessions for women folk. The last three days what we spent were very fruitful as sessions focused on thinking positive, exercising, eating healthy...wow very informative sessions. These types of sessions should be conducted quite often. God bless you all.

Roohi Sultana, Resource Person, Department of School Education, ZEO Gulab Bagh, Srinagar, Kashmir

PESIAMS FDP not like a regular one. Really a great effort. We are all working to live but we forget our physical and mental health. Through this FDP we are remembered that without us nothing is important for our family. The food and exercise to improve the health really impressive way of teaching. Thank you

Mrs. C. KALPANA, Assistant Professor, Department of CSE, Sri Manakula Vinayagar Engineering College, Puducherry.

Gallery / Press Release

