

Seminar

on

Health Awareness Program for Faculty Members



Report : Health Awareness Program for Faculty Members

Date: 25th October 2024

Venue: Seminar Hall, Mechanical Engineering Department, Sharnbasva University, Kalaburagi

Speaker: Dr.Kedar Hiremath, Sharnbasva Ayurvedic Hospital

Introduction

The Department of Mechanical Engineering at Sharnbasva University, Kalaburagi, successfully organized a **Health Awareness Program for Faculty Members** on 25th October 2024. The session was conducted by **Dr. Kedar Hiremath**, Sharnbasva Ayurvedic Hospital, a distinguished medical expert specializing in preventive healthcare. The program aimed to enhance faculty awareness regarding personal health management, preventive measures, and the importance of well-being in daily life.

Key Topics Covered

Dr. Kedar Hiremath provided valuable insights on various health-related topics, including:

1. **Preventive Healthcare Measures:** Importance of regular health check-ups, vaccination, and early detection of diseases.
2. **Common Health Issues Among Educators:** Discussion on issues like stress, fatigue, posture-related problems, and lifestyle diseases.
3. **Mental Health & Stress Management:** Techniques for handling stress, work-life balance, and mindfulness practices.
4. **Ergonomics & Posture Correction:** Guidance on maintaining proper posture to prevent musculoskeletal disorders, especially for faculty members who spend extended hours teaching and working on computers.
5. **Balanced Diet & Nutrition:** Tips on maintaining a nutritious diet, hydration, and avoiding unhealthy eating habits.
6. **Exercise & Physical Fitness:** Importance of incorporating physical activities, including yoga and stretching exercises, into daily routines.
7. **Technology & Health:** The impact of excessive screen time and digital fatigue, with strategies to reduce its adverse effects.

Interactive Session

The program concluded with an interactive session where faculty members actively engaged in discussions, seeking advice on specific health concerns. Dr. Hiremath provided practical recommendations tailored to academic professionals, encouraging them to adopt healthy lifestyle changes.

Conclusion

The **Health Awareness Program for Faculty Members** was a highly informative and engaging session, equipping faculty members with essential knowledge to maintain their health and well-being. The initiative received positive feedback, with attendees expressing a strong interest in similar wellness programs in the future.

The session ended with a vote of thanks by the faculty coordinator, acknowledging Dr. Kedar Hiremath's valuable contribution to promoting health awareness and overall faculty well-being.