



# VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

[Sponsored by Lavu Educational Society]

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Kondapur (V), Ghatkesar (M), Medchal - Malkajgiri (D) - 501 301 Phone: +91 96529 10002/3



## Department of Computer Science and Engineering

### Report on "Physical and Mental Health" conducted on 11-09-2021

**Name of the Program:** Physical and Mental Health

**Name of the Resource Person:** Dr. Vidya Vardhini, MBBS, MS

**Date of the program:** 11-09-2021

**No of Participants:** 163 students

A Seminar on physical and mental health is organized by our college for the third year students. Total 163 students are actively participated. The resource person, Dr. Vidya Vardhini, MBBS, M.S, interacted with students and stated that keeping our minds healthy is an essential for mental health, always people were focus on maintain the physical health and most of the people had fail in considered about their mental state. He started that the level of fitness is greatly influenced by a variety of emotional elements, such as fear, anger, negative thinking, despair, and violence. He suggested that Regular exercise helps maintain a high level of physical fitness. Students enjoyed the session. They are motivated by the resource person.

The session was conducted successfully with the coordination of the faculty members and Physical Director.



**A Seminar on "Physical and Mental Health" by Dr. Vidya Vardhini**

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Kondapur(V), Hyderabad, Medchal Dist-501301

Latitude : 17. 10564

Longitude: 79. 10845



PRINCIPAL

Vignan's Institute of Management & Technology For Women  
Kondapur(V), Ghatkesar(M), Medchal-Malkajgiri(D)-501301  
Telangana State

Co-ordinator