

Department: ME | Date: 7th April, 2022

An awareness program on

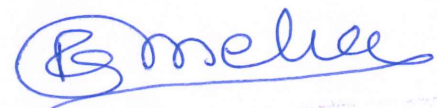
"Healthy Life Style"

An awareness program on "Healthy Life Style" (on account of World Health Day) was organized by the Department of Mechanical Engineering, Sree Vidyanikethan Engineering College, Tirupati on 7th April, 2022 at the Seminar Hall of Mechanical Engineering Department. The resource person was Mrs. R. Leelavathy, Assistant Professor, Sree Vidyanikethan College of Nursing, Sree Sainath Nagar, Tirupati and the programme was conducted to create awareness among the students of the Mechanical department.



Mrs. R. Leelavathy, resource person addressing the students

The various points were discussed during the program such as Nutrition, meditation for mental health, Personal hygiene, healthy eating habits etc. Lastly, the students shared their opinions regarding the awareness gained from the motivational talk followed by vote of thanks from the coordinators (Mrs.K.Lakshmi Kala and Mr.S.Lakshmi Narayana).



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