

**WOMEN EMPOWERMENT CELL**

**Department of EEE**

**Wellness Program**

**on**

**"WOMEN'S HEALTH & WEALTH"**

**Women Empowerment Cell and Department of EEE  
(15-05-2023)**

**REPORT**

In view of National Employee Health and Fitness day, Department of EEE in association with Women Empowerment Cell of MBU has organized wellness program on "Women's Health & Wealth" with main objective to improve women health and also to help individual women to overcome particular health-related problems.



Mr. Pavan addressing the session

The speaker of the session addressed the gathering about the 5 main facts behind regular physical activity. Physical activity promotes better sleep

1. Regular physical activity promotes restful sleep.
2. It triggers a positive feeling

It allows our body to release chemicals known as endorphins or "feel-good" hormones, which put us in a good mood making us more relaxed and self-confident.

3. It increases your stamina

Regular exercise can help you build muscle and increase your stamina, improving your cardiovascular system, and the flow of oxygen and nutrients to your tissues.

4. It improves your cognitive performance and memory

It improves your cognitive function.

5. It prevents health problems and disease

Numerous health issues can be prevented or managed with regular exercise; these include stroke, high blood pressure, type two diabetes, depression and anxiety disorders, certain types of cancer, arthritis, and many more.



Speaker demonstrating how to maintain fitness in profession

He also added that Physical activity among workers offers them a break from the stress and monotony of everyday tasks and duties. It gives them energy, boosts their mental ability, and prevents fatigue. It promotes a healthy lifestyle and employee retention. Employees benefit from an exercise program in a variety of ways. These improve their well-being, self-image, self-esteem, physical fitness, and stamina, and increase their job satisfaction. These enable them to better control their body mass and blood pressure. Around 30 faculty participants have attended and got benefitted from this webinar.

**Convener**  
**Women Empowerment Cell**

**Details of Speaker:**

Mr. Pavan,  
Fit India,  
Vijayawada