



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

Report on

“Awareness on Healthy Lifestyle” among residents of the village Bhondsi

In collaboration with NSS

Date: 24th February 2023

Venue: Aakarshan Vikas Kendra: An NGO; Initiative by Spark Minda Foundation, Bhondsi Village

Event Type: Extension activity

Mode of Activity: Offline

Target Group: Students

Coordinators: Dr. Ruchika Yadav, Dr. Monika Yadav

Name of Collaborating Agency: NSS

Organized by: School of Management and Commerce at K.R. Mangalam University

Number of Participants: Internal=28, External=30

Introduction:

An extension activity was duly conducted by School of Management and Commerce at KR Mangalam University at **Aakarshan Vikas Kendra: An NGO; Initiative by Spark Minda Foundation, Bhondsi Village** on the “Awareness on Healthy Lifestyle” among residents of the village Bhondsi on 24th February 2023.

Objectives:

The primary reason behind this informative discussion is to provide tremendous support to the participants to understand about various government schemes and procedure related to the importance of a healthy lifestyle in the hustle-bustle of our daily lives.

Content:

A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Not all diseases are preventable, but a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be avoided. Both the physical as well as mental benefits were delicately described to elucidate all of its facets in a noteworthy manner.

It was noticed that the attendants (i.e. the students of vocational courses) had very little knowledge regarding this topic as soon as it was introduced by the speakers. It was believed that as the audience listened heartily to the entire session, they were enlightened with the newfound knowledge that was earlier unknown to them.


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seemed emotionally as well as mentally illuminated and had understood the importance of a healthy lifestyle.

The session was astutely organised by Dr. Monika Yadav & Dr. Ruchika Yadav along with the volunteers from NSS & other students from SOMC which was being followed by the distribution of feedback forms & a thanksgiving note.

Photos of the Event:

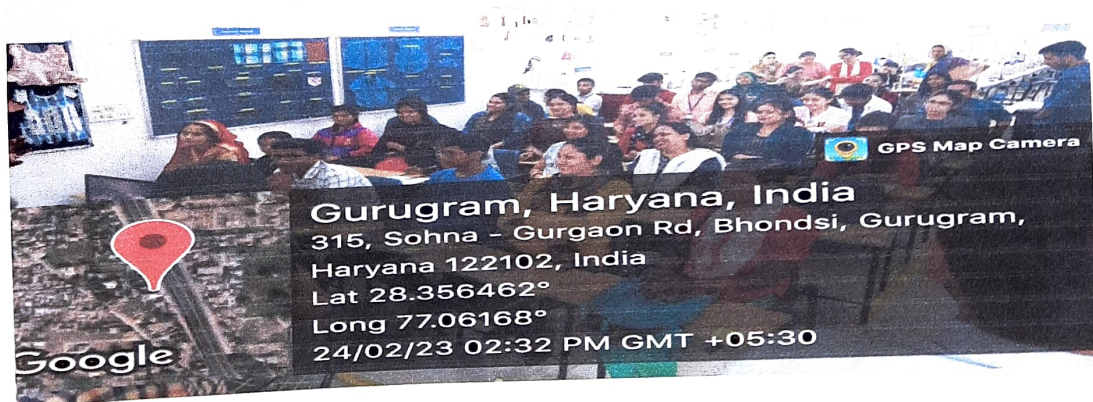


Image 2- Students attended the event to understand the importance of healthy lifestyle.

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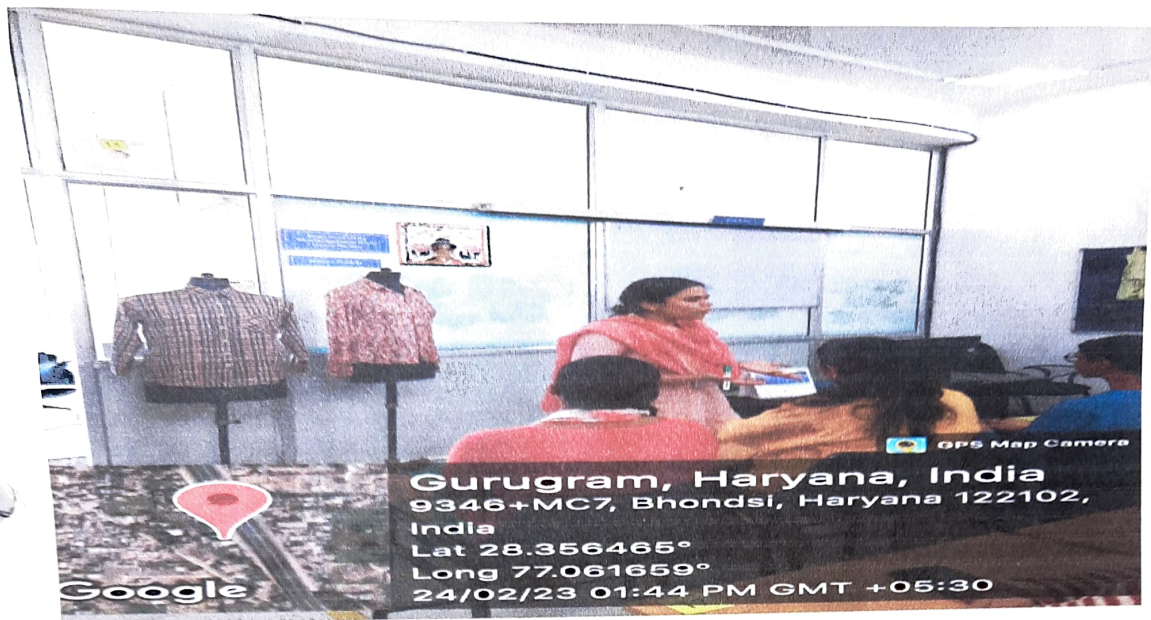


Image- 3 Dr. Monika addressing students about healthy lifestyle.



Image4:Dr. Ruchika addressing students about healthy (mental) lifestyle.

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Report prepared by	Dr. Monika Yadav <i>M. Yadav</i>
Report verified by Event Coordinator	Dr. Monika Yadav & Dr. Ruchika Yadav <i>M. Yadav</i> <i>Ruchika</i>
Report Seen by Dean	Dr. Pradeep Suri
Report Seen By IQAC Coordinator	Dr. Shikha Dutt Sharma <i>Shikha</i>

IQAC
K.R. Mangalam University,
Sohna Road, Gurugram-122103

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Attendance Formats

Extension activity on awareness of Healthy life style

Date - 24/2/23

Venue - Spark Minds foundation
Bhondsi village.

School of Management and Commerce

Sr No.	Roll Number	Student Name	Program Name	Program Code	Signature
1.	2202080034	Panasi	BBA		<i>[Signature]</i>
2.	2101010004	Shagun	Btech (CE)		<i>[Signature]</i>
3.	2101060008	yash	BCA		<i>[Signature]</i>
4.	2101060012	Harsh	BCA		<i>[Signature]</i>
5.	2211220017	Akhari	B. Ed.		<i>[Signature]</i>
6.	1911260009	Upasana	B. Ed. Ed		<i>[Signature]</i>
7.	1911260002	Sanya	"		<i>[Signature]</i>
8.	2202080011	Vardaan	BBA		<i>[Signature]</i>
9.	2202080014	Usha	BBA		<i>[Signature]</i>
10.	2210600008	Kunal	BCA		<i>[Signature]</i>
11.	2201010109	Ritika	Btech		<i>[Signature]</i>
12.	2201010100	Yatushi	Btech		<i>[Signature]</i>
13.	2205200010	Yash	BBA MBA		<i>[Signature]</i>
14.	22112520007	Tushar	BBA MBA		<i>[Signature]</i>

Verified by:

Signature:

Date: 24/2/23

[Signature]

[Signature]

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Attendance Formats

Extension activity on awareness of Healthy life style.

Date - 24/2/23.

Venue - Spark Minds foundation
Bhondsi

School of Management and Commerce.

Sr No.	Roll Number	Student Name	Program Name	Program Code	Signature
1		Poonam	Computer and English speaking	X	Poonam
2		Neha	Computer/eng.		Neha
3		Roshni	computer		Roshni
4		Neha	Computer		Neha
5		Neha Dagar	Beauty		Neha
6		Malti	Beauty		Malti
7		Rashmi			
8		Shalu	Beauty		Shalu
9		Savitri			
10		Chandni	Beauty		Chandni
11		Mamta	Beauty		Mamta

Verified by:

Signature:

Date: 24/2/23.

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Attendance Formats

Extension activity on awareness of healthy life style.

Date - 24/2/23

Venue - Spark mind foundation
Bhondsi, village

School of Management and Commerce

Sr No.	Roll Number	Student Name	Program Name	Program Code	Signature
1.		Nutan Sharma	English core		
2.		Jyoti Singh	English core		
3.		S Atyam	English core		
4.		Kumari	English core		
5.		Jyoti	English core		
6.		S. J. J.	English core		
7.		Neha	Kumari		
8.		Anjali			
9.		Chanchal			
10.		Jyoti Jha	English core		
11.		Rita	Pace/RORS		
12.		Aashi Sharma	Stich		

Verified by:

Signature:

Date: 24/2/23.

Gadar

Rachita Singh

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Sohna Road, Gurugram (Haryana)

SOMC
Event Name: Extension activity on awareness of Hearing

Date: 24/9/23

Date: 24/2/23.
Faculty Coordinators: Dr. Ruchika, Dr. Monika.

Feedback and Remarks (Rate on the scale of 1-5, 1 is least and 5 is

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Solapur (Maharashtra)

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SOMC

Event Name: Extension activity on awareness of healthy lifestyle.

Date: 24/2/23

Faculty Coordinators: Dr. Ruchika, Dr. Monika

S.NO.	Student Name	Roll No.	Programme Name	semester	phone No.	Signature	Feedback and Remarks (Rate on the scale of 1-5, 1 is least and 5 is Best)
1.	Yashraj Vashisht	—	Computer and English course	—	9654313950	Yashraj	5 😊
2.	Neha	—	Comp/English	—	9811247110	Neha	5 ★★★★★
3.	Roshni	—	computer	—	9811465673	Roshni	5 ★★★★★
4.	Neha Jagar	—	Beauty	—	9350638894	Neha	5 😊
5.	Malti Roy.	—	Beauty	—	7606063325	Malti	5 😊
6.	Atul	—	IT	—	9873289116	Atul	5 😊
7.		—		—			
8.		—		—			
9.		—		—			
10.		—		—			
11.	Neelam	—	Computer	—	8586806169	Neelam	4 ★★★★★
12.	Rajesh	—	IT	—	—	Rajesh	5

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Sector Road, Gurugram (Haryana)

Yadav

Ruchika