



## **Healthy Lifestyle Practices for KRMU Guards and Housekeeping Staff**

**Name of the Activity: Healthy Lifestyle Practices for KRMU Guards and Housekeeping Staff**

**Date: 09 November 2023**

**Organized by: Chetna Society, K.R. Mangalam University**

An enlightening and inspiring session on “*Healthy Lifestyle Practices for KRMU Guards and Housekeeping Staff*” was conducted by the Chetna Society at K.R. Mangalam University on 09 November 2023. The session aimed to raise awareness about the importance of adopting a healthy lifestyle and how it contributes to improving individual well-being, workplace harmony, and overall productivity.

The primary objective of this initiative was to empower the guards and housekeeping staff—who often remain one of the most overlooked sections of the workforce—by providing them with essential knowledge and motivation to prioritize their health, protect their rights, and enhance their quality of life. The program sought to bring a sense of belonging and self-worth among these individuals, encouraging them to cultivate physical fitness, emotional resilience, and mental peace.

The resource person for the session, Dr. Ruchika Yadav, a certified trainer from the Heartfulness Institute and Professor at the School of Management and Commerce, delivered an engaging and thought-provoking talk. Through her compassionate approach and deep insights, Dr. Yadav guided participants toward understanding the significance of balanced living, healthy eating habits, positive thinking, and mindfulness. The session was made more impactful through interactive discussions, sharing of personal experiences, and relatable examples that resonated deeply with the participants.

Participants actively engaged in practical activities such as breathing exercises and guided meditation, which helped them experience calmness and inner peace firsthand. The

emphasis on spiritual and emotional well-being added a unique dimension to the session, promoting not just physical fitness but also holistic growth.

The event concluded with an interactive feedback session, where participants expressed heartfelt gratitude and shared how the session had positively influenced their outlook toward health and happiness. The members of the Chetna Society were equally gratified to witness such enthusiastic participation and genuine appreciation. The smiling faces and renewed energy among the guards and housekeeping staff at the end of the session reflected the success of the initiative.

Overall, the session served as a meaningful step toward creating a healthier, more mindful, and compassionate workplace environment at K.R. Mangalam University—where every member, irrespective of their role, feels valued, supported, and inspired to lead a balanced life.



Picture 2: Expert is addressing the audience



Picture 2: Audience is doing yoga for relaxation



Picture 3: Group Photograph with banner