

HEALTH QUEST-GAME YOUR WAY TO WELLNESS

Organized by

Healthcare Management Students, Department of MBA on 14th October 2023

Inauguration: The Program inaugurated by the second yr healthcare management students with the Measure for Body Mass Index, Blood Pressure and Diabetes of Our Faculty Dr.M.V.A.L Narasimha Rao, Assistant Registrar, KLEF.



Workshop Events:

1. Serenity Flow: Yoga for total wellness

The healthcare students made the second yr management students to understand the importance for wellness through yoga. Surya Namaskaras, Meditation, Pranayam and Face Yoga are demonstrated and practiced.



Surya Namaskaras



Pranayam



Face Yoga

2. Health Lecture: Your Path to Wellness:

Guest Speaker of Workshop: Dr.Praveen Royal Mokkalpati, Surgical Oncologist, HCG, Vijayawada.

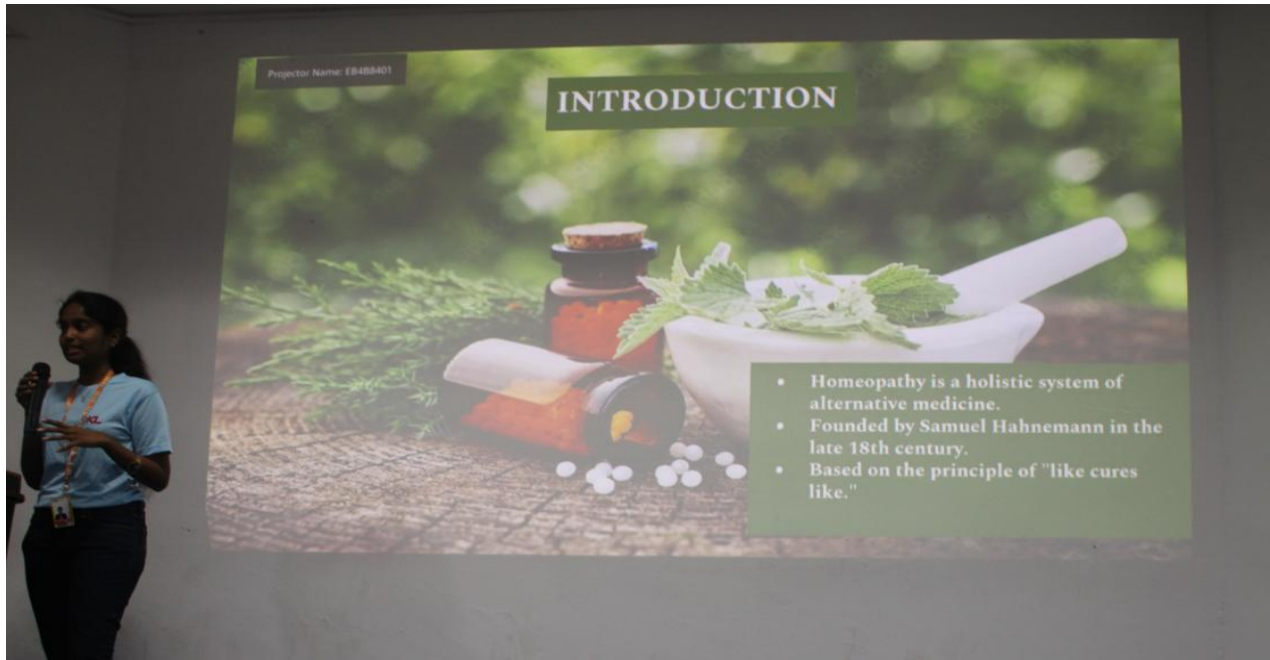
Discussed the importance of cancer screening, and provided practical tips on how to choose the right screening tests for individual needs. He emphasized that early detection of cancer is essential for successful treatment, and encouraged the participants to have a healthy lifestyles.



Internal Healthcare Student Presenter:

1. Awareness on Ayurveda: Mr. Nikhil gave an informative and engaging presentation on Ayurveda to the participants. He began by explaining the basic principles of Ayurveda, including the three doshas (vata, pitta, and kapha) and the importance of balance in maintaining good health. He then discussed some of the key benefits of Ayurveda, such as its ability to improve digestion, boost immunity, and reduce stress.
2. Awareness on Homeopathy: Ms. Johanna gave a very informative presentation on homeopathy to the participants. She began by explaining the basic principles of homeopathy, including the law of similars and the use of highly diluted remedies. She then discussed some of the key benefits of homeopathy, such as its ability to treat a wide range of conditions, its safety, and its affordability.
3. Introduction to Medical Specialties : Ms. Sruthi gave a presentation on different medical specialties to the participants. She explained what a medical specialty is and why people

choose to specialize in a particular area of medicine. She then discussed some of the most common medical specialties.



3. The Flexible Sage: Balancing Body and Soul :

The audience are encouraged to test with their flexibilities.





4. Health Hub: Check, Measure and Monitor: The demonstration on the usage of self-monitoring health equipment presented to the participants.

Body Mass Index, Blood Pressure and Diabetes is measured to the Faculty and Student Participants







5. Wellness Game: Level 1- Written Test on Body and Wellbeing

Level 2: Tested with Hand and Foot Motor Skills



Level 3: Gear up with Fluids



Winners of Health Quest



Organizers:



SECOND MBA –HEALTHCARE STUDENTS