

## **Prana Shakti 2024**

We are pleased to announce that the II MBA Healthcare Management Sectoral students are hosting Prana Shakti 2024, an immersive event focused on holistic health practices and self-care awareness. Join us on October 29, 2024, at the New Seminar Hall, KL University, for a day of learning, engagement, and wellness exploration.

Event Highlights: Prana Shakti 2024 will feature a series of interactive sessions, presentations, and hands-on activities designed to educate participants on a range of wellness practices, both traditional and contemporary. The program will:

Briefings on the AYUSH System

Nutritional Insights

Fitness Challenges

Physiotherapy Insights

Self-Health Check-Up

Psychology Session

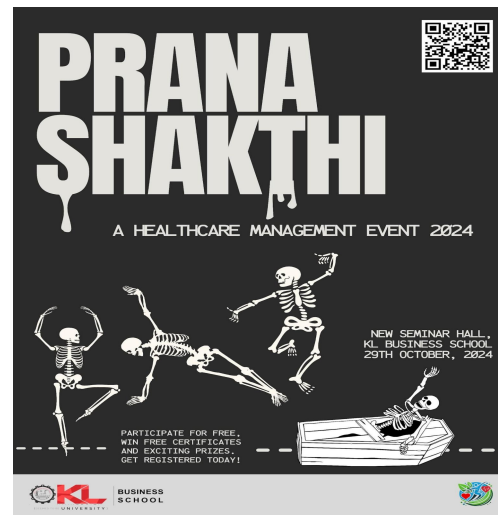
And many more engaging activities. We invite all faculty and students to actively participate in Prana Shakti 2024. This event offers a valuable opportunity to gain insights into health and wellness practices, blending traditional approaches with modern techniques. To register, please complete the form at the link below:



Report on PRANA SAKTHI – A Healthcare  
Management Event 2024

ORGANISED BY DEPT OF MBA

**Event Overview:** The Healthcare Management Sectorial MBA 2nd-year students organized a healthcare management event on 2024 at the New Seminar Hall, KL University. The event, held under the guidance of Dr.K.Anusha, aimed to showcase diverse aspects of healthcare management and create awareness about traditional and modern healthcare practices. The event began at 10:00 AM and concluded at 1:00 PM, with the presence of HOD-MBA Dr.K. Hema Divya and Alternate HOD Dr.Ch. Balaji



## Sequence of Events:

**Inauguration:** The event commenced with a warm introduction, setting the stage for an informative and engaging program.

Compeering by Ms. Lekhya & Mr. Kiran and Welcome Dance by Ms. Moutika marked the beginning, symbolizing positivity.



**Vital Signs:** This segment provided insights into the importance of monitoring vital signs in healthcare, emphasizing its role in patient management. Blood Pressure, Diabetes Self Check was demonstrated by Ms.Rajeswari,

Mr.Tarun and Ms

Sowjanya



**Ayush:** A discussion on the AYUSH healthcare system by Ms. Vandana highlighted the significance of alternative medicine in promoting holistic health.



**Ayurveda:** This section focused on Ayurveda's ancient practices by Ms. Moutika emphasizing natural and preventive healthcare.

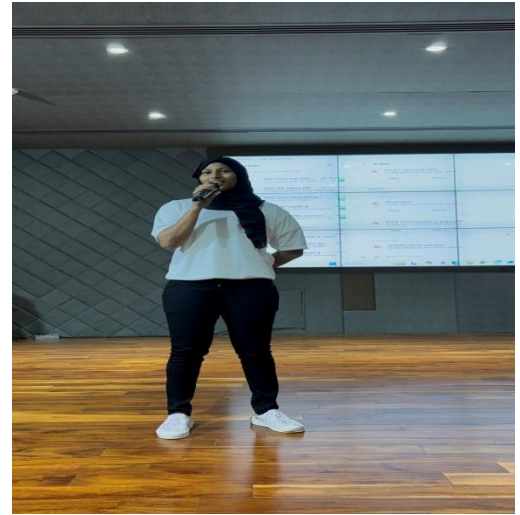
**Churna Preparation:** A live demonstration by Ms. Shreya on the preparation of Ayurvedic Churna illustrated the role of natural remedies in promoting wellness.



**Yoga:** The audience witnessed a Yoga session by Ms. Muskan and Mr. Priyanka showcasing various postures and their benefits for physical and mental well-being.

**Physiotherapy:** An informative segment by Ms. Nafeez and Mr. Irfan on physiotherapy demonstrated exercises and techniques that aid in rehabilitation.





**Sports:** The role of sports in healthcare was highlighted, showing its importance in promoting a healthy lifestyle.

Ms.Sadiya Almasa  
(Jr.Power Lifting Gold Medalist in Common Wealth Games 2024 )

**Siddha:** This segment explored Siddha medicine, focusing on its unique approaches to health and disease.

**Hand Mudras:** The demonstration of hand mudras by Ms.Himaja & Ms. Manvitha showcased how simple gestures

can influence physical and mental health.



**Nutrition:** Ms.Kusuma introduced the importance of nutrition also, stressed on the role of diet in maintaining health.

**Unani:** The Unani system was introduced by Mr.Jagadish providing insights into its ancient healing techniques and therapeutic practices.



**Vote of Thanks:** The event concluded with a Vote of Thanks, acknowledging the contributions of faculty, students, and guests.

**CPR:** A CPR training session was conducted, offering essential skills for emergency response.

**Conclusion:** The Healthcare Management Event 2024 was a well-organized and impactful program, providing valuable knowledge about various healthcare disciplines. The presence of esteemed faculty members added to the event's success, making it a memorable learning experience for all involved.

Participants:



Google Fit Challenger:



Prana Shakti 2024 Team



