



ADHIYAMAAN COLLEGE OF ENGINEERING (Autonomous)  
Dr. M. G. R. Nagar, Hosur – 635 130, Tamil nadu.



Internal Quality Assurance Cell (IQAC)

13/06/2020

## A Report on a webinar on “Health Awareness and Immunity Building using Four Fold approach to Wellness”

On 13th June 2020, a webinar on "Health Awareness and Immunity Building using Four Fold approach to Wellness" was conducted by IQAC for the Faculties and students. The program aimed to provide awareness and knowledge about various health and wellness practices to improve immunity and overall health.

**ADHIYAMAAN COLLEGE OF ENGINEERING**  
(AUTONOMOUS)  
Affiliated to Anna University, Chennai,  
Approved by AICTE, New Delhi,  
Accredited by NAAC - UGC, New Delhi.  
Dr. M. G. R. Nagar, HOSUR - 635130.

**IQAC**  
Adhiyamaan College of Engineering

**Internal Quality Assurance Cell**

ORGANIZES WEBINAR ON  
“HEALTH AWARENESS AND IMMUNITY BUILDING USING  
FOUR FOLD APPROACH TO WELLNESS”

**Invited Speaker**  
Mr. ASWIN SUDREER  
Vice President (Strategy, HR, Finance)  
Applifysoft Technologies

**Main Speaker**  
Mr. GANESH MALLIA R  
Wellness Practitioner, Business Consultant  
Magnessa Enterprises Pvt Ltd

**Guest Speaker**  
Mr. VENKAT SHARMA  
Incident Manager  
Accenture Solutions India Pvt Ltd

Date: 13-06-2020  
Time: 11:00 AM to 12:00 PM  
Free Registration

Register at:  
<https://forms.gle/vnFzDcRzVE66lEoe9>

CONVENOR: DR. G. RAMANATH PRINCIPAL  
ORGANIZER: DR. N. S. RADHAI NARAYANAN DEAN - AUTONOMOUS  
CO-ORGANIZERS: DR. S. SIVAJAYA MOO/EEE, DR. K. SIVAKUMAR MOO/COMPUTER, Ms. S. SATHYANIDHAR ASST. PROF./IT

FOR QUERIES CONTACT: 9791916258  
E-CERTIFICATE WILL BE PROVIDED

The program was attended by more than 135 participants from different parts of the country. The session was conducted by Mr. Aswin, a renowned expert in the field of health and wellness.



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The webinar started with an introduction to the concept of wellness and its importance in maintaining good health. The session covered topics such as the four dimensions of wellness, namely physical, emotional, social, and spiritual. Dr. Ganesh emphasized the importance of maintaining a balance in all these dimensions for overall wellness.

The first dimension, physical wellness, was discussed in detail, with emphasis on the importance of exercise, diet, and sleep for maintaining good health. The speaker provided practical insights into maintaining a healthy diet and tips for exercise and sleep.

The second dimension, emotional wellness, was discussed with an emphasis on stress management and mental well-being. The session covered topics such as mindfulness, meditation, and cognitive-behavioral techniques to manage stress and anxiety.

The third dimension, social wellness, was discussed with an emphasis on the importance of maintaining healthy relationships and social connections. The session provided insights into building and maintaining social connections, such as joining social clubs or volunteering for community service.

The final dimension, spiritual wellness, was discussed with an emphasis on finding meaning and purpose in life. The session covered topics such as meditation, yoga, and other spiritual practices to enhance overall well-being.

The program concluded with a Q&A session, where the participants asked various questions related to health and wellness. The participants appreciated the insights shared by the speaker and the practical strategies provided to enhance overall wellness.

Overall, the webinar on "Health Awareness and Immunity Building using Four Fold approach to Wellness" provided a platform for the general public to gain awareness and knowledge about various health and wellness practices to improve immunity and overall health. The program equipped them with the necessary skills and knowledge to maintain good health and wellness, thereby promoting a culture of health and well-being in the society.