



RAJARAJESWARI COLLEGE OF ENGINEERING

MYSORE ROAD, BANGALORE-74



NATIONAL SERVICE SCHEME

ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ

Seminar on Healthy Mind in Healthy Body

Date: 9th September 2017 Saturday at 11.00 A.M. IST

Resource Person:

Dr. S. R. Milling Tonia

DGO-Colachal Govt. Hospital

Venue: APJ Abdul Kalam Conference Hall, RRCE, Bengaluru

Objective of the Session: The main objective of the seminar is to improve the physical and mental health of those with a mental and health illness

Outcome of the Event: Healthy Body Healthy Mind (HBHM) seminar was conducted and to provide knowledge and also an incorporating on healthy diet and exercise instruction is an integrated evidence-based program with meditation and mindfulness strategies, and comprehensive psycho education. So the outcome of the seminar is to improve the physical and mental health of those with a mental illness

Target audience:

- ❖ II, III and IV year Students of RRCE

Number of Participants : 347 Participants.

Event Photos - “Healthy Mind in Healthy Body” 9th September 2017

