



RAMA DEVI WOMEN'S UNIVERSITY

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Report on Life Skills (Yoga, Physical Fitness, Health & Hygiene) Enhancement Programs

The pursuit of holistic well-being encompasses various aspects of an individual's life, including physical health, hygiene practices, incorporation of yoga into daily routines, and development of essential life skills. By integrating these elements into daily routines, students can strive towards a balanced and fulfilling lifestyle, promoting overall health and happiness. Rama Devi Women's University, being the only women's university of the State of Odisha, emphasizes more on the inculcation of these skills among the students. It's because of the fact that the development of the women results in the development of both the family and the society. Therefore, the University has always endeavoured to establish the interconnection between the various elements, emphasizing their collective contribution to a balanced and fulfilling lifestyle. Some of the inculcated habits among the students through various activities are as follows:

Health Centre, Wellness Centre and the Cells on Yoga, Youth Red Cross, etc. make students realise that engaging in physical and mental activities is vital for maintaining optimal health. Incorporating a mix of cardiovascular exercises, strength training, and flexibility exercises supports overall well-being. Therefore, yoga classes are being held in regular intervals. To sustain energy levels, enhance immunity, and prevent various health issues, students are also informed about the balanced nutrition. Students are also educated on the essence of quality sleep for cognitive

function, emotional well-being, and physical recovery. Along with this, the need for personal hygiene practices for maintaining physical health and preventing infections is also being taught to them.

Benefits of Yoga for mind-body balance, stress reduction, improved posture to build confidence, emotional stability, effective communication, problem-solving, critical thinking, etc. are being developed in the students regularly for enhancing flexibility and building strength of the body.

University believes that achieving holistic well-being involves a multifaceted approach, which encompasses physical health, hygiene practices, incorporation of yoga, and the development of essential life skills. By integrating these elements into daily routines, students can strive towards a balanced and fulfilling lifestyle, promote overall health and happiness. Some of the photographs and evidence of those activities are given below:

Photographs on Life Skills (Yoga, Physical Fitness, Health and Hygiene)

PROGRAMS ON YOGA, PHYSICAL FITNESS AND HYGIENE
HEALTH AWARENESS PROGRAMS 01- 12 -2018



FIRST AID AWARENESS FOR PHYSICALLY CHALLENGED 13 Aril, 2019



PLANTATION PROGRAM ON 07.07.2020



NATIONAL YOUTH DAY ON 12.01.2021



HYGIENE AND CAMPUS CLEANING CAMPUS CLEANING



WORLD AIDS DAY



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