



**"Techno - Social Excellence"**  
**Marathwada Mitramandal's**  
**Institute of Technology (MMIT)**

Accredited with "A" Grade by NAAC

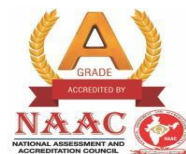
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## Report

### **Women: Health & psychology workshop at MMIT**

**Date: 24<sup>th</sup> Oct.2020**

**Mode : Online through Google meet**

Health psychology focuses on the mind body connection and the way our physical health impacts on our mental health and vice versa. For some women, adjustment to lifespan developmental changes or gender-specific health concerns can be quite challenging.

Health awareness workshop was arranged looking into physiological health aspects of ladies students, faculties & staff. Mrs. Pradnya Kulkarni, counselor guided students about health issues, importance of self care, positive attitude. She emphasized on timely health monitoring, daily routines, and exercise to remain healthy.

### **Health workshop**



Prepared by,

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