

Bharati Vidyapeeth (Deemed To Be University)
College of Engineering

Report of Workshop on
“Health Awareness”

Women Cell of Bharati Vidyapeeth (Deemed to be University) College of Engineering, Pune organized a workshop, a significant initiative aimed at promoting well-being among the teaching and non-teaching staff. Miss. Aarti Shitole from UNIMAX, India on January 24, 2024. Miss. Shitole's session began with a comprehensive discussion on common health problems affecting women, with a keen focus on the role of lifestyle choices and dietary habits in influencing overall health. Her presentation highlighted the interconnectedness of these factors and their impact on various aspects of well-being.

A major emphasis was placed on Ayurveda, and Miss. Shitole elaborated on the benefits of incorporating ayurvedic kadhas into daily routines. Specifically, she recommended kadhas for addressing prevalent issues such as cough, vaat, and pitta prakriti. Participants gained insights into the medicinal properties of Spirulina vanaspati and Barbadosensis Millar vanaspati and learned how these could contribute to improved health.

Furthermore, the workshop delved into the causes and management of health conditions like Blood Pressure, Diabetes, and hormonal imbalances particularly during pre-menopause and post-menopause phases. Miss. Shitole shared her expertise on preparing kadhas using natural elements like shatavari vanaspati, gokhru vanaspati, amla vanaspati, ashwagandha vanaspati, and madhupatra vanaspati to address hormonal imbalances effectively.

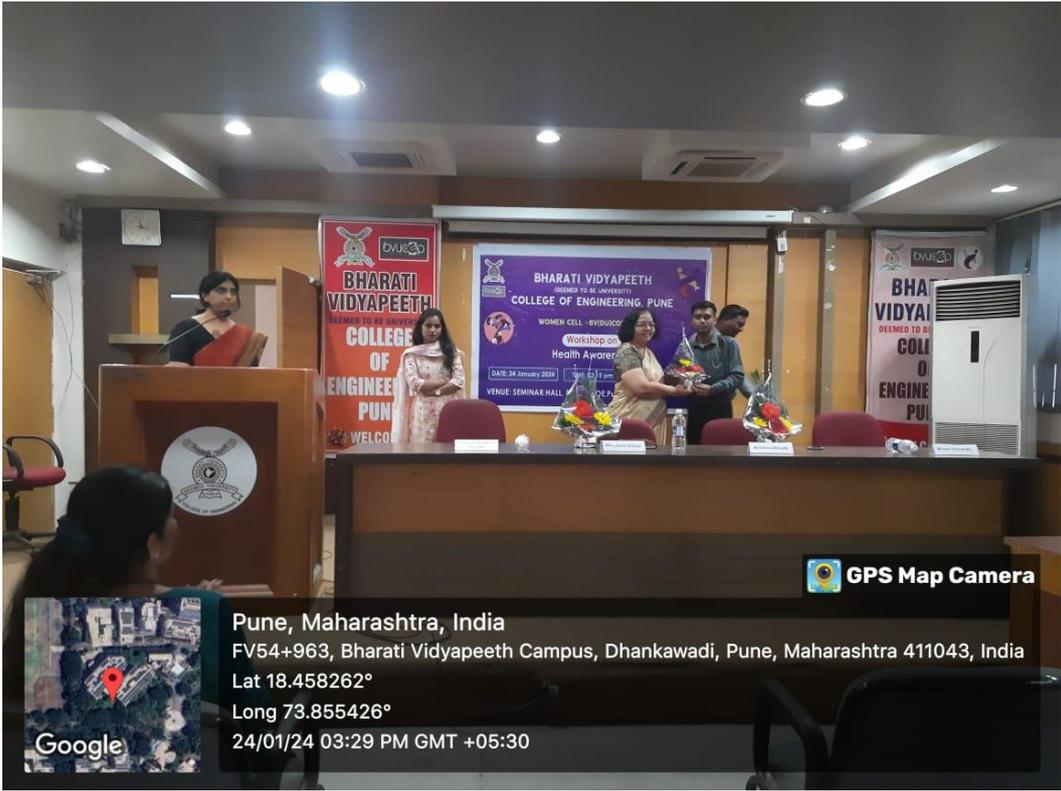
The interactive nature of the session was exemplified in the concluding segment, where Miss. Aarti Shitole conducted nadi parikshan for all the attendees. This personalized approach allowed her to tailor recommendations based on individual prakriti, providing practical and customized health solutions.

The workshop was met with enthusiasm and appreciation from all participants. Miss. Shitole's expertise, coupled with the hands-on approach of nadi parikshan, made the event not only informative but also personally relevant to each attendee.

On behalf of the organizing committee, we extend our heartfelt thanks to Miss. Aarti Shitole for her invaluable contribution to this enlightening program. We trust that the knowledge

gained will inspire positive changes in lifestyle and contribute to the overall well-being of our staff.





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