

# SHRI SANT RAM COLLEGE OF EDUCATION, KACHHWA, KARNAL

## SEMINAR REPORT

**Theme: "Promoting Health and Well-being in Educational Institutions"**

### 1. Introduction

A seminar on the theme "Promoting Health and Well-being in Educational Institutions" was successfully organized by SSR College of Education, Kachhwa, Karnal, in collaboration with JAIU, Kyrgyzstan, on the occasion of World Health Day (7th April).

The seminar aimed to create awareness among students and teachers about the importance of physical, mental, and emotional well-being within educational environments.

### 2. Objectives of the Seminar

- \* To promote awareness about mental health and emotional well-being
- \* To encourage healthy lifestyle practices among students
- \* To highlight the importance of hygiene and sanitation
- \* To emphasize the role of teachers in promoting health education
- \* To develop a positive and healthy learning environment

### 3. Details of the Event

Date: 7th April

Time: 11:00 AM

Venue: College Seminar Hall

#### **4. Organising committee:**

- \* Mr. Rohit Bhardwaj (President SSR COE, KACHHWA)
- \* Mr. Ashwani Bhardwaj (Chairman SSR COE, KACHHWA)
- \* Dr. Nitish Bhardwaj ( General Secretary SSR COE, KACHHWA)
- \* Dr. Urvashi Raj ( Convenor)
- \* Dr. Ekta ( Coordinator)
- \* Dr. Suruchi Sharma
- \* Dr. Om prakash
- \* Ms. Rekha
- \* Ms. Shaveta
- \* Ms. Jyoti Rishi
- \* Ms. Sadhna
- \* Mr. Rakesh vashisht
- \* Mr. Susheel Dholee
- \* Mr. Ram Murti
- \* Mr. Ravi Prasad
- \* Ms. Vijaylaxmi
- \* Mr. Anshuman
- \* Ms. Monika
- \* Ms. Poonam
- \* Mr. Aditya

## 5. Dignitaries Present

\*Chief Guest: Major Professor (Dr) Anita Joon Principal GCG Dadupur Roran Karnal

\*Keynote Speaker: Dr. Suruchi Sharma (Assistant Professor, SSR COE, KACHHWA)

\*Resource Person:

1. Mr. Sujeet (Education Officer, Kurukshetra Panorama and Science Centre,

Ministry of Culture, Govt. of India)

2. Mr. Anuj Goutam (Assistant professor, NIILM UNIVERSITY)

3. Dr. Muattar Turgunova (Head of Histology Department, JAIU, KYRGYZSTAN)

4. Dr. Urvashi Raj (Paediatric Dentist & Director, IPS, Kachhwa)

Their presence added great value to the seminar and inspired the participants.

## 6. Proceedings of the Seminar

The seminar began with a warm welcome of the dignitaries followed by the lighting of the lamp and welcome address by the Dr. Nitish Bhardwaj and Dr. Ekta. The stage was hosted by Ms. Vishakha and Mr. Alit ( students of B.Ed)

### Address by Chief Guest

The Chief Guest Major Professor Dr. Anita Joon emphasized the importance of maintaining a healthy lifestyle and encouraged students to adopt habits that promote both physical and mental health.

### Keynote Address

The Keynote Speaker Dr. Suruchi Sharma delivered an insightful talk on the importance of integrating health education into the curriculum and creating awareness among students about well-being.

## **Session by Resource Person**

The Resource Person Dr. Urvashi Raj, Mr. Anuj Goutam, Mr. Sujeet & Dr. Muattar Turgunova elaborated on practical ways to maintain hygiene, manage stress, and build a healthy routine. The session was interactive and engaging.

### **7. Key Topics Discussed**

Mental Health Awareness

Healthy Lifestyle Practices

Importance of Hygiene and Sanitation

Role of Teachers in Health Promotion

### **8. Participation and Interaction**

Students and faculty members from all over India and out of India actively participated in the seminar. The interactive session allowed participants to ask questions and share their views, making the seminar highly engaging.

International Cooperation: Jalal-Abad International University Participates in World Health Day Seminar

The following representatives of JALAL-ABAD university demonstrated a high level of expertise and commitment to global knowledge exchange:

Muattar Turgunova — Faculty Member of Jalal-Abad International University, who contributed as an expert speaker.

Syed Avaish Ali — 1st-year student.

Subuhi Khan — 2nd-year student.

Nidharshana -1st-year student

The sessions addressed critical topics such as mental health, hygiene, and the vital role of educators in fostering healthy lifestyles. JALAL-ABAD university's involvement in such global initiatives highlights its active presence in the international educational arena and its dedication to strengthening ties between Kyrgyzstan and India.

## 9. Outcomes of the Seminar

Increased awareness about health and well-being

Better understanding of mental health issues

Encouragement to adopt healthy habits

Motivation among teachers to promote health education

## 10. Conclusion

The seminar concluded successfully with a vote of thanks by Dr. Ekta, expressing gratitude to all the dignitaries, participants, and organizers. The event was informative and inspiring, leaving a positive impact on everyone present.

  
Principal  
Shri Sant Ram (S.S.R.)  
College of Education  
Kachhwa (Karnal)