STATE LEVEL WORKSHOP ON "HEALTH PROMOTING LIFESTYLE



DEPARTMENTS OF MEDICAL NURSING AND CNE & RESEARCH, COLLEGE OF NURSING, CMC, VELLORE

Lifestyle practices are those activities which are carried out by individuals as a part of their daily life which influences their behaviour, decisions and reactions to any situation. As some life style practices have a negative effect on health, there is a constant need to strengthen the awareness on lifestyle practices that promote health and prevent adverse health outcomes in an individual. Health care professionals also need to adopt healthy lifestyle.

### **OBJECTIVES**

At the end of the workshop, the participants will be able to

- Review the concept of health promotion & trends
- Discuss the dimensions in application of life style practices (Individual, social and organizational)
- Apply/modify lifestyle practices as demonstrated in skill stations

## 07.30-08.00 am: Registration

# 24.04.2023

# 08.00-08.15 am: Inauguration

08.15 - 08.30 am: Pretest	
08.30 - 09.00 am:	Health Promotion – an overview
	Dr. Herbart Giebel, Professor, Dept of Medicine, CMC, Vellore.
09.00 - 09.30 am:	Lifestyle diseases and prevention
	Dr. Divya Elizabeth, Assoc. Professor, Dept of Medicine, CMC, Vellore.
09.30 - 10.00 am	: Circadian rhythm & sleep
	Mrs. Bharathy R, Professor, CON, CMC, Vellore 💦 🙀 👷
10.00 - 10.15 am:	Break Streak Streak
10.15 - 10.45 am	Healthy eating 💦 🖉 👘 🚺 🖓 👘
	Mr. John Weasley, M.Sc (N) Tutor, Scudder CON, SMH, Ranipet, Science S
10.45 - 11.15 am:	Socio professional interactions/Relationships & health
	Mrs. Mary Jancy Joy, Asst. professor, CON, CMC, Venore. 🐡 🥟 🧊 👘
11.15 - 11.45 am:	Emotional well being
	Mrs. Angeline Jeya Rani K, Asst. Professor, CON, CMC, Vellore 177 LIFEST7LE
11.45 - 12.15 pm:	Exercise and Health
	Mr. Giftson Doss, Tutor, Dept of PMR, CMC, Vellor
12.15 - 12.45 pm:	Skill Station I- Exercise
	Mr. Giftson Doss, Tutor, Dept of PMR, CMC, Vellore 📃 🥘 🌈 🎧
12.45 - 01.30 pm	
1.30 - 2.00 pm :	Influence of environmental health
	Mrs. Josephine Sukumaran, Principal, Scudder CON, SMH Ranipet. 🛛 👔 💭 👹
2.00-4.30pm:	Skill Stations
	Skill Station II - Nutrition Prescription
	Mrs. Beulah Deepakumari, Staff Nurse, CMC, Vellore.
	Skill Station III - Sleep Inventory
	Mrs. Joice Minibai, M.Sc(N) Tutor, CON, CMC, Vellore.
	Skill Station IV - Screening: Breast, testicular & BMI
	Mrs. Jebagnanam, Charge Nurse, CMC, Vellore.
	Skill Station V - Health promotion index Dr. Vathsala Sadan Dr. Bala Seetharaman   Nursing Superintendent Dean Nursing Superintendent
	Mrs. Petritia Johnson, Tutor, CUN, CMC, Vellore. College of Nursing CMC, Vellore.
04.30 - 04.45 pn	n: Post test and Valedictory CMC, Vellore.

#### Organising Chairperson

Dr. Vinitha Ravindran Professor & Head Dept of CNE & Research CON, CMC, Vellore. Mrs.Sophia Vijayananthar Professor & Head Dept of Medical Nursing CON, CMC, Vellore.

#### Organizing Secretary

rs. Angeline Jeya Rani K Asst. professor CON, CMC, Vellore Ph: 9500834776



Last date for registration 05.04.2023 https://forms.gle/78oYabZRswn4YLR69 REGISTRATION FEE-RS. 500/- (INCLUDING GST) SCAN THE QR CODE FOR REGISTRATION

Venue : CNE Lecture Hall, College of Nursing, CMC, Vellore

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