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

0416 2287017 cnecon@cmcvellore.ac.in