



Maharashtra Education Society's

MES Night College of Arts and Commerce

Garware College Campus, Karve Road, Pune

Affiliated to Savitribai Phule Pune University, Pune
Recognised by Government of Maharashtra
Accredited by NAAC



'Yoga, Diet, and Mental Health'

Organized by: MES Night College of Arts and Commerce

Date: 27th January 2025

Time: 11:00 AM

Mode: Online

Guest Speaker: Dr. Tejshree Mudrankint

Introduction:

The MES Night College of Arts and Commerce organized an insightful online workshop titled 'Yoga, Diet, and Mental Health' on 27th January 2025 at 11:00 AM. The session was conducted by Dr. Tejshree Mudrankint, a distinguished expert in health and wellness, with the objective of promoting holistic well-being through yoga, nutrition, and mental health awareness.

Objectives of the Workshop:

- To understand the connection between yoga, diet, and mental well-being.
- To learn about healthy eating habits and their impact on mental health.
- To explore yoga techniques that help in stress management.
- To promote a balanced lifestyle for overall wellness.

Program Details:

- Dr. Tejshree Mudrankint provided an engaging and informative session, emphasizing the significance of a holistic approach to health.
- Participants were introduced to various yoga postures and breathing techniques beneficial for mental well-being.
- The role of nutrition in maintaining emotional and cognitive health was discussed in detail.
- Practical dietary tips and mindful eating habits were shared to improve mental resilience.
- A Q&A session allowed participants to seek personalized guidance on health and wellness.

Outcomes of the program:

- Enhanced awareness of the impact of diet and yoga on mental health.
- Practical knowledge of stress management techniques through yoga.
- Better understanding of nutritional choices for a healthier mind and body.
- Increased motivation to adopt a balanced lifestyle.

- Participants gained valuable insights into maintaining mental wellness through yoga and diet.
- Improved knowledge of healthy eating habits for emotional stability.
- Practical application of yoga techniques in daily life to reduce stress and anxiety.
- Greater appreciation for holistic well-being and self-care practices.

The online workshop on 'Yoga, Diet, and Mental Health' was a highly successful event, equipping students with essential knowledge and practical strategies to enhance their overall well-being. Dr. Tejshree Mudrankint's expertise and engaging delivery made the session both informative and interactive. Participants provided positive feedback, highlighting the workshop's relevance in promoting a healthier lifestyle.

