



# 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.

