

A Report of
World Health Day
Theme: *Healthy Beginnings, Hopefull Futures*
(07th April 2025)

Organized by



WELLNESS CLUB



MALLA REDDY

COLLEGE OF ENGINEERING

Date : 07-04-2025
Time : 03:00PM-04:00PM
Guest Speaker : Dr. Swathi B.
Venue : Seminar Hall

Malla Reddy College of Engineering
Maisammaguda, Dulapally, Secunderabad-500100

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Introduction

World Health Day is an annual global event celebrated on April 7 to highlight and raise awareness about critical health issues. This year, Malla Reddy College of Engineering (MRCE) marked World Health Day with an impactful celebration led by the MRCE Wellness Club. The event brought together more than 300 students and 30 faculty members to engage in various health-related activities. The celebration featured a keynote address by Dr. Swathi B., PDRA,ICMR,NIN, and was graced by the presence of the Principal, Dr. M. Ashok.



The poster features a blue background with a stylized green and blue globe. At the top left is the Malla Reddy College of Engineering logo, which includes a gear and the text 'KNOWLEDGE IS OUR POWER'. To the right of the logo, the college's name 'MALLA REDDY COLLEGE OF ENGINEERING' is written in bold blue letters. Below this, smaller text states: 'Approved by AICTE - New Delhi, Accredited by NBA (CSE & ECE) Affiliated to JNTUH - Hyderabad, ISO 9001:2015 Certified Institution, Recognition of College under Section 2(f) & 12 (B) of the UGC Act, 1956.' In the center, the 'WELLNESS CLUB MRCE' logo is displayed, featuring a stylized lotus flower. Below the logo, the text 'World Health Day - 2025' is written in a large, stylized font. Underneath, the theme 'Theme: Healthy Beginning Hopefull Futures' is written in pink. On the left side, the guest information is listed: 'Guest: Dr. Swathi B PDRA, ICMR National Institute of Nutrition'. On the right side, there is a portrait of Dr. Swathi B. At the bottom, the event details are listed: 'Date: 07-04-2025', 'Time: 03:00 pm to 4:00 pm', and 'Venue: Seminar Hall'. At the very bottom, the names of the organizers are listed: 'Dr. K.Shanthi Latha Convener, Wellness Club' on the left and 'Dr. M.Ashok Principal, MRCE' on the right.

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WELLNESS CLUB
MRCE

World Health Day - 2025
Theme: Healthy Beginning Hopefull Futures

Guest:
Dr. Swathi B
PDRA, ICMR
National Institute of Nutrition

Date: 07-04-2025
Time: 03:00 pm to 4:00 pm
Venue: Seminar Hall

Dr. K.Shanthi Latha
Convener, Wellness Club

Dr. M.Ashok
Principal, MRCE

Objective

The objectives of the World Health Day celebration at MRCE were:

- To raise awareness about the importance of physical, mental, and emotional health.
- To encourage students and faculty to adopt healthy lifestyles.
- To provide information on preventive healthcare, fitness, and mental well-being.
- To facilitate an interactive session that engaged the MRCE community in conversations about maintaining a healthy lifestyle.



Active Participation of Faculty and Students in the World Health Day Event at MRCE

Event Overview

The event commenced with the launch of the "Every Day One Quotation" initiative by the Wellness Club, an inspiring campaign aimed at promoting daily wellness tips and motivational quotes. This initiative was officially unveiled by the guest speaker, Dr. Swathi B., and Principal Dr. M. Ashok.

They jointly shared the first quotation of the day, setting the tone for the event and encouraging everyone to reflect on the importance of health and well-being. Dr. Swathi and Dr. Ashok emphasized how small daily changes, inspired by positive affirmations and healthy habits, can lead to a significant improvement in overall wellness. Their words resonated with the students and faculty, motivating them to embrace healthier practices in their daily lives.

This thoughtful start to the event highlighted the Wellness Club's commitment to fostering a culture of wellness and positivity at MRCE.



"Every Day One Quotation" by Wellness Club



A group photo was taken to mark the launch of the "Every Day One Quotation" initiative by the Wellness Club, featuring Dr. Swathi B., Principal Dr. M. Ashok, and Wellness Club members.



The guest, Dr. Swathi B., was seen admiring the posters designed by students during the event.



The guest, Dr. Swathi B., was warmly invited to the stage with a traditional gesture of presenting a decorative pot, symbolizing the honor and respect extended to her by the MRCE community. This gesture reflected the cultural appreciation and the importance of her contribution to the event.

The event was inaugurated with a brief introduction by Dr. K Shanthi Latha, Convener of Wellness Club. She highlighted the significance of World Health Day and shared insights on the theme for the year. Following the inauguration, the event was divided into multiple segments aimed at educating and engaging the audience.



Welcome speech by Dr K Shanthi Latha, Convener of Wellness Club

- **Inaugural Speech by Dr. M. Ashok (Principal, MRCE)**

The event commenced with a formal welcome and opening remarks from Dr. M. Ashok, Principal of MRCE. He emphasized the significance of maintaining a balanced lifestyle to ensure overall well-being. Dr. Ashok's presence reinforced the importance of the event and underscored MRCE's commitment to promoting health and wellness.



Welcome and opening remarks from Dr. M. Ashok, Principal of MRCE

● Keynote Address by Dr. Swathi B. (Guest Speaker)

Dr. Swathi B., an expert in healthcare and wellness, delivered a comprehensive keynote on “Healthy Beginnings, Hopefull Futures.” Her address focused on the importance of a holistic approach to health, which includes not only physical fitness but also mental and emotional well-being. Dr. Swathi discussed the significance of nutrition, exercise, sleep hygiene, and stress management in maintaining good health. She also offered practical tips for students and faculty on how to incorporate healthy habits into their busy lives, such as:

- Managing time for exercise amidst academic schedules.
- Practicing mindfulness and meditation to improve mental health.
- Choosing healthier food options to boost energy and overall well-being.

Dr. Swathi’s session was interactive, with a Q&A segment where she answered questions from the audience, covering topics such as stress management, healthy eating for students, and balancing academic pressures with personal health.



Keynote Address by Dr. Swathi B. (Guest Speaker)

Audience Engagement

The event saw over 300 students and 30 faculty members actively participating in all aspects of the day. Students engaged enthusiastically in the health quiz, yoga session, and mental health discussion. The health check-up camp was particularly popular, with many students and faculty members taking advantage of the free screenings. The Q&A sessions were well-received, and there was active participation from the audience, which made the event more dynamic and interactive.



Active Participation of Faculty and Students in the World Health Day Event at MRCE

Outcomes

1. **Increased Health Awareness:** The event successfully raised awareness about the importance of both physical and mental health, with participants gaining a better understanding of how to maintain wellness in their daily lives.
2. **Active Participation:** Over 300 students and 30 faculty members participated in the event, engaging in various activities such as the health quiz.
3. **Enhanced Mental Health Focus:** The mental health session contributed to reducing the stigma around mental health issues, providing students and faculty with tools to manage stress and anxiety effectively.

Felicitation of the Guest – Dr. Swathi B.

During the World Health Day event at Malla Reddy College of Engineering (MRCE), the Wellness Club organized a special felicitation ceremony to honor the esteemed guest, **Dr. Swathi B.**, for her valuable contribution to the event.



Principal Dr. M. Ashok felicitated the guest, Dr. Swathi B., with a shield as a token of appreciation for her valuable contribution to the event.

Conclusion

The World Health Day celebration at MRCE was a resounding success, achieving its goal of raising health awareness and promoting wellness among students and faculty. The event not only provided valuable health information but also encouraged participants to adopt healthier habits in their personal and academic lives. The presence of Dr. Swathi B. and the leadership of Dr. M. Ashok added credibility and depth to the event, ensuring it had a lasting impact on the MRCE community.

The MRCE Wellness Club is committed to continuing these health initiatives, with plans for follow-up activities, workshops, and campaigns throughout the year to maintain a focus on health and well-being.

Prepared by:

Convener of Wellness Club, Malla Reddy College of Engineering