

विकसित भारत  
अभियान  
1947 TO 2047



**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION



SOED/Nali/2024-25/34

**School of Education**

*Organizes*

**Life Skills Training Programme**

**On**

**“Boosting Immunity: Simple Daily Habits for a Healthier Life”**

**23 January 2025**

**NOTESHEET**

**School Name:** School of Education

**Name of the event:** Life Skills Training Programme On “Boosting Immunity: Simple Daily Habits for a Healthier Life”

**Date of the Event:** 23 January 2025

**Duration of Event:** 1-2 Hours

**Session Expert:** Prof. Harish Tyagi, Head, Faculty of Education and Head AIBAS, Head ASPESS, Chairman Faculty Research Committee- Education, Amity University, Delhi  
**Nature of events** (reference-NAAC requirement): 5.1.3

**SDG Goals:** SDG 3,4,12

**SDG 3:** Promoting mental health and well-being by focusing on stress management and relaxation techniques.

**SDG 4:** Integrating life skills, including health literacy, into educational frameworks to ensure holistic learning.

**SDG 12:** Promoting sustainable lifestyles, including healthy eating and natural health practices.

**Level of Event:** Intra School

**Categorisation Event:** Expert Session

**Organizers (Faculty In charge):** Dr. Kanchan Khatreja, Assistant Professor, School of Education (SOED), K.R Mangalam University, Gurugram, Haryana

**Mode of Event:** Offline

**Target Group:** Staff and Students of K.R Mangalam University

**Objectives:**

1. To educate participants on the role of immunity in overall health and well-being.
2. To provide practical strategies for strengthening the immune system through lifestyle changes, nutrition, exercise, and mental health practices.
3. To raise awareness about the impact of daily habits on immunity, such as diet, sleep, hydration, and stress management.
4. To empower participants with knowledge on natural and preventive health practices for a healthier life.

**Methodology:** 1. Educating participants on the science of immunity, common myths, and facts through an interactive lecture. 2. Facilitating discussions on barriers to healthy habits and how to overcome them. 3. Practical demonstration and conduct of simple exercises, healthy recipes, and mindfulness techniques that can be incorporated into daily routines.

**Evaluation:** Feedback Survey

**Expected Outcome:** 1. Increased understanding of the immune system and its role in overall health. 2. Improved awareness of the connection between physical, mental, and emotional well-being in strengthening immunity. 3. Participants adopting at least 3-5 simple immunity-boosting habits, such as incorporating specific foods, exercises, or stress-relief practices into their daily lives.

**Tools and Processes incorporated to determine the outcome:** 1. Interactive tools like Kahoot! for quizzes and real-time knowledge checks. 2. Healthy recipes, exercise routines, and stress-relief techniques shared through handouts or downloadable materials.

**Proposed Budget (If any) in INR:** 5000

This Event is Scheduled on 23 January, 2025 in Experiential Learning Calendar.

  
Faculty Co-ordinator

Dr. Kanchan Khatreja

  
Dean

Prof. (Dr.) Tania Gupta

  
Vice Chancellor

K.R. Mangalam University

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