



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

REPORT

Life Skills Training Programme

On

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

Date: 23 January 2025

Time: 11:00 a.m. onwards

Venue: A-210, KRMU Campus, Gurugram, Haryana

Event Type: Training Program

Mode of Activity: Offline

Target Group: Students of the School of Education, K.R. Mangalam University

Coordinator: Dr. Kanchan Khatreja, Assistant Professor, School of Education

Organized by: School of Education, K. R. Mangalam University, Gurugram

Expert: Prof. Harish Tyagi, Head, Faculty of Education and Head AIBAS, Head ASPSS, Chairman Faculty Research Committee- Education, Amity University, Delhi

Number of Participants: 29

The School of Education organized a workshop on- Boosting Immunity: simple daily habits for a healthier life on 23rd January 2025. Prof. (Dr.) Harish Tyagi, Head Faculty of Education, Head - Amity Institute of Behavioural and Allied Sciences and Amity School of Physical Education and Sports Sciences, Amity University Uttar Pradesh, Noida was the resource person for the event. The objective of the event was to educate participants on the role of immunity in overall health and well-being and to provide practical strategies for strengthening the immune system through lifestyle changes, nutrition, exercise, and mental health practices. The Session begin with welcome note by Prof. Tania Gupta, Dean, School of Education and was followed by the discussion on need of immunity boosting and life skills, characteristics of healthy lifestyle, discussed case study on successful personalities. The event was successfully conducted by Dr. Kanchan Khatreja, Assistant

Professor SOED. Prof. Dr. Tania Gupta, Dean SOED presented a memento to the resource person. All faculty members and students interacted throughout the session. Prof. Dr. P.C. Jena presented Vote of Thanks. Ritika and Tanushri, B.El.Ed. students coordinated the event. The training program was coordinated by Dr. Kanchan Khatreja, Assistant Professor, School of Education. Students also gave the Feedback of the training session. It was really an enriching session.

Glimpses of Life Skills Training Programme on Boosting Immunity: Simple Daily Habits for a Healthier Life on 23 January 2025

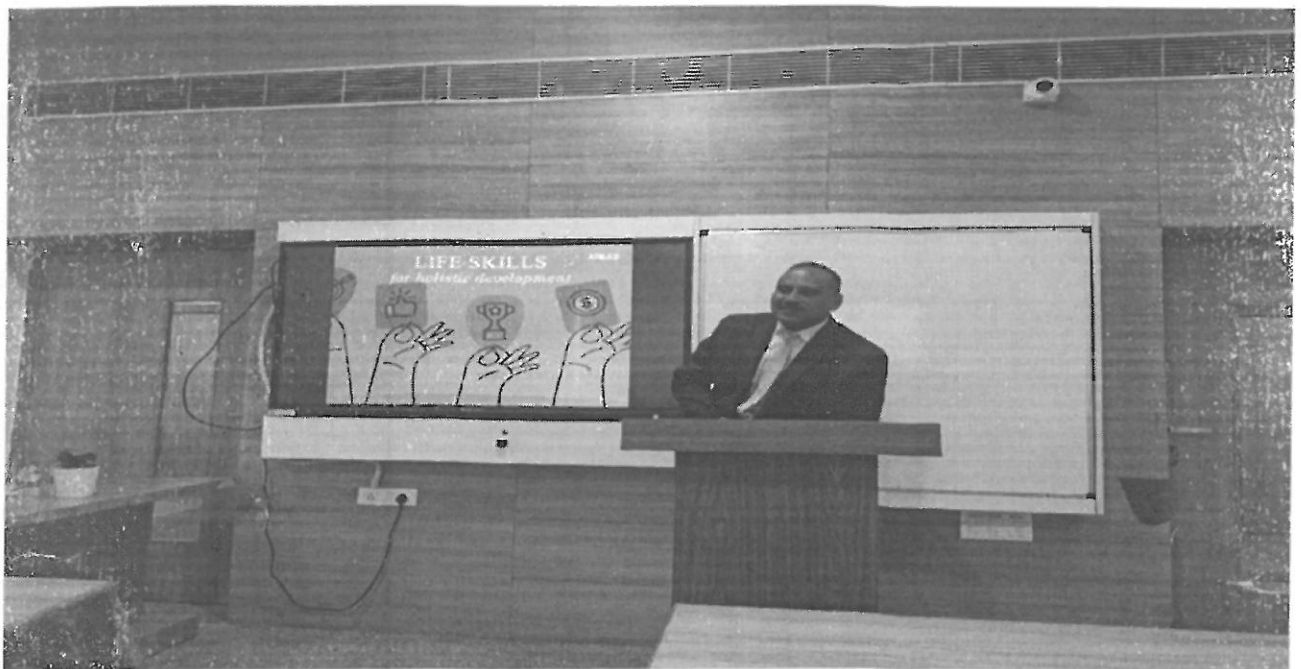


Photo 1: Guest speaker interacting with participants during Life Skills Training Programme On Boosting Immunity: Simple Daily Habits for a Healthier Life



Photo 2: Vote of Thanks of Prof. (Dr.) Harish Tyagi, Head Faculty of Education, Head -Amity Institute of Behavioural and Allied Sciences and Amity School of Physical Education and Sports Sciences, Amity University Uttar Pradesh, Noida by School Coordinator Prof. P.C Jena



Photo 5: Participants of Life Skills Training Programme On Boosting Immunity: Simple Daily Habits for a Healthier Life

Report prepared by	Dr. Kanchan Khatreja
Report verified by Event Coordinator	Dr. Kanchan Khatreja <i>[Signature]</i> 24/01/2025
Report Seen by Dean / Club Coordinator / Activity Coordinator	Prof. (Dr.) Tania Gupta <i>[Signature]</i> DEAN School of Education (SOED) K.R. Mangalam University Sohna Road, Gurugram Haryana 122103
Report Verified by IQAC Office	Dr. Shikha Dutt Sharma <i>[Signature]</i> IQAC K.R. Mangalam University, Sohna Road, Gurugram-122103