



LOKNETE DR. BALASAHEB VIKHE PATIL
(PADMA BHUSHAN AWARDEE)
PRAVARA RURAL EDUCATION SOCIETY'S

PRAVARA RURAL ENGINEERING COLLEGE

LONI

Department of Instrumentation
and Control Engineering
Pravara Alumni Relation cell
PRES Loni

Webinar on "Healthy Lifestyle without Stress"



Resource Person : Mrs. Mohini Jadhav

Designation : Coach

Company Name : Wellnesh coach at herbalife Nutrition

Batch : 2007

Qualification : BE Instrumentation & Control Engineering

Date: 7th Dec : 2020 at 11.30 am



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Date: 08/12/2020

Online Webinar
on
"Healthy Lifestyle without Stress"

Introduction: This is a report which gives an overview of online Webinar on **"Healthy Lifestyle without Stress"** Organized by SAIE & Department of Instrumentation & Control Pravara Rural Engineering College Loni.

Venue: Online Google meet

Date: 7/12/2020, Monday

Time: 11.30 am to 1.00 PM

Details of speaker: Ms. Mohini Jadhav, Wellness Coach, Herbal Nutrition

Email: jadhavmohini035@gmail.com

Total no. of Attendees: 48

Objectives of Online Webinar:

1. To aware the students about healthy life style without stress.

Outcome of the Online Webinar:

1. Students will aware about healthy diet which can protect the human body against certain types of diseases.
2. Students will aware about stress free life.
3. Students will aware about getting regular exercise.
4. Students will aware about staying at a healthy weight.



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Photo Gallery

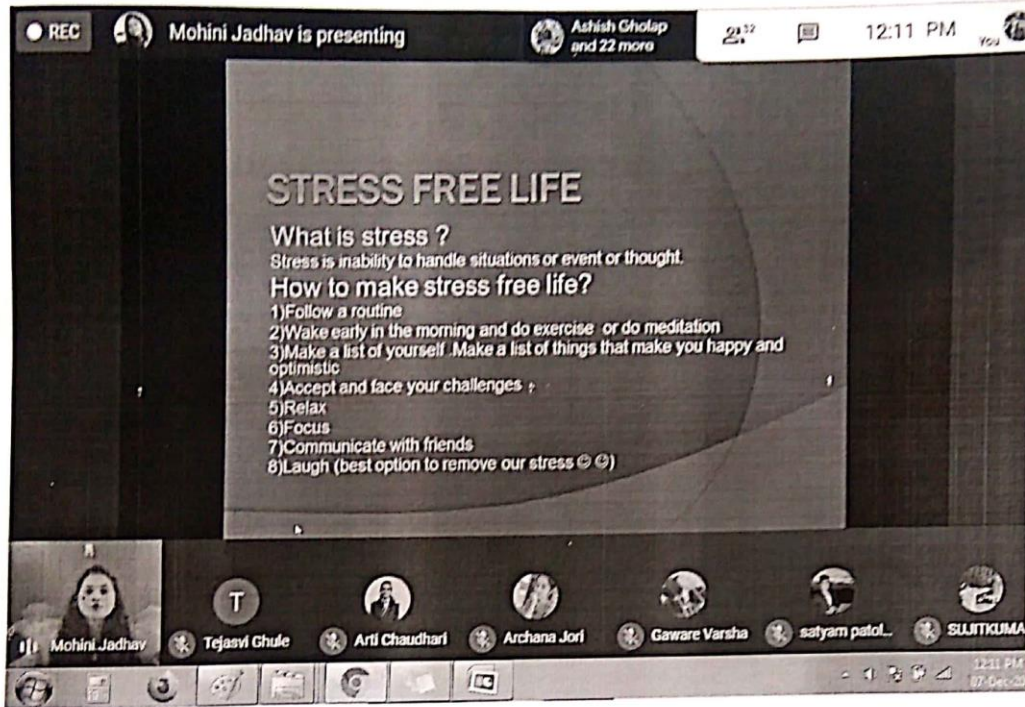


Photo 1: Session By Speaker Ms.Mohini Jadhav

Mrs.V.P.Bhosale
Program Coordinator

Mr. V. K. Jadhav
Dept. Coordinator

Dr. C. B. Kadu
HOD
Head of Department
Dept. of Instrumentation and
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