

## **REPORT**

### **Capacity Development Program on Healthy Living: A key to a better life**

A five-day Online Capacity Development Program on Healthy Living: A key to a better life was organized by the Department of Botany in collaboration with the Department of Physical Education. The program was conducted from 23<sup>rd</sup> May 2021 to 27<sup>th</sup> May 2021 as a part of the Capacity development and skills enhancement initiatives offered by the department. A total of 100 participants from dept. of Botany as well as from various other departments of the Calicut University have participated in the program. The participants included MSc students, MPhil scholars, Research fellows, Assistant Professors, and Professors. Dr. Sakeer Hussain VP, Director, Dept. of Physical Education, University of Calicut; Dr. Dhinu MR, Deputy Director, Dept. of Physical Education, University of Calicut; Miss. Dhanya VP Assistant Professor, Dept. of Physical Education, University of Calicut; Dr. Nandya V, Assistant Professor, Centre for Physical Education, University of Calicut; Mr. Raj Kiran Research Scholar, Dept. of Physical Education, the University of Calicut and Mr. Ajmal Khan, Assistant Professor, Centre for Physical Education, University of Calicut officiated as the Resource persons.

The program started on 23<sup>rd</sup> May 2021 with a welcome address by Prof. Jos T. Puthur, Dept. of Botany. It was followed by the first technical session where Dr. Sakeer Hussain V.P. delivered a talk on 'Health and wellness'. He presented the basic principles of fitness and the necessity of maintaining body fitness for well-being. Towards the end, there was an interaction session, wherein the resource person interacted with the students. The session was ended with a formal vote of thanks by Mr. Arshad K, I MSc student, Dept. of Botany.

On the second day (24<sup>th</sup> May 2021), Dr. Dhinu MR led the session on 'Effect of Exercise on Human Body' where he discussed the urgent need of doing exercises in day-to-day life and explained the concept of rehabilitation in the light of COVID-19. After, the session, students interacted with the resource person and clarified their doubts regarding the topic. The session was ended with the vote of thanks by Miss. Amrutha Suresh, I MSc student, Dept. of Botany. On the third day (25<sup>th</sup> May 2021) of the program, Miss. Dhanya VP delivered a talk on 'Yoga for Healthy living'. She explained the basic concepts and the origin of yoga. She taught some basic yoga positions for practicing in our daily life. In the interaction session, the resource person clarified the queries from students about the topic. Miss. Safana Thasnim, I MSc student, Dept. of Botany, delivered the vote of thanks for the session.

On 26<sup>th</sup> May 2021, Dr. Nandya V. gave a talk on 'Aerobics for Healthy life'. She discussed the importance of practicing aerobics for leading joyful life. She had shared several videos on different types

of aerobics with the students. At the end of the session, Miss. Gayathri M., I MSc student, Dept. of Botany. proposed the vote of thanks.

On the last day of the program, the sessions were shared by Mr. Raj Kiran and Mr. Ajmal Khan. The talk was focused on the topic 'Martial Arts for self-defense. Mr. Raj Kiran engaged first half of the session and spoke about the principles and aims of self-defense. He described when and how the countermeasures have to be taken when someone encountering a problem. Mr. Ajmal Khan handled the second half-session where he described different types of methods used to self-defense in daily life. He also shared a self-made demonstration video that showed the various methods that he explained during his talk. At the end of the session, the resource person interacted with students and clarified their doubts. A formal vote of thanks was delivered to the resource persons by Miss. Vismaya Santhosh, I MSc student, Dept. of Botany for providing the highly informative talk.

In the concluding session of the program, Prof. V.V. Radhakrishnan, Head of the Department, Department of Botany, conveyed the valedictory speech. Dr. Jos. T. Puthur, Professor, Department of Botany proposed the formal vote of thanks. The program was ended with the concluding remarks by Dr. A. K. Pradeep Assistant Professor of Botany. The E-Certificates were awarded to all the participants at the end of the program.