

LIFESTYLE AND HEALTH WORKSHOP ORGANIZED AT SMS LUCKNOW

June 10, 2024 Arijit Bose



Lucknow: Faculty/ Staff Development Program and Workshop on ‘Lifestyle and Health’ was organized for all the faculty and staff at School of Management Sciences, Lucknow on June 8th, 2024. All the invited speakers were welcomed by Dr. Ashish Bhatnagar, Director SMS Lucknow.

Joint Secretary-General Administration, Uttar Pradesh Secretariat, Ajay Kumar Pandey encouraged all the employees to remain focus at the workplace with pure thoughts, complete dedication and determination towards work. He also said that every person has some ability, hence, move ahead by recognizing your ability.

Dr. Himanshu Gupta, Senior Consultant, Cardiology, Cardiac Care Medanta also participated as a speaker in the program. He presented the cardiovascular system and related diseases through a presentation while mentioning the current heart related diseases and incidents. He also advised balanced diet, brisk walking and regular checkups. He also answered everyone’s questions one by one.

Dr. Ranu Singh, Community Nutritionist/Founder Nutrition Punch also said in her statement that health is protected by both diet and exercise. Only a healthy person can perform high quality work. Therefore, every person should ensure that whatever food he

consumes is rich in nutrients. He also gave a presentation on required daily diet of an ordinary person.

Dr. Rajeev Singh, Head Human Resource, Surya Food and Agro Ltd. also said in his statement that everyone should focus on time management and productive outcomes at the workplace in order to relief from office stress. He also said that every person must sleep at least 8 hours in a day.

Project Coordinator of Sarthak Foundation, Kavita Sharma addressed all the faculties and staff on the topic Stress and Health Management at Workplace. Along with this, J.P. Sharma, State Program Advisor of Voluntary Health Association of India, discussed about tobacco and its harms in details and provided methods of prevention.

Finally, while addressing the program, Secretary and Chief Executive Officer, Mr. Sharad Singh said that SMS Lucknow is committed to the health and well-being of its employees. This type of workshop should be organized in future as well. He also advised to emphasize on time Management at workplace along with some morning walk, yoga and meditation etc.

In the program, Director SMS Lucknow Dr. Ashish Bhatnagar, Director General (Technical) Dr. Bharat Raj Singh, Director (Administration) Dr. Jagdish Singh, Dean Dr. Hemant Kumar Singh, Dr. Pramod Kumar Singh, Dean Student Welfare were present along with all the teachers and staff members

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