



LINGARAJ APPA ENGINEERING COLLEGE, BIDAR

MINUTES OF THE MEETING

Date: 18/10/2025

The meeting was held on 18/10/2025 in seminar hall-1 for the Discussion on Healthy lifestyle: sleep, food, and exercise for better focus.

The meeting started with a welcome note by Mr.Jagannath

Agenda: Healthy lifestyle: sleep, food, and exercise for better focus.

Proceedings:

- The importance of a balanced diet was highlighted.
- Counsellor cell to organize 1 workshop on healthy habits for students.

The Meeting Concluded with vote of thanks by Mr.Rajkumar Patil

The members involved in Student counsellor Cell are as follows.

Sl. No.	Name	Designation
1	Dr.Vijayanand K	Chair Person
2	Mr.Amarnath	Member
3	Mrs.Preeti K	Member Secretary
4	Mrs.Shruti M	Member
5	Mr.Anilkumar D	Member
6	Mr.Jagannath K	Member
7	Mr.Rajkumar Patil	Member
8	Dr.Shweta	External Member

Copy to,
1. Student counsellor cell


PRINCIPAL
PRINCIPAL
Lingaraj Appa Engineering
College, Gomall, BIDAR-585403

ACTION TAKEN

WORKSHOP ON HEALTHY LIFESTYLE

Date: 22/10/2025

Title of the Program:

Awareness Session on "Healthy Lifestyle: Sleep, Food, and Exercise for Better Focus"

Date: 18/10/2025

Venue: Seminar Hall-1

Time: 2:00 PM to 4:00 PM

Resource Person: Dr. Shweta

Organized by: Student Counsellor Cell

Target Audience: All UG Students

Objective of the Session:

To create awareness about the importance of a healthy lifestyle for academic performance and mental well-being.

To educate students on the role of proper sleep, nutritious food, and regular exercise.

To promote healthy habits and stress management techniques among students.

Key Points Covered:

- Importance of Sleep Explained that 7-8 hours of quality sleep improves memory, concentration, and reduces stress. Suggestions: Maintain fixed sleep-wake timings, avoid screens 1 hour before bed, avoid caffeine at night. Impact of sleep deprivation on grades and health was discussed.
- Role of Healthy Food Discussed how balanced diet directly affects brain function and energy levels. Advised to include fruits, vegetables, proteins, nuts, and whole grains in daily meals. Students were told to avoid skipping breakfast and excess junk food. Emphasis on drinking 3-4 liters of water daily for better focus.
- Exercise and Physical Activity Highlighted that 30-40 minutes of daily exercise/yoga improves blood flow to the brain and reduces anxiety. Introduced 50-10 Rule: 50 minutes of study followed by 10 minutes of stretching/walking.

Interactive Session:

Students shared their daily routines and challenges. Resource person gave personalized tips for time management and healthy habits. Queries on weight management, eye strain, and stress were answered.

IMPACT FACTOR

Outcome of the Session:

Students understood the direct link between health and academic performance. Students learned practical tips for better sleep hygiene, nutrition, and exercise. 80% of students pledged to follow a 30-day "Sleep-Eat-Move" challenge. Students became aware that Counsellor Cell is available for guidance on stress and lifestyle issues.

Conclusion:

The session successfully sensitized students about healthy lifestyle choices. The Student Counsellor Cell assured continued support through workshops and awareness campaigns.



Unik
PRINCIPAL
Lingra Appa Engineering
College, Gornalli, BIDAR 585403