



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Reports for Extension/Outreach Activities Carried out in Year 2019

Name of Activity	Special Lecture by Famous Dr. Jagannath Dixit on Diet & Worklife Balance
Date of Conduction	09-07-2019
Organized by	UGC-Human Resource Development Center
Student Participated	150

Brief Report

On July 9, 2019, UGC Human Resource Development Centre, Dr. Babasaheb Ambedkar Marathwada University (BAMU), Aurangabad organized a special lecture of Dr. Jagannath Dixit, renowned expert in diet and work-life balance at auditorium of UGC HRDC. The event aimed to promote health and well-being by educating participants on the importance of a balanced diet and effective strategies for managing work-life balance. The objectives were to enhance community engagement and provide expert knowledge on work-life balance. The event took place at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, with participants including university students, faculty members, and local community members. Key activities included an inauguration ceremony, the special lecture by Dr. Dixit, and an interactive Q&A session.





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Participants were encouraged to share their experiences and challenges related to maintaining a healthy lifestyle, leading to a meaningful exchange of ideas and solutions. The event had several outcomes and impacts. It enhanced health awareness, led to

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behavioral change, and fostered community and institutional benefits. It successfully engaged students, faculty, and community members, fostering a sense of community and shared responsibility for health and wellness. The university demonstrated its commitment to supporting the health and well-being of its community, reinforcing the importance of holistic development. Faculty and students developed practical skills for managing diet and work-life balance, enhancing their overall well-being and productivity. The event also promoted a supportive environment, where participants felt empowered to prioritize their health and seek help and resources when needed. Challenges and solutions included catering to the diverse needs and interests of a broad audience, catering to the diverse needs and interests of a broad audience, and encouraging active participation from a large audience. Feedback and testimonials from participants were positive, with some suggesting organizing follow-up sessions and workshops to continue the discussion and provide ongoing support for maintaining a healthy lifestyle. Some participants appreciated the informative and engaging nature of the lecture, along with the practical tips and resources provided. Recommendations for future activities include organizing follow-up sessions on related topics, expanding community outreach efforts to engage more local residents and health professionals, incorporating technology to share health and wellness resources, and developing support programs and resources for students and faculty to help them manage stress, maintain a healthy diet, and achieve work-life balance. In conclusion, the special lecture by Dr. Jagannath Dixit on diet and work-life balance was a highly successful event that significantly enhanced participants' knowledge and understanding of maintaining a healthy lifestyle. The event fostered community engagement, promoted health and well-being, and provided valuable insights and practical strategies for achieving a balanced and fulfilling life. The positive outcomes and feedback highlight the importance of continued efforts in promoting health and wellness, setting a strong foundation for future initiatives.



Registrar,
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