



PARUL UNIVERSITY

ACTIVITY REPORT

NAME OF EVENT: SHEEL (Student's Health Education to Elevate Lifestyle) Project Activity at New Era Senior Secondary School of Vadodara on 09/08/2024.

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|--|--|--------------------------------|-------------------------------------|
| INSTITUTE | Parul Institute of Medical Sciences and Research | | |
| ACTIVITY TYPE | SHEEL Project Activity at New Era Senior Secondary School | | |
| DATE PLACE | 09/08/2024 Vadodara | DATE AND DURATION | 09/08/2024 12:30PM to 01:30PM |
| BENEFICIARIES | 250 students of Secondary and Higher Secondary School | No. of PARTICIPANTS | 19 |
| FACULTIES NAME WITH DESIGNATION | Dr. Niraj Bharadva (Professor & Head) Dr. Prashant Dave (Associate Professor) Dr. Sneha Kurian (Assistant Professor) Dr. Nikunj Kansara (Senior Resident) Dr. Charvi Mistry (Senior Resident) Dr. Dharti Kanasagara (Senior Resident) | | |
| NAME OF ORGANIZATION | Department of Community Medicine, PIMSR | | |
| FACULTY CONTACT DETAILS | Dr. Niraj Bharadva (9913765135) Dr. Prashant Dave (7016998791) | | |
| FACULTY COORDINATOR | Dr. Charvi Mistry (9537555346) | | |

Details about the activity:

The Department of Community Medicine of Parul Institute of Medical Sciences & Research, under the SHEEL (Student's Health Education to Elevate Lifestyle) Project, organized an event on the theme “Screenagers - Empowering Youth in the Digital Era” at New Era Senior Secondary School in Vadodara on August 9, 2024.



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The event commenced with a traditional lamp lighting ceremony, followed by prayers. The school staff and the Vice Principal of New Era Senior Secondary School warmly welcomed all dignitaries from PIMSR, presenting them with bouquets as a gesture of respect and appreciation.

Dr. Charvi Mistry provided a brief introduction to SHEEL and elaborated on the event's theme, emphasizing the importance of empowering youth in navigating the challenges of the digital age. Dr. Prashant Dave elaborated on the origin of the name 'SHEEL,' explaining that it is inspired by the Sanskrit word "शील," which signifies moral character, conduct, and virtue. He emphasized that the initiative embodies the ancient wisdom of "शीलं परं भूषणम्," meaning "Character is the highest ornament." This philosophy guides the SHEEL initiative—Student's Health Education to Elevate Lifestyle—in its mission to empower the youth by addressing their physical health and moral development, ensuring a well-rounded approach to their overall well-being.

During the awareness session, a group of third-year MBBS students prepared and performed a skit under the guidance of the faculty and resident doctors from the Department of Community Medicine. A total of 19 students participated in the drama, which was divided into three distinct scenes, each addressing different aspects of the main theme.

In Scene 1, titled "Lost in the Virtual World," the skit depicted how today's teenagers are increasingly influenced by and addicted to their virtual lives, often losing touch with reality. The scene highlighted the challenges of growing up in a digital age where the lines between the real and virtual worlds are often blurred.

Scene 2, "From Connection to Obsession," explored how teenagers are susceptible to developing unhealthy habits as a result of their online activities. The scene illustrated the potential consequences of such addictions, shedding light on the dangers of becoming overly reliant on virtual connections.

In Scene 3, "Social Media! Who Needs It?" the focus shifted to the role of parents in helping their children break free from digital addictions. This scene showed how parental guidance and support can help teenagers reconnect with the real world and foster healthier lifestyles. To reinforce this message, the students of school engaged in traditional games like "Dog and the Bone" and "Hopscotch" encouraging physical interaction and a deeper connection with their surroundings.

The session concluded with the students taking an oath to reduce screen time for their own well-being. Dr. Niraj Bharadva, Professor & Head of the Department of Community Medicine, delivered the vote of thanks, bringing the event to a successful close.



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Photos with Caption:



Dr. Charvi introducing about SHEEL and events theme



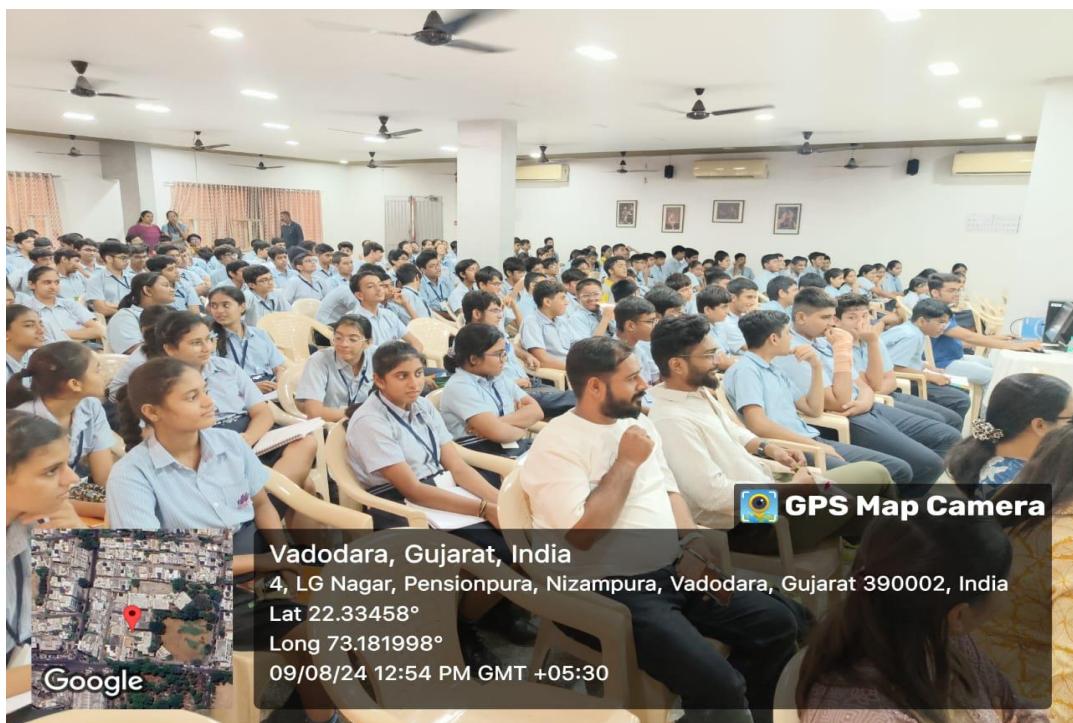
Dr. Prashant explaining about SHEEL Project and aims of the project



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Role Play performed by the students



Students of New Era Senior Secondary School observing role play



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Game playing session with school students



3rd MBBS Students team performing role play



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Oath taking for reducing screen time



Dr. Niraj concluding with vote of thanks



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Group photo of all the faculty and student

| Parul institute of medical sciences and research | | | | | | | |
|--|-----|---------------------------------------|-----|------------------|-------|----------|-----------|
| Subject: Community Medicine | | Batch: 3 rd M.B.B.S (2021) | | Date: 09/08/2024 | | | |
| Topic: SHEEL ACTIVITY - NEW ERA SR. SEC. SCHOOL | | | | | | | |
| Roll no. | P/A | Roll no. | P/A | Roll no. | P/A | Roll no. | P/A |
| 1 | 41 | | | 81 | | 121 | |
| 2 | 42 | | | 82 | | 122 | Meena |
| 3 | 43 | | | 83 | | 123 | Renu |
| 4 | 44 | | | 84 | | 124 | Sukanya |
| 5 | 45 | | | 85 | | 125 | |
| 6 | 46 | | | 86 | | 126 | |
| 7 | 47 | | | 87 | | 127 | |
| 8 | 48 | | | 88 | | 128 | Reema |
| 9 | 49 | | | 89 | | 129 | |
| 10 | 50 | | | 90 | | 130 | Shivani |
| 11 | 51 | | | 91 | | 131 | |
| 12 | 52 | | | 92 | | 132 | Sukanya |
| 13 | 53 | | | 93 | | 133 | Sukanya |
| 14 | 54 | | | 94 | | 134 | |
| 15 | 55 | | | 95 | | 135 | Shivani |
| 16 | 56 | | | 96 | | 136 | Sukanya |
| 17 | 57 | | | 97 | | 137 | |
| 18 | 58 | | | 98 | | 138 | Anisha |
| 19 | 59 | | | 99 | | 139 | |
| 20 | 60 | | | 100 | | 140 | Lebabai |
| 21 | 61 | | | 101 | | 141 | Lebabai |
| 22 | 62 | | | 102 | | 142 | Lebabai |
| 23 | 63 | | | 103 | | 143 | Lebabai |
| 24 | 64 | | | 104 | | 144 | |
| 25 | 65 | | | 105 | | 145 | |
| 26 | 66 | | | 106 | | 146 | Umeshwati |
| 27 | 67 | | | 107 | | 147 | Vanchita |
| 28 | 68 | | | 108 | | 148 | |
| 29 | 69 | | | 109 | | 149 | |
| 30 | 70 | | | 110 | | 150 | Yashoda |
| 31 | 71 | | | 111 | | 151 | Yashoda |
| 32 | 72 | | | 112 | | 152 | |
| 33 | 73 | | | 113 | | 153 | |
| 34 | 74 | | | 114 | | 154 | |
| 35 | 75 | | | 115 | | 155 | |
| 36 | 76 | | | 116 | | | |
| 37 | 77 | | | 117 | | | |
| 38 | 78 | | | 118 | | | |
| 39 | 79 | | | 119 | | | |
| 40 | 80 | | | 120 | Nisha | | |

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