



## 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.**

<b>INSTITUTE</b>	Parul Institute of Medical Sciences and Research		
<b>ACTIVITY TYPE</b>	SHEEL Project Activity at New Era Senior Secondary School		
<b>DATE PLACE</b>	09/08/2024 Vadodara	<b>DATE AND DURATION</b>	09/08/2024 12:30PM to 01:30PM
<b>BENEFICIARIES</b>	250 students of Secondary and Higher Secondary School	<b>No. of PARTICIPANTS</b>	19
<b>FACULTIES NAME WITH DESIGNATION</b>	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)		
<b>NAME OF ORGANIZATION</b>	Department of Community Medicine, PIMSR		
<b>FACULTY CONTACT DETAILS</b>	Dr. Niraj Bharadva (9913765135) Dr. Prashant Dave (7016998791)		
<b>FACULTY COORDINATOR</b>	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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Vadodara, Gujarat, India  
4, LG Nagar, Pensionpura, Nizampura, Vadodara, Gujarat 390002, India  
Lat 22.334561°  
Long 73.182036°  
09/08/24 12:54 PM GMT +05:30

**Role Play performed by the students**



Vadodara, Gujarat, India  
4, LG Nagar, Pensionpura, Nizampura, Vadodara, Gujarat 390002, India  
Lat 22.33458°  
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**Students of New Era Senior Secondary School observing role play**



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**Game playing session with school students**



**3<sup>rd</sup> 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<sup>rd</sup> M.B.B.S (2021) Date: 09/08/2024

Topic: SHEEL Activity - N.E.S.S.S.S. School Teacher's name: PSM - Mr. faculty

Roll no.	P/A	Roll no.	P/A	Roll no.	P/A	Roll no.	P/A
1		41		81		121	
2		42		82		122	Mansab
3		43		83		123	Pooja
4		44		84		124	Siddhi
5		45		85		125	
6		46		86		126	
7		47		87		127	
8		48		88		128	Rajma
9		49		89		129	
10		50		90		130	Hirani
11		51		91		131	
12		52		92		132	Shubham
13		53		93		133	Siddhi
14		54		94		134	
15		55		95		135	Shubham
16		56		96		136	Shubham
17		57		97		137	
18		58		98		138	Anushka
19		59		99		139	
20		60		100		140	Lubhika
21		61		101		141	
22		62		102		142	Rishi
23		63		103		143	Rishi
24		64		104		144	
25		65		105		145	
26		66		106		146	Yashwanth
27		67		107		147	Vishal
28		68		108		148	
29		69		109		149	
30		70		110		150	Yashwanth
31		71		111		151	Vishal
32		72		112		152	
33		73		113		153	
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39		79		119			
40		80		120			

*DAK*

Professor and Head  
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 Vadodara - 391760