**\*Empowering Minds and Bodies: Health Awareness Program at Sanskar Vidya Sagar\***

In a progressive step towards holistic education, Sanskar Vidya Sagar proudly hosted a Health Awareness Program under the aegis of the Directorate of Ayush Maharashtra. This enlightening initiative was meticulously organized by Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanvan, on the 21st of September, 2023.

The event unfolded with a gracious Felicitation and Welcoming of the Guests, where experts and dignitaries in the field of health and wellness were acknowledged for their presence and contribution. Their insights were poised to enlighten the minds of the school community.

The Introduction of the Program, skillfully presented, touched upon crucial aspects of health, including topics such as menstruation, addressing sexual harassment concerns faced by young girls, and the practice of meditation for overall well-being. This comprehensive approach aimed not only at physical health but also at fostering mental and emotional resilience among the students.

The program was presided over by the esteemed Principal, Mrs. Shweta Deshpannde Ma'am, whose commitment to the well-being of the students was evident throughout the event. Her opening remarks set the tone for an informative and engaging session, emphasizing the importance of holistic health education in shaping responsible and informed individuals.

Throughout the program, experts from Bhausaheb Mulak Ayurved Mahavidyalaya shared valuable insights and conducted sessions on the specified topics, providing a platform for students to ask questions and gain a deeper understanding of health-related issues. The emphasis on creating a safe space for discussing sensitive subjects highlighted the progressive approach of Sanskar Vidya Sagar towards student welfare.

The Health Awareness Program concluded with a sincere Vote of Thanks, expressing gratitude to the distinguished guests, organizers, and participants. The collaborative efforts of all involved were acknowledged, reinforcing the idea that such initiatives are essential for fostering a healthy and informed community.

In essence, the Health Awareness Program at Sanskar Vidya Sagar, organized under the guidance of the Directorate of Ayush Maharashtra and facilitated by Bhausaheb Mulak Ayurved Mahavidyalaya, transcended the conventional boundaries of education. It not only imparted knowledge but also instilled a sense of responsibility and awareness among the students, equipping them to navigate the various facets of health and well-being. As the school community reflected on this enlightening experience, the echoes of the program were expected to resonate in the consciousness of every participant, contributing to a healthier and more informed future.