



DAYANANDA SAGAR
UNIVERSITY



“Healthy Beginnings, Hopeful Futures” World Health Day 2025 Awareness Session

SCHOOL OF ENGINEERING,
DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

NAME OF COORDINATOR:

Dr. Basavaraj N Hiremath, Professor, Department of CSE.

Dr. Savitha Hiremath, Associate Professor, Department of CSE

Date of Event: 07/04/2025



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1. Introduction of the Event

The session on “Healthy Beginnings, Hopeful Futures,” organized by the Department of Computer Science and Engineering in association with the Data Analytics and Visualization Club for World Health Day 2025, focused on guiding students to maintain good health, especially during the summer months. The event highlighted practical wellness tips, hydration, nutrition, and mental well-being. It supports the UN Sustainable Development Goal 3 (Good Health and Well-being) by promoting healthy lifestyles among youth and fostering awareness for long-term physical and mental health resilience.

2. Objective of the Event

- Raise awareness on summer health and wellness.
- Encourage healthy lifestyle habits in students.
- Educate on preventing common summer illnesses.
- Promote mental health and stress management.
- Support UN SDG 3: Good Health and Well-being.

3. Beneficiaries of the Event

Second year computer science and Engineering students gained valuable insights on maintaining physical and mental well-being, especially during the summer season, empowering them to lead healthier, more informed lives.

4. Details of the Guests

Dr. Raghu R V, Assistant Professor, Internal Medicine | CDSIMER.



5. Brief Description of the event

The World Health Day 2025 session, titled “*Healthy Beginnings, Hopeful Futures*,” was organized to raise awareness among students about the importance of maintaining good health, particularly during the summer season. The session was led by **Dr. Raghu R V**, Assistant Professor of Internal Medicine at **CDSIMER**, who served as the resource person for the event.

Dr. Raghu delivered an engaging and informative talk focused on practical approaches to maintaining physical and mental well-being. He emphasized the importance of hydration, balanced nutrition, and proper sleep, especially during the hot months when students are more vulnerable to dehydration, heat exhaustion, and fatigue. He also addressed the impact of seasonal changes on health and suggested easy lifestyle adjustments to prevent common summer-related illnesses.

In addition to physical health, the session also touched on the significance of mental well-being. Dr. Raghu highlighted how stress, anxiety, and academic pressures can affect students and shared coping mechanisms to manage emotional health. The session included an interactive Q&A where students actively participated, sharing their concerns and gaining clarity on various health-related topics.

By focusing on preventive care and healthy habits, the event directly supported the **United Nations Sustainable Development Goal 3 (Good Health and Well-being)**. It aimed to empower students with knowledge and practices that encourage lifelong wellness. The session successfully created a space for open dialogue, awareness, and motivation, ensuring that the young audience left with a renewed commitment to prioritizing their health in both daily life and future endeavors.



6. Photographs



Pic 1 – Dr. Raghu R V being warmly welcomed to the session by Dr. Girisha G S, Chairperson, Dept. of CSE, and Dr. Basavaraj N. Hiremath, Professor, Dept. of CSE.



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Pic 2 – Dr. Girisha G S, Chairperson of the Department of CSE, delivering the welcome address to inaugurate the session.



Pic 3 - Dr. Raghu R V, the resource person of the session, delivering an insightful talk on student health and well-being.



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Pic 4 - Dr. Raghu R V engaging in an interactive discussion with students during the session.

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Pic 5 – Dr. Girisha G S, Chairperson of CSE, presenting a memento to Dr. Raghu R V along with Dr. Basavaraj N Hiremath and Dr. Savitha Hiremath

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7. Brochure or creative of the event

SCHOOL OF ENGINEERING **DATA ANALYTICS AND VISUALIZATION CLUB** **INSTITUTION'S INNOVATION COUNCIL** **A+ RANKED IN STATE**

DAYANANDA SAGAR UNIVERSITY
Devarakaggalihalli, Harohalli, Kanakapura Road, Ramanagara Dt. – 562 112

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

WORLD HEALTH DAY-2025

SESSION ON
Healthy Beginnings, Hopeful Futures

Resource Person
Dr. Raghu R V, MD, DNB.
Assistant Professor,
Internal Medicine | CDSIMER

objectives

- Promote awareness of preventive health practices and summer-specific wellness strategies.
- Encourage healthy lifestyle habits, including proper nutrition, hydration, and mental well-being.
- Motivate students to take proactive steps toward sustaining long-term personal health.

Date : 7th April 2025 **Conveners:**
Time : 9:15 AM to 10:30 AM **Dr.Udaya Kumar Reddy K R, Dean, SOE**
Venue : LH-4 , A Block **Dr.Girisha G S, Chairperson, CSE**

Faculty Co-ordinators:
Dr.Basavaraj N Hiremath, Professor, CSE **Student Co-ordinators:**
Dr.Savitha Hiremath, Associate Professor,CSE **Nandini R** **Neethu J**
Pavan Kumar G R **Vishwas Mutha**
Gouri R **Darshan Nagendra**
& IEEE CS Members

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8. Schedule of the Event

Monday, 7th April 2025, from 9:15 AM to 10:15 AM.

Signature of the Coordinator

Seal and Signature of the Head of Department/Unit with date

Digital Signature certificate is also acceptable

