

Annual Report  
ELIXIR, HEALTH SOCIETY OF DTU



## **Mission:**

To establish a Health Society with explicit aim to promote health awareness among the student community as also to create an appropriate enabling environment and infrastructure for the same within the university campus.

We would like to share our impressions about how a large section of student community in the university has been neglectful of a health conscious living. There are number of factors including pressure of studies and academic performance, lack of health awareness activities and infrastructure within the campus etc.

In our two years association with the institution, we felt a strong need to make students aware of this very critical aspect of their personal well-being, which when neglected not only affects them at an individual level but also drags down the performance of the institution as a whole.

## **Aim and Goals:**

- 1) To promote DTU as a health conscious institution in harmony with a clean environment*
- 2) Bring awareness about health related issues amongst the students and faculty of DTU*
- 3) Promote holistic health including through traditional and alternative medical systems (yoga and ayurveda etc*

Officially Began: 12th February, 2018

## **Events (from 12th of February 2018 - 6th September 2018):**

**1. Letter to self:** The participants were asked to write a letter for their future selves (5-6 months in the future). This was an activity that required the students to sit down and introspect. We had a great response from the participants. They said at first they are skeptical about this activity but by the end were surprised by how much they realized about themselves within those 20 minutes. The students also felt motivated to accomplish what they wrote in those letters.



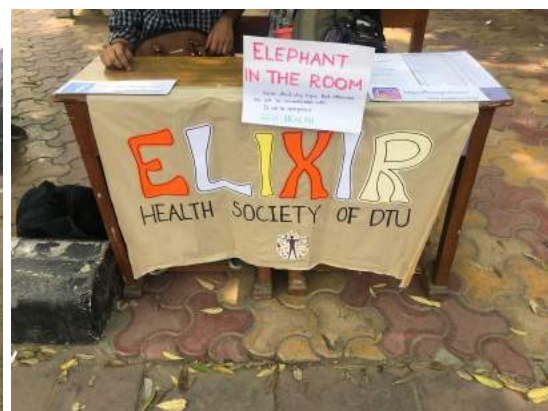
**2. Wheel of Games:** In this event, Elixir organized a set of 8 games that test the physical capabilities of the students. The students were made to spin a wheel, and after the wheel stopped, they were made to complete the task at hand, with or without time-limit, depending upon the game. We had some record making events as well! This event was organized to make students realize that being mentally and physically sound does not need to be boring.







**3. Health Week:** We organized a bunch of activities during our health week to honor World Health Day (7th April). One of the activities was called Elephant in the Room, where the team set up a table and the students passing by could write down (anonymously) one health related problem they face or think people face by find it hard to discuss in front of others. We had over 50 responses that day (even though it was a quiet week). The other event we planned was a workout session held in the field, the participants were made follow a full-body workout routine. Then later on we discussed some of the health problems students had written down in the Elephant in the Room activity.





**4. Zumba Classes for Girls:** Two B.tech students, who are certified Zumba instructors, conduct daily sessions for girls in the morning from 7:30 - 8:00 am in the Ramanujan Hostel gym. Zumba is an aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.



**5. Workout Sessions:** Three B.tech students, experienced in formulated overall fitness routines, take sessions in the Sports Complex, from 5:30 - 6:15 pm from Tuesday to Thursday. The sessions incorporate a range of regimes from Calisthenics to Boxing sessions. These sessions are open for all.





**6. Yoga:** We are focusing on power yoga. It is a 30 minute session taken by Prashant once in a week. He started Yoga in 2010. He has earned Junior Artist National Level Gold Medalist in 2013, State level Silver Medalist in 2012, 2014, 2015, 2016 but did not participate in 2017 due to Olympiad.

**7. Meditation:** We are doing mediation twice a week in the morning. It is being led by Ankita , 3rd year student. She has been practising meditation regularly for few years now . Meditation takes place in the part behind Type -3 hostel in the morning at 7:30 am. It is followed by her observations, feedbacks and reviews. She also makes it to the point to emphasize on doing it regularly and practicing it on our own as well.

The infographic is titled "ACTIVITIES AT ELIXIR" and features the logo for "elixir HEALTH SOCIETY OF DTU" in the top left corner. It is divided into three columns, each representing a different activity. Each column includes a title, a "DAY" section with specific days, a "VENUE" section, and a "TIMING" section. The activities are: 1. Zumba for Girls (Monday to Saturday, Ramanujan Hostel Gym, 7:30 - 8:00 AM), 2. Workout Session (Tuesday & Thursday, Sports Complex, 5:30-6:15 PM), and 3. Meditation (Wednesday & Friday, Park behind Type 3, 7:30 - 8:00 AM). Each activity is accompanied by a circular image showing people participating in the activity. At the bottom, there is a dark blue banner with the website address "www.facebook.com/elixir.healthsociety".

Activity	Day	Venue	Timing
Zumba for Girls	Monday to Saturday	Ramanujan Hostel Gym	7:30 - 8:00 AM
Workout Session	Tuesday & Thursday	Sports Complex	5:30-6:15 PM
Meditation	Wednesday & Friday	Park behind Type 3	7:30 - 8:00 AM

[www.facebook.com/elixir.healthsociety](http://www.facebook.com/elixir.healthsociety)

**8. Hygiene:** We have started our series of “Talks on Hygiene”. We have done 2 such session so far. One was conducted in the Kalpana Chawla Hostel regarding Sanitary Pads disposal. The other one was conducted before the orientation through the game Elephant in the Room which had topics of Hygiene. The topics were then discussed to break the taboo around them.



**9. Orientation:** We organized an Orientation on the 6th of September 2018. In this hour long event, we explained to our audience the importance of our society as a support for their engineering career, the workings of the society and the weekly activities we conduct. This was followed by a discussion of common health related topics that concerns students.

