

## Life Style Modification Workshop

This workshop is conducted by the Department of Community Medicine, GMC,OGE for the CRMIs. The workshop intends to equip medical students with the Knowledge, Skills and Practical tools to adopt and sustain a healthier lifestyle by addressing Key areas such as Nutrition, Physical activity and Stress Management. The workshop also highlights the relationship between Personal health and Academic performance. Simple and effective exercise routines; mindfulness and relaxation techniques are taught to reduce stress and improve focus.

