



Mercy College

Palakkad, Kerala, India 678006

Govt. Aided Arts & Science College

Affiliated to the University of Calicut

Accredited by NAAC with A Grade IV Cycle

DEPARTMENT OF COMPUTER APPLICATION
REPORT ON
WELLNESS FROM ROOTS
ON 23rd SEPTEMBER 2026

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REPORT ON “WELLNESS FROM OUR ROOTS”

The Department of Computer Applications, Mercy College, Palakkad, in association with the **IKS (Indian Knowledge Systems) Cell**, organized a session titled “**Wellness from Our Roots**” on **18 September 2026** at the Seminar Hall. The session was conducted with the objective of exploring and reviving traditional knowledge and wellness practices that have been passed down through generations but are gradually being forgotten due to changing lifestyles and cultures. **Sr. Triny CMC**, Office Staff, Mercy College, Palakkad, served as the resource person.

The resource person delivered an informative and engaging session on various **medicinal plants commonly found in our surroundings**, explaining their medicinal values and practical ways of using them for maintaining health and wellness. She also introduced the participants to different **traditional exercises and asanas** that can be incorporated into daily life. The session further included demonstrations and discussions on simple traditional recipes and healthy preparations, including **ginger tea**, highlighting the importance of natural ingredients and indigenous practices in promoting well-being.

The programme provided students with an opportunity to reconnect with the **traditional health knowledge and values of Indian culture** and understand their relevance in modern life. The session successfully highlighted the role of the Indian Knowledge System in preserving indigenous wisdom and encouraged students to appreciate, practice, and pass on valuable knowledge that is at risk of being lost over time.