Dear Friends

St. Xavier's College, XRCVC-Lake Shore Extension is happy to announce a unique online workshop on the theme **"Smart Wellness with Smartphones"**, under its Tech Roshni initiative – a step toward bridging the digital divide for blind and low vision persons.

- Is your disability coming in the way of tracking your health?
- Are you not able to monitor your health independently?

Here's the solution for your problem!

There are accessible smart devices available in the market which enable a visually challenged person to track heart rate, monitor blood pressure, measure body weight, control devices and much more - all accessed through a mobile app.

This amazing workshop will be helpful to overcome of your dependency of tracking your health and fitness. Always remember that prevention is better than cure! Let's come together to explore in upcoming Tech Roshni awareness program.

So, hurry up and reserve your spot! See you there! register on or before **Thursday, 19 November 2026 by 6 PM** using the registration form link appended below.

https://forms.gle/T3e8YBJ6149TZY3C7

Workshop Date and Time: Saturday, 21 November 2026 at 4:30 PM (IST)

Resource persons: Keshavan Nadar and Vikas Dabholkar

Criteria: Participant should be a person with Blindness or Low Vision

Please note, registered participants will receive the joining link by **Friday, 20 November 2026 (end of the day)**. Hurry up and reserve your spot for this informative workshop!

Disclaimer: The XRCVC, St. Xavier's College, Mumbai neither endorses nor totally subscribes to claims about the devices by the manufacturers. This is an awareness programme for the available aids for health tracking and monitoring and not a substitute for professional medical advice.

Thanks,
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