

Dear Friends

St. Xavier's College, XRCVC-Viviana Extension is happy to announce a unique online workshop in the Health and Wellness series 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.

Let's come together to explore in this one-hour workshop these devices and app in upcoming Tech Roshni awareness program on Saturday, July 26, 2025 at 4:30 PM.

If you are keen and interested in this workshop, register yourself on the below link by Thursday, July 24, 2025, 12 PM afternoon.

The registered participants will receive the joining link on Friday July 25, 2025. The registration link is as follows:

<https://forms.gle/dPN1goiK2WzjrdHx7>

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! So, hurry up and reserve your spot! See you there!

Resource persons: Tejas Karanje, Keshavan Nadar, and Vikas Dabholkar

Criteria: Persons with print disabilities such as blind and low vision.

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,

Team XRCVC,

Xavier's Resource Centre for the Visually Challenged (XRCVC)

XRCVC, St. Xavier's College, Mumbai. Phone: 022-22623298 / 022-35223298

XRCVC - Viviana Extension, Viviana Mall, Thane. Phone: 022-61701177 / 78

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