

A.G.TEACHERS COLLEGE-CTE

REPORT WRITING

Title: "Health and Happiness for All"

Date: 23-07-2015

Dept: CWDC

Venue: A.G.Teachers College

Coordinated by: Dr. K.H.Yadav

Guest: Dr. Darshana Thakker

Gist of the program:

As per the guidelines of WHO- Health means to consider physical, mental and emotional parameters, and so balance among three is must. This is how the program conceived.

Registration started at 8.15 and 14 participants from five grant in aid colleges attended the program. Guest speaker Dr. Darshanaben is a practicing gynecologist and considers societal empowerment as her mission. During the session of 1.30 hour she explained our body system closely relating with an organizational working pattern. She explained about the healthy diet habits and how it helps in rejuvenating emotional health. In a very bilateral mode she could cover many issues relating to emotional enhancement. Her positive thoughts and zeal reflected the importance of positivity in life to

be healthy and happy. Light refreshments were served and certificates were distributed. Feedback forms were filled manually by the guest and trainees had to give online feedback for the program.



Vote of thanks: Dr. K H Yadav