

HEALTH CLUB

Activity Report - Feb 2023

Impact of Lifestyle Medicine on Health & Hygiene

Date: 4th March, 2023

Time: 10:30 AM to 12:30 PM

Venue: Fr. C De Brouwer Auditorium, SXC, Ranchi

Health Club of Department of Education under the banner of IQAC, St. Xavier's College, Ranchi organized an Expert Talk on the topic "Impact of Lifestyle Medicine on Health & Hygiene" on 4th March 2023. Reverend Fr. Dr. Florence Purty, HoD, Department of Education welcomed the guest speaker Dr. Aruna Khalkho with a bouquet and a shawl. Health Club coordinator, Dr. Nilima Jyotsna Toppo has welcomed Dr. Ajay Srivastava, IQAC and HoD of Botany Department with a bouquet.

Fr. Dr. Florence Purty has welcomed all the faculty members and students from B. Ed. Department with a brief significance of present lifestyle. Chief speaker Dr. Aruna Khalkho delivered a very in-depth and detailed information about how unhealthy lifestyle affects our health causing many critical illnesses including obesity, cancer, thyroid, cardio-vascular disease and heart disease. She emphasized the significance maintain the balanced diet that will supply the body with an adequate amount of nutrients. She highlighted the importance of maintaining the healthy lifestyle and also talked about health and hygiene.



Dr. Ajay Shrivastava, Coordinator of IQAC, discussed behavioral health and the significance of having strong moral and emotions, which is a prerequisite for being healthy. He inspired pupils to live peaceful and joyful in their society, where moral, social and ethical ideas are instilled in us. It was an informative talk to make our society aware about the lifestyle medicines (physical activities, balanced diet etc.) which will help everyone to live happy life.

In the guidance of Dr. Ajay Shrivastava and Dr. Nilima Jyotsna Toppo, the students of the health club coordinated the whole session. Sushmita Samantha and Rakshita Verma anchoring the session which ended with vote of thanks by Musharat Praveen.

