



## VISHWKARMA GOVERNMENT ENGINEERING COLLEGE, CHANDKHEDA

### Brief Report on "how to live healthy and holistic life"

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|------------------------------|---|--|
| Name of Department/Organizer | : | Electronics & Communication Department and IEI Student Chapter |
| Date & Time                  | : | 31/07/2019   |
| Venue                        | : | Ahmedabad  |
| No of Participants           | : | <b>110</b>   |

#### • Objective of the Event

- To give an overview about various aspects of "how to live healthy and holistic life"

#### • About Expert

- Dr Amrut Prajapati is a retired government medical officer who has served in many medical institutions of Gujarat Government. Currently, He is offering his services as MBBS doctor in GTU.

#### • About Expert session

- ❖ The session was attended by 110 students of EC department.
- ❖ Dr Amrut Prajapati has given expert talk on topic "Holistic health and Healthy Lifestyle".
- ❖ He quoted that according to World Health Organization (WHO), Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. And in this definition of Health, Spiritual word was added in Nov, 1958.
- ❖ He asked students to remain away from smoking and drinking alcohol in order to live healthy life style. He told them to develop healthy body, peaceful mind, increase spiritual quotient.
- ❖ He also mentioned that our body works on clock available inside our body so day to day life schedule should be planned properly in order to live healthy life. He asked student to do regular exercise and not to eat junk food.
- ❖ He explained that 7 to 8 hours sleep is essential component in order to maintain health. He also said to students to take diet according to season.

## Outcome

- ❖ Students are encouraged to apply healthy life style tricks explained in the session by expert to their life.
- Photographs

