

Press Release

Under the banner of YRC and RRC club, on 7th April 2018 World Health Day was celebrated in Aggarwal College Ballabgarh. A "Health Talk" was organised by RRC and YRC coordinators. Dr. Nishtha Gupta (M.D. Gynaecology), Sh. Darshan Bhatia (Life Member Red Cross Society) and Mrs. Geeta Upreti were present as main guests.

Dr. Nishtha gave a health talk on 'Balance Diet'. She stressed on having a small-small meals at regular intervals. She also explained the main ingredients of diet. She also gave a daily diet plan chart and gave a insight into 'what to eat' and 'what not to eat'.

Sh. Darshan Bhatia gave a lecture on simple ways of living and enjoying life. He had an interactive session with the students and involved them in discussions. He stressed on living simply and cheerfully.

Principal Dr. Krishan Kant Gupta Ji congratulated the students and told them that not only physical health is important but mental and social health are also equally important.

Students from all the three wings participated in various competitions such as poster-making, slogan writing and essay writing. Prizes were distributed to the students. The programme was successfully carried away by Dr. Jaypal Singh (YRC Coordinator), Mrs. Trimesh Kalra (RRC Coordinator), Mrs. Neha Goel (RRC Coordinator), Mr. Lovkesh (YRC Coordinator), Mr. Devender Kumar (RRC Coordinator).