

Under the banner of YRC and RRC on 6th April 2019, World Health Day was celebrated in Aggarwal College, Ballabgarh. A health talk was organised by RRC and YRC coordinators. Dr. Aditya Vats (Rajesh Vaidya Vanshaj) was present as main guest and speaker.

Dr. Vats made us aware of many facts about 'immunity building'. He stressed on having regular meals at regular intervals. He also stressed on doing regular warm-up exercises in the morning. He also had an interactive session. Students were delighted to have queries. He also said that to build immunity one must reduce the level of stress and remain cheerful. He also suggested that artificial food items can be replaced with natural food items. Principal Dr. Krishshan 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. The programme was successfully carried away by Dr. Jayapal Singh (YRC coordinator), Mrs. Trimesh Kalra (RRC coordinator), Mrs. Neha Goel (RRC coordinator), Dr. Pooja Saini (RRC coordinator).