

## **Health Talk and Health Check Up Camp**

A Health Talk and Health Checkup Camp was organised on 6th February, 2020 by Youth Red Cross and Red Ribbon Club, Aggarwal College Ballabgarh. This Camp was organised under the directions of Principal Dr. Krishan Kant and under the supervision of Ms. Kamal Tandon. In order to contribute to the growth and development of the nation and the college such camps are organised to ensure the health of teaching and non-teaching staff of the institution. Dr. Sandeep Kharab, Senior Consultant, Endocrinology, QRG Health City, Faridabad was the main speaker. He was accompanied by Dr. Ajay Singh, Senior Resident Emergency and Critical Care, Medicine and Sh. Sandeep Kumar Bhuttan, Head, Sales and Marketing, QRG Health City, Faridabad. Dr. Sandeep told about the causes and remedies of Diabetes and blood pressure. He told that these problems can be cured through yoga and healthy lifestyle. In this camp, besides teaching and non-teaching, around 143 students also got themselves examined. Also present was Sh. Durgesh Singh, Assistant Manager, QRG Health City, Faridabad. This event was organised by Dr. Jaypal Singh, Coordinator YRC, Ms. Neha Goyal Convenor RRC and Mr. Subhash.