

## **Health Talk**

Another event was organized by Aggarwal College Ballabgarh in association with metro heart institution with Multispecialty on the occasion of International Women's Day that is 8<sup>th</sup> March 2021. Dr Naveen Sancheti and Dr. Sunny Jain and their team of doctors deliberated on the topic 'Lifestyle and Disease Prevention' under which an interactive session on women's health was held. The doctors talked about the various problems and issues that arise due to faulty lifestyles as women are entering into multiple arenas so they have to be multitasking. The doctors also added that women have to suffer due to this and they tend to ignore their health. This interactive session was organised under the able guidance of Principal Dr. Krishan Kant the event was coordinated under the umbrella of Women Cell and Red Ribbon Club of the college. All the incharges of the clubs, teachers and students participated with zeal.