

**Healthy mind and thoughts live only in a healthy body:
Dr. Krishan Kant Principal**

**Eye Check-up, Health Check-up and Health talk organized at Aggarwal College,
Ballabgarh.**

Today, on December 20, 2022, in the premises of Aggarwal College, Ballabgarh, a Mega Eye and Health Check-up Camp and Health talk was organized by the Youth Red Cross units of Aggarwal College in collaboration with Lions Club Faridabad Greater and Dr. Suraj Prakash Arogya Kendra, Faridabad. In the health check-up camp, 137 teachers, non-teaching staff and students of the college got their eyes, blood sugar and blood pressure checked. Mrs. Pooja, Counsellor of Youth Red Cross of the college conducted the stage. Coordinator Red Cross and Head of History Department of the college Dr. Jay Pal Singh gave a verbal welcome to the guests and informed everyone about the activities to be done throughout the year. To verify the motto of Youth Red Cross, 'Health, Service and Friendship', he told that the first happiness is Good health and that's why talks are held and Health Check-up Camps are organised from time to time under the direction of the Principal. Principal Dr. Krishan Kant in his address said where the youth are concerned, our College takes special care of health, service, friendship as well as the environment. Various activities are organized from time to time for the protection and conservation of the environment. This helps in achieving the SDGs. The Chief Guest of the health camp was Lion Mr. K.M. Goyal, Past International Director who also gave priority to health in his address and told that our health should be checked frequently so that any health related problem can be treated before it increases. As a special guest on this occasion. Lion N.K. Gupta, Lion Anil Arora, Lion Bhagwan Das, Lion Manmohan Singh, Lion Jai Prakash Gupta, President Lion Vinay Gupta, Lion Vijay Singla and college staff Dr. Geeta Gupta, Dr. Rekha Sain, Dr. Sarika, Dr. Inayat Chaudhary, Dr. Dimple Goyal and Mr. Lovkesh were present. Counsellor of the second unit of Youth Red Cross, Mr. Subhash thanked everyone.