

01.08.2017: Health awareness session on impact of Ayurveda and Yoga.

Health is an important factor for all round personality of the child. In every field of life whether educational, official, personal and behavioral health always play a major factor in human life. Dr. Srinagi Sharma 'Health and wellness' consultant aware the students and teachers about the impact of Ayurveda and Yoga. Students were very cooperative and enjoyed all the exercises during the session.



04.10.2018: Lecture on Menstrual Hygiene and Adolescence Health issues.

Inner-wheel club Palampur organized a guest lecturer on the topic "Menstrual Hygiene and Adolescent Health issue in collaboration with India Medical Association and NCC and NSS unit of college. The speakers on the topic are Dr. Shivani Vashist and Mrs. Meenakshi. Mrs. Meenakshi gave her inputs on the topic of HIV-AIDS. Information about menstrual hygiene was given wonderfully by the speaker. Students get benefitted through this session.

