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LAUREATE INSTITUTE OF PHARMACY

(Approved by PCI & AICTE, New Delhi and Himachal Pradesh Govt.)

An UCC-Autonomous Institute of Pharmacy as off campus Research Centre

NAAC Accredited "A" Grade Institute recognized u/s 2(f) of UGC Act 1956

Affiliated to Himachal Pradesh Technical University, Hamirpur

V.P.O. Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. (176031)

Ref. No.....

Date:.....

A Report on "One Day Program in School About Awareness of Healthy Lifestyle " Organised by NSS Unit

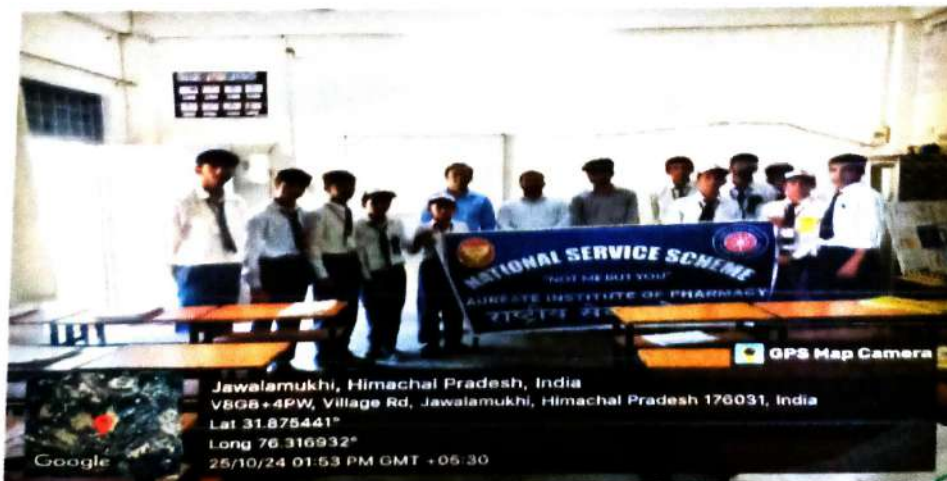
Program Date: 25/10/2024

Time: 1:00 PM to 3:00 PM

Venue: Govt Senior Secondary School Jawalamukhi

Resource Person: Dr. Mayank Baranwal

A one day Program Organised by NSS Unit of Laureate Institute of Pharmacy at Govt Senior Secondary School, Jawalamukhi. The Program was started by a welcome address by the Mr.Sunny Bhardwaj, NSS officer, Laureate Institute of Pharmacy. The resource person Dr. Mayank Baranwal delivered his talk on the topic "Awareness of Healthy Lifestyle" to the students. During the talk various topics like Healthy food, Side effects of Junk Food, Complication due to Unhealthy Lifestyle to our skeleton system etc. was covered. Dr. Mayank has pointed out 50 bad habits which can lead to unhealthy lifestyle. The Dr. Mayank has explained the precautions and ways to overcome the Unhealthy Lifestyle. All the Participants were enthusiastic and they have clarified their doubts in Question and Answer Session. The mission of NSS unit of Laureate institute of pharmacy by doing such lectures is to alert the youth from bad habits and have young and healthy India. The Director cum Principal Dr. M.S Ashawat, Dr. CPS Verma, Dean Student Welfare and NSS Program coordinator Dr. Vinay Pandit has appreciated the efforts of NSS unit of Laureate Institute of Pharmacy for such social events.



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DIRECTOR CUM PRINCIPAL
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