Rajiv Gandhi Education Society's
Ayurvedic Medical College, Hospital & Post Graduation Research Centre
Ron – 582 209

POST EVENT SUMMARY REPORT

Name of the event: Awareness Program on ***Lifestyle changes as per Dinacharya***.

Location: VeeraraniChannamma Girl's high school, Ron

Date of the event: 30/09/2021

Number of Beneficiaries: 130 Students and 12 Teachers

Resource Person: Dr. P B Turabeen

SUMMARY

The celebration of 75 years of Independent India (**AZADI KA AMRIT MAHOTSAV**) was marked by organizing a Guest talk on "Lifestyle modifications according to Dinacharya" on 30/09/2021 at VeeraraniChannamma Girl's High school, Ron.

The event was formally inaugurated by Dr I B kottursheti, Principal RGESAMC Ron who narrated the motives behind celebrating 75 years of Indian Independence. The function was presided over by Shrimati P A Totaganti, Headmistress,VeeraraniChannamma high school Ron. Guest speaker Dr. P B Turabeenaddressing more than 130 students spoke about the importance of Life-style modifications that needs to be adapted especially amongst the youth who are vulnerable to many Lifestyle diseases due to the sedentary lifestyle.Diet Pattern, Exercise modules and Personality development were the highlights of the guest talk. Several discussions ensued among the speaker and audience which were highly instrumental. Dr. RaghavendraShettarReader, RGESAMC Ron anchored the event, Dr. Rakesh T C lecturer RGES AMC Ron welcomed the guests whileDr. S B Bani Professor, RGESAMC Ronoffered the vote of thanks.