



Managed by Jivan Jyot Trust, Amroli-Surat
J.Z.SHAH ARTS & H.P.DESAI COMMERCE COLLEGE, AMROLI-SURAT
Grant in Aid College affiliated to Veer Narmad South Gujarat University, Surat
Re-accredited 'B' (CGPA 2.74) By NAAC
B.A. [Principal- Gujarati & Economics], B.Com [Eng. & Guj. Medium]
M.A. [Gujarati, Economics, English], M.Com. [Accountancy - Eng & Guj. Medium]

Report of Health Care Committee (2014-15)

Chair person. : Prof. Neha V. Upadhyay

The Health Care Committee was set up with a view in mind that nation's progress lies in its healthy youths and it is moral duty of the institute to promote physical health too.

The Committee has been working towards:

- i) Spreading awareness regarding the health and well being of all and focuses especially on the importance of cleanliness, medical requirements, first aid Services.
- ii) Informs the students about the importance of proper diet and nutritious food and Highlights the demerits of fast and junk food.
- iii) It also helps the students understand the importance of fitness & exercise to Help curb diseases like blood pressure, diabetes and obesity.

❖ Major Activities held during the year 2014-15:

Following activities were organized by the Health Care Committee:

1. An awareness program was organized at our campus on 13/02/15 in coordination with the Narmada Kidney Foundation, Bharuch. Dr. Sanjay Shah explained about the Kidney functioning and how to keep them healthy. Importance of Organ donation was explained as the foundation is actively support the cause. There was a question Answer session where in Dr. Shah responded to the queries raised by the participants.
2. An awareness session was conducted in co-ordination with Apple Hospital, Surat.
 1. The Session on “Benefits of Yoga on Health” was organized on 28/1/2015. 600 Students participated in Session the event was organized in co-ordination with Shri Bharat Patel and Shri Pratap Kumar Devsanskriti Sanskrit University, Haridwar.