



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 (2015-16)

**Chair person. :** Prof. Neha V. Upadhyay

**Vice Chairperson:** Prof. Chhaya Naik

**Members:** Prof. Niharika Trivedi,

Prof. Punita Patel

Prof. Kamalesh Savaliya

The Health Care Committee of the college works towards spreading awareness regarding the health and the wellbeing of all and focuses especially on the importance of cleanliness, medical requirements, first aid services and also informs the students about the importance of proper diet and nutritious food and highlights demerits of fast and junk food. It also helps the students to understand the importance of fitness and exercise to help curb disease like blood pressure, diabetes and obesity.

The 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.

#### ❖ Major Activities held during the year 2015-16:

Various health related sessions were organized by the Health Care Committee during a week from 16-02-2016 to 22-02-2016:

1. 5 days awareness talk series was organized along with Doctors of Indian Medical Association during 16-02-2016 to 20-02-2016.

Following topics were covered during the series,

- i) Importance of blood donation by Dr. Brijesh Patel
- ii) Female nutrition by Dr. Roshani Pithawala
- iii) Self defense for female by Mr. Pamir Shah
- iv) Adolescence by Dr. Kairavi Desai
- v) Peer pressure by Dr. Shweta Patel

The program was co-ordinated by Dr. Laxman Patel.

2. On the 6<sup>th</sup> day session on health – “Aarogya Jagruti Program” was organized along with Hon. Members of Medical Magazine “Pranvayu” on 22-02-2016.

The session was conducted first by Dr. Prafulbhai on “Health Related Issues of infant child and mother.”

Social Activist Smt. Geetaben Shroff and Literally personality Shree Ravindrabhai Parekh delivered interesting session on “Health related causes according to society.”

Editor, writer of Pranvayu Megazine Shree Pramodbhai Ahir gave idea about contribution of pranvayu magazine towards health related issues.