



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 (2016-17)

Chair person: Prof. Neha V. Upadhyay

Vice ChairPerson: Prof. Chhaya Naik

Members : Prof. Niharika Trivedi,

Prof. Punita Patel

Prof. Kamallesh Savaliya

The Health Care Committee of the college works towards spreading awareness regarding the health and well being 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 the demerits of fast and junk food. It also helps the students understand the importance of fitness & exercise to help curb diseases 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 2016-17:

Various Healths related programs were organized by the Health Care Committee during the year:

1. On 17.02.17 an Awareness session on "Mental Health" was organized. Eminent panel doctors Dr. Sonal Chavda (MD- Medicine) and Dr. Vipul Kothari was invited to educate the students on how to manage Stress, anxiety, depression etc and achieve mental health.
2. Inter Class Competition on Poster Making was organized on following subjects
 - a. Anti-Addiction Drive
 - b. Eye donation
 - c. Cleanliness Campaign
 - d. Global Worming

Students actively participated in the competition and winners were announced on 21st Feb'17.

3. A fashion Show was organized to promote awareness on Fitness on 25th Feb'17 in association with Lakshya Medical Institute.