

Seminar on Adolescent Health and Hygiene

DATE: June 26, 2024

VENUE: Madhuben & Bhanubhai Patel Institute of Technology (MBIT), New Vallabh Vidhyanagar

Seminar on Adolescent Health and Hygiene was organized by Madhuben and Bhanubhai Patel Institute of Technology on June 26, 2024 from 12:00 pm to 1:00 pm for first year students during bridge course in the Auditorium. Dr Jasmine Gujarathi, Professor, G J Patel Institute of Ayurvedic Studies and Research, the esteemed speaker was felicitated as a token of gratitude with a bouquet. In her talk she spoke about Adolescent Health and Hygiene, wherein she discussed about current lifestyle of youth and challenges regarding their physical, mental, social and spiritual health. They were informed about junk food consumption and their effects on health and intellect including memory and cognition. Students were guided about good mental health practices including dos and don'ts and personal hygiene maintenance. At last pledge was taken by all the students to maintain health of everyone including family members and friends.

The programme was organized by Dr Darshna Prajapati, HoD and Prof. Sejal Patel from ASH department. Principal Dr Sudhir Vegad congratulated the organizers for the successful execution of the event. More than 250 students participated in this celebration.

Dr Darshna Prajapati
HoD, ASH Department, MBIT
Bridge Course Coordinater

Prof Sejal Patel
Assistant Professor, ASH
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