**Name of Activity:** Getting in Shape….Physically and Mentally

**Category:** InvitedLecture

**Organising unit:** NSS

**Date:** 27.3.2023

**Time:** 11:00am - onwards

**Venue:** Swamiji Bhavan,RKSMVV

**Name of Resource person/s (with designation):** Dr. Subhadip Pal, an eminent physician

**Number of participants:** 40

**Brief description of the event:** Dr. Subhadip Pal, has delivered an informative lecture on “Getting in Shape…..Physically and Mentally”. The session was an interactive one with the students getting to know a lot about physical health. Dr. Subhadip Pal talked about all the necessary steps that should be taken to attain a healthy body especially for the women. In his lecture he pointed out various health problems faced by women as well as AIDS awareness and preliminary health care.

**Outcome:** The outcome of a health awareness program can vary depending on its objectives and the context in which it's implemented. Generally, positive outcomes might include increased knowledge about health-related issues, changes in behavior towards healthier habits, improved access to healthcare services, and ultimately, better health outcomes in the community.



