**Report on Habits for Good Health**

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| Name of the Event | Talk on ‘Habits for Good Health’ |
| Date | 03/06/2023 |
| Venue | Seminar Hall |
| Organiser (s) | Medical Cell, B.H. College, Howly |
| Collaboration (if any) | Nil |
| Sponsorship (if any) | Nil |
| List of Invitees (Resource Person) | Dr. Dipankar Das, Chief InterventionalCardiologist of Swagat Hospital, Guwahati. |
| Summary of the Event | The Medical Cell of B.H. College, Howly organized a Popular Talk on ‘Habits for Good Health’on 03/06/2023. The resource person for the talk was Dr. Dipankar Das, Chief Interventional Cardiologist of Swagat Hospital, Guwahati. He emphasized about the habits that one can form inorder to lead a healthy life. He reiterated about the food habits which are major underlying factor for various diseases. Furthermore, he talked about how stress leads to different diseases and how to alleviate stress. For students he highlighted how stress of preparation before the exam can have a negative impact on their health and therefore urged those to continuously study for shorter period of time but on a regular basis rather than studying everything at one go. He also took part in an interactive session with the students as well as the teachers. He cleared their doubts very well. Faculty members as well as students from different departments were present. On that event, Dr. Bhushan Chandra Pathak, Principal, B.H. College, Howly also contributed his enlightening speech on emotional well being. The program was concluded by a vote of thanks by Dhiraj Sharma, Assistant Professor, Deptt. of Chemistry of the college. |
| Upload Documents | <https://drive.google.com/drive/folders/1Jutlho09K4mf7JHNPMLXRq0ajjPZ4Tbf?usp=drive_link> |
| Expenditure in Rs. | Nil |
| Feedback Report (if any) | The event was praised by the respected Principal as one of the best such event organized so far. The students were very excited to learn about habits for good health. Along with the students the teachers also got benefited from the event.  |