



NATIONAL SERVICE SCHEME  
POLYTECHNIC IN AGRICULTURAL ENGINEERING,  
ANAND AGRICULTURAL UNIVERSITY,  
MUVALIYA FARM, DAHOD-389160



## **Health Awareness Programme under Special camp on 11/03/2023**



### **Importance of Health Awareness**

Even while we do not have any illness or injury, it is essential to do a thorough checkup to identify any serious problems in our health. Maintaining good health is important for all. Though we stress that health is wealth, not everyone pays much attention to it. A slight delay in treatment or simple carelessness could cost your life, and this is why people should have proper health awareness.

Some people do not know if they have any diseases, and they continue living in ignorance till their health situation turns severe. Hence, it is necessary that we educate them about different diseases, their symptoms and treatment options, as well as raise their awareness about health. In this way, they will be motivated to make the right decisions regarding their health.

Under the special camp a health awareness programme was conducted by NSS Unit of Polytechnic in Agricultural Engineering, Anand Agricultural University, Muvaliya Farm, Dahod on 11/03/2023. Prof. Sachin S. Chinchorkar welcomed Dr. Ravibhai Dedaniya, District Health Officer, Dahod, Faculty and NSS volunteers. After that Dr. Ravibhai Dedaniya in his speech explained about health can be promoted by encouraging healthful activities, such as regular physical exercise and adequate sleep, and by reducing or avoiding unhealthy activities or situations, such as smoking or excessive stress. Some factors affecting health are due to individual choices, such as whether to engage in a high-risk behavior, while others are due to structural causes, such as whether the society is arranged in a way that makes it easier or harder for people to get necessary healthcare services.

NSS volunteers and faculty (40 nos.) were participated enthusiastically during the activity. The Programme was ended vote of thanks by Prof. Sachin S. Chinchorkar, NSS Programme Officer under the guidance of Dr. B.K. Yaduvanshi (I/c), Principal, PAE, AAU, Dahod.

