

Rajarshi Chhatrapati Shahu College, Kolhapur

Staff Academy committee and Health Care Centre committee

Jointly organised Awareness lecture

on

'Natural life Style'

Staff Academy Committee and Health Care Center Committee jointly organized the awareness lecture on the topic of 'Natural Health Style' on 22th November 2024 in Hall No. 101. In this lecture, *Yogsadhika* Smt. Rachna Kharbanda guided that in this modern era, man has developed, but the harmful effects on his body and mind have started to be seen. And so let's go back to nature, because the human being is a part of nature. This fundamental message is given through lecture. The program was introduced by Smt. Mulani S.P. Chairman, Staff Academy Committee. Hon. I/C Principal Dr. D. R. Bhosle expressed the presidential Address. Dr. Smt. M.K. Kannade, Chairman, Health Care Center Committee expressed vote of thanks for the program. The teaching staff and students of the college were present on the occasion.

Outcomes:

- Healthy habits can reduce the risk of various diseases, including those that may run in your family.
- Saves money
- Lengthens lifespan
- It can be good for the environment.

Beneficiaries

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Mulani S.P.
Chairman

Staff Academy Committee



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Chairman

Health Care Center Committee

[Signature]
I/C PRINCIPAL

R.C. SHAHU COLLEGE
KOLHAPUR

