

Sobati: (Club for Divyang)

Date: - 18/01/2025

Report

- The Sobati Committee at MES Abasaheb Garware College is dedicated to providing essential resources and development opportunities for differently-abled students. Recently, the committee organized a medical camp at our college, with Dr. Nitin Zodge as the esteemed guest. The session took place in MG-04 from 11.00 AM to 12.30 PM, where students received valuable health insights and practical advice.
- During the session, students learned about healthy and unhealthy lifestyles, the importance of a balanced diet, and the harmful effects of junk food. The discussion also highlighted how an unhealthy lifestyle can negatively impact mental health.
- Dr. Zodge emphasized the significance of regular physical activity, such as walking and cycling, in reducing the risk of cardiovascular diseases and diabetes, managing weight, and promoting mental well-being. Additionally, he highlighted how engaging in physical activities fosters socialization, networking, and cultural identity, strengthening community bonds.
- Particularly for children and young people, participation in sports and physical activities enhances self-confidence, empowerment, and discipline. It also helps prevent and control risky behaviors such as tobacco and alcohol use, unhealthy eating habits, and violence.
- The session was highly informative and a great learning experience for all. Dr. Rakesh More, the committee in charge, played a key role in organizing and facilitating the event, ensuring its success for the benefit of our students. Committee member Dr. Sandesh Kurade was also present during the session. Dr. Milind Bankar was also there further supporting the initiative.



Dr.Rakesh More Committee incharge was guiding students during the event



Dr.Nitin Zodge discussed the importance of health