



EVENT COMPLETION REPORT

Event Name: Healthy Liver Day 2023

Date: 19th April, 2023

Time: 12:00 PM onwards

Venue: Ambua Village, Umarda, Udaipur

Organised by: Venkateshwar College of Nursing Umarda, Udaipur

1. Introduction

Venkateshwar Colleges recently organized a comprehensive event to observe Healthy Liver Day, aligning with the global theme of "Food is Medicine." The event aimed to educate students and staff about the importance of liver health, preventive measures, and the role of nutrition in maintaining a healthy liver. 5-km run starting from the college campus and finishing in nearby Ambua village, encouraging physical activity and community participation

2. Objective

The event aimed to raise awareness about liver health among students, faculty, and the local community, promote preventive lifestyle habits, and showcase the college's commitment to public health education.

The primary objectives of the event were to

- Raise awareness about liver diseases, their causes, and prevention strategies
- Promote healthy lifestyle habits, including a balanced diet and regular exercise
- Encourage early screening and detection of liver diseases
- Reduce stigma around liver diseases and promote community support.

3. Key Highlights

- Expert talks on liver health, nutrition, and disease prevention
- Interactive sessions on stress management and gut health
- Distribution of informative materials and resources on liver health
- Liver function tests and health check-ups for participants

4. Distinguished Guests and Dignitaries:

The programme was graced by the presence of Dr. Yogeshwar puri Goswami as a Chief Guest Interactive talks by them, who emphasized early detection and nutrition for liver wellness. This program is coordinated by Mrs. Maheshvari Patel.

5. Conclusion

The Healthy Liver Day event at Venkateshwar Colleges successfully emphasized the significance of liver health and the need for collective action to prevent liver diseases. Over 100 participants, including students, faculty, and villagers, joined the marathon and health stalls. Feedback highlighted increased knowledge about alcohol-free living and regular screening. The college plans to make this an annual health-promotion event. By promoting awareness, healthy living, and research, we can work towards reducing the burden of liver diseases and improving overall health and well-being. The event concluded with a pledge to prioritize liver health and encourage others to do the same.

(PRINCIPAL)

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VENKATESHWAR COLLEGE OF NURSING
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Sumi V Mathur
COORDINATOR
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NOTICE

**VENKTESHWAR COLLEGE OF NURSING
UMARDA, UDAIPUR**

Date: 17/04/2023

NOTICE

This is to inform all the students and staff of Venkteshwar College of Nursing that Healthy Liver Day will be celebrating on Wednesday, April, 19th 2023 at 12:00 PM at Ambua Village, Umarda, Udaipur.

It is mandatory for all students to participate in event.

Join us to spread awareness about liver health!

For any further details, please contact your subject/class coordinator.



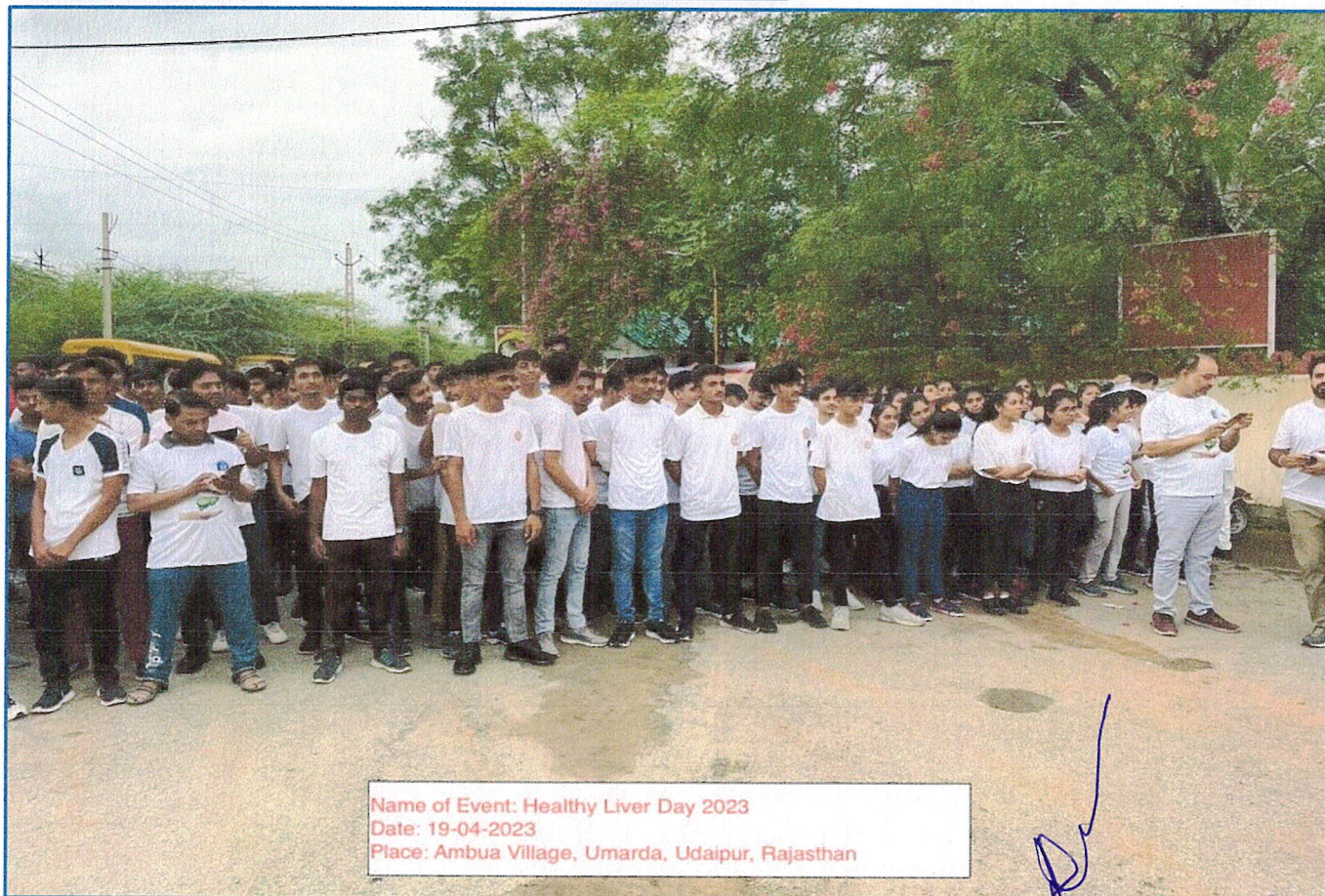
Principal
PRINCIPAL
VENKTESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

Photo





Name of Event: Healthy Liver Day 2023
Date: 19-04-2023
Place: Ambua Village, Umarda, Udaipur, Rajasthan



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