

World Health Day celebrations at Tagore Theatre with Haryana Governor

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Chandigarh: A special session on Health & Wellness with special focus on ‘Depression- Causes & Remedies’ was organized at Tagore Theatre, Chandigarh on the occasion of World Health Day. Prof. Kaptan Singh Solanki, Hon’ble Governor Haryana was the chief guest of the event. A Special Parliamentary Delegation from Uganda also participated in the event at Chandigarh besides other prominent doctors from Allopathic, Ayurveda & Homeopathy.

A book on ‘Life Management Skills’ prepared by ITFT College, Chandigarh was released by chief guest Prof. Kaptan Singh Solanki, Hon’ble Governor Haryana. Addressing the audience, He said that life management skills are very important in everyone’s life. He also said that we all should focus on the 3 most important H of our life which are Heart, Hand and Health.

The Special Guest of Honor, Reverend Bishop Ignatius of Shimla and Chandigarh also addressed the audience and talked about depression problem in today’s youth and also discussed its remedies.

21 eminent people from health sector were honored for their contribution towards making Tricity a healthy place to live.

The keynote speaker, Dr. Ajayita, President, CHHWS (Confederation for Herbal Health & Wellness Services) talking on ‘How Stress leads to Ageing’ said that people nowadays are very busy in their routine life and ignore health issues.

The event focused on special sessions by various eminent people on ‘Depression: Stress Management and Anti-Ageing- How to Live young – Look Young – Live Long’. Tips for healthy living were given by Dr. Sunita Malhotra (Head of Deptt. Of Dietetics, PGI), Dr. Rakesh Kashyap, Dr. Sanjeev Malhotra and Dr. Deepak Kalia

A special mime performance on ‘Anti Depression’ theme was also presented by ITFT Students.



