



**GOVERNMENT ENGINEERING COLLEGE**

**PALANPUR (061)**

**JAGANA, PALANPUR - 385 011**



ESTD : 2009

अभियान्त्रिकीज्ञानम् जनकल्याणम्

***NATIONAL SERVICE SCHEME [NSS]***

**A  
REPORT ON**

# **Rog Bhagavo Programme**

**By  
Subhash Soneri**

**On  
12<sup>th</sup> October 2017**

**AT  
Vedancha Village**

The N.S.S. unit of Government Engineering College, Palanpur on Dt. – 12/10/2017 held a one day program on '*Rog bhagavo*' at vedancha village. In this seminar the trainer of this topic Mr. 'Subhashbhai Soneri' were invited by us, also our principal of G.E.C. Palanpur Dr. 'K.B. Judal', N.S.S. program officer Dr. 'C.G. Prajapati', sarpanch of the village and all other respected persons attained this program.

This program was held at government primary school of village. In this seminar our trainer 'Shri. Subashbhai Soneri' provided information regarding how these diseases occurs in our body. He also informed us about the precautions, how to cure them without taking any type of medicines just by homely prescriptions to stay healthy, live a better and disease free life. Among the precautions he also discussed about the cooking of food in pressure cooker; he strictly said the cooking in cooker is very injurious or just like a sweet poison which will affect our health very slowly, not today but after some time make us

unhealthy. During cooking natural air should properly mix with the food, then only the nutrients in proper amount will be served with cooked food otherwise it will be one type of poison served with the poison. At last questionnaire session was also arranged for the villagers regarding any problem with them and our trainer provided them simple and easy prescriptions which may help them live a healthy life.

At the end of the program our N.S.S. program coordinator 'Dr. C.G. Prajapati' honored 'Shri Subeshbhai Soneri' through memento and we all thanked them for providing such helpful information regarding '*disease free life*' which guides us and all the people of village towards healthier life.

# Photo Gallery







## ***“NOT ME BUT YOU”***

**Reported By:**

Jay Lachhwani (6<sup>th</sup> Mech.)

Jitendra Gehlot (6<sup>th</sup> Mech.)