

**A BRIEF REPORT ON NATIONAL WEBINAR ON “HOLISTIC HEALTH FOR  
HAPPINESS AND HARMONY” ORGANISED BY NCC UNIT OF NETAJI  
SUBHASH MAHAVIDYALAYA, UDAIPUR**

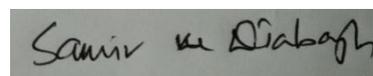
The NCC Unit of Netaji Subhash Mahavidyalaya, Udaipur conducted one day National webinar captioned “Holistic Health for Happiness and Harmony” on 07<sup>th</sup> September 2020.

Lt. Dr. Samir Kumar Diabagh, ANO, NSM, Udaipur inaugurated the Webinar by giving introductory note on the title of the Webinar. The webinar was planned as a part of Fit India campaign to take the nation on the path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. Lt. Diabagh praised the initiatives taken by Hon’ble Prime Minister of India for spreading Fit India awareness campaign amongst the citizens of India. He stressed how holistic health is important for the all round development of cadets.

In her welcome address, Dr. Rita Das Nayak, Principal in charge of NSM, Udaipur hailed the efforts of the NCC Unit of college and stressed on the need of such an important webinar during this Covid 19 Pandemic. Dr Nayak emphasised on the holistic health of the students for living a successful and happy life. She advised cadets to perform physical exercises regularly to lead a stress free life.

Mr. Lal Baboo Thakur, key resource person of this webinar discussed at length the physical, emotional, social, spiritual and intellectual well being of the NCC cadets. He gave emphasis on development of stress management, emotional intelligence, regular physical activity, mental activity, personality development, etc. Also he shared stories of Helen Keller, Franklin Roosevelt, Sonal Mansingh, Sudha Chandran, Stephen Hawking, etc. and said how in spite of their physical disability they are known for their outstanding achievements in their field. Mr. Thakur shared some beautiful success stories of Ratan Tata, Ford, MS Dhoni to inspire the students. After his lecture, there was an interactive session in the webinar, where participants asked different relevant questions related to the topic. The resource person gladly answered all participants’ queries successfully. The Webinar concluded with a vote of thanks given by Mrs. Patriot Debbarma, CTO, NCC Girls Unit, NSM, Udaipur.

A total number of 160 participants registered online in this webinar whereas 84 numbers attended the webinar.



(Lt. Dr. Samir Kumar Diabagh)  
Associate NCC Officer  
N. S. Mahavidyalaya, Udaipur  
&



(Mrs. Patriot Debbarma)  
CTO, NCC Girls  
N. S. Mahavidyalaya, Udaipur



NCC Unit of Netaji Subhash Mahavidyalaya  
Udaipur, Gomati, Tripura, India  
**Presents....**



## Holistic Health for Happiness & Harmony

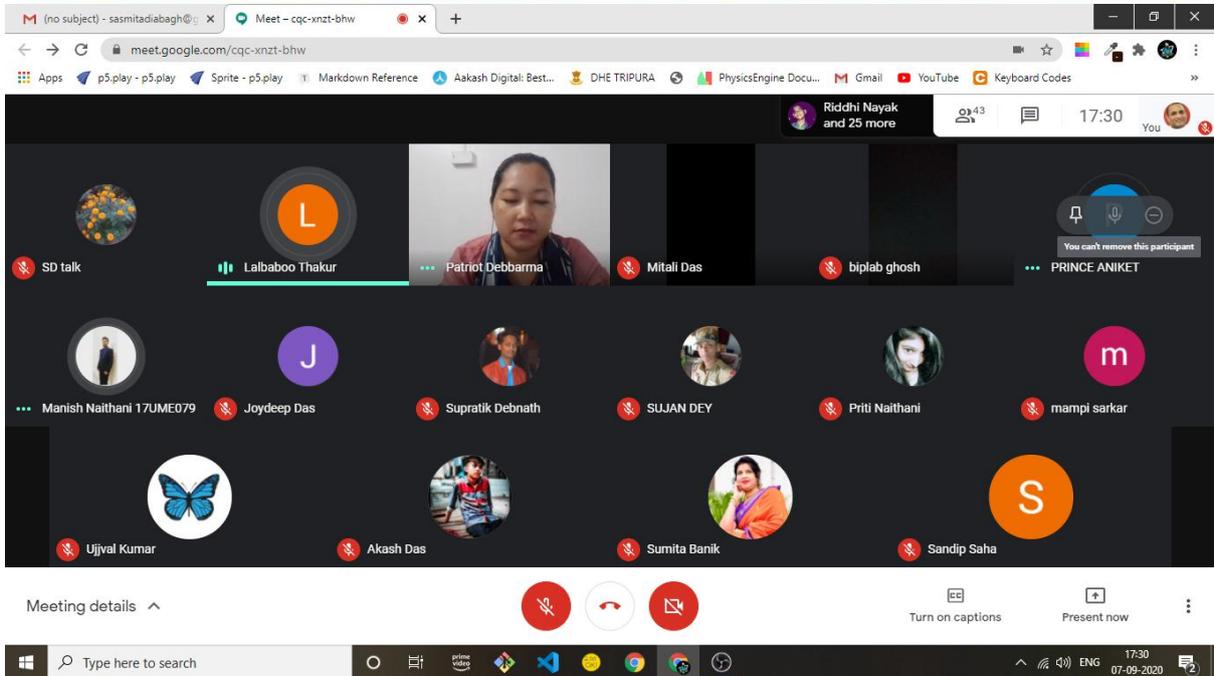
**Monday, September 07, 2020 @4:00pm-5:00pm**  
**Online Webinar on Google Meet (Link will be shared via Whatsapp Group)**

The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. Health is Wealth. Sound health can earn all success and happiness in life. Holistic health is about caring for the whole person including his physical, emotional, social, spiritual and intellectual well being. As part of this Fit India Movement, we are organising this webinar to motivate our students to live hale and hearty, fit and fettle to face the struggles of life.

Our resource person Mr Lal Baboo Thakur is a renowned motivational speaker & career counselor. He has delivered outstanding lectures on GDP & Happiness Index, Health Economics, Emotional Intelligence, Holistic Development of Youth, etc. He is currently working as PGT in Economics in ARC, Charbatia, Cuttack.



For More Information or Queries, Please contact Organising Nodal Officer  
Lt.(Dr.)Samir Kumar Diabagh, ANO,13 Tripura Bn NCC,NS Mahavidyalaya,Udaipur,Mob.7978605671





**NCC UNIT  
OF  
NETAJI SUBHASH MAHAVIDYALAYA  
Udaipur, Tripura, India  
PRESENTS  
NATIONAL WEBINAR  
ON**



**"HOLISTIC HEALTH FOR HAPPINESS &  
HARMONY"**

**MONDAY, SEPTEMBER, 07 2020 @ 04 PM TO 05 PM**

**(As part of Fit India Movement Campaign Activity)**



**PROGRAMME SCHEDULE**

**Introductory Note: Dr. Samir Kumar Diabagh, Associate NCC Officer,  
NSM, Udaipur**

**Welcome Address: Dr. Rita Das Nayak, Principal-in-charge, NSM, Udaipur**

**Address by Resource Person: Mr. Lal Baboo Thakur, PGT, Department of  
Economics, Kendriya Vidyalaya, ARC, Charbatia, Cuttack, Odisha**

**Interactive Session**

**Vote of Thanks: Dr. Samir Kumar Diabagh, Associate NCC Officer, NSM,  
Udaipur**

**Moderator: Mrs. Patriot Debbarma, CTO, NCC Girls, NSM, Udaipur**

**DR. SAMIR KUMAR DIABAGH  
ASSOCIATE NCC OFFICER (ANO)  
NSM, UDAIPUR**

**DR. RITA DAS NAYAK  
PRINCIPAL-IN-CHARGE  
NSM, UDAIPUR**