



DELHI INSTITUTE OF ADVANCED STUDIES

Plot No. 6, Sector-25, Rohini, Delhi-110085

(NAAC Accredited 'A' Grade Institute)

(Approved by AICTE & Affiliated with GGSIP University for B.Com(H), BBA & MBA Programmes)

(An ISO 9001:2015 Certified Institution)

HEALTH PROGRAMME ON – “MODERN LIFE AND ITS HIDDEN POISONS & SPORTS INJURIES”

DIAS organized a Guest lecture on “Modern Life and Its Hidden Poisons & Sports Injuries” on 25th September, 2018. The session was conducted By Dr. Shrey Dhawan HOD & Director Shrey Dental Centre, Sehgal Neo Hospital, Sr. Consultant, Orthopaedics. The objective of the session was to increase the awareness among faculty & students about the side effects of Junk food & unhealthy lifestyle on our teeth & the types of sports injury & how to prevent it. The doctors of Sehgal Neo Hospital shared information about teeth decays, its prevention & treatment. They also talked about different types of sports injuries and what safety measures sports person should take to prevent injuries. They emphasized the importance of avoiding junk food & to adopt healthy life style. It was really a very beneficial & eye-opening session for everyone.





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