

Government College of Education, Sector-20D, Chandigarh

Extension Lecture on Preventive and Therapeutic Measures for Lifestyle

Report

July 27, 2023

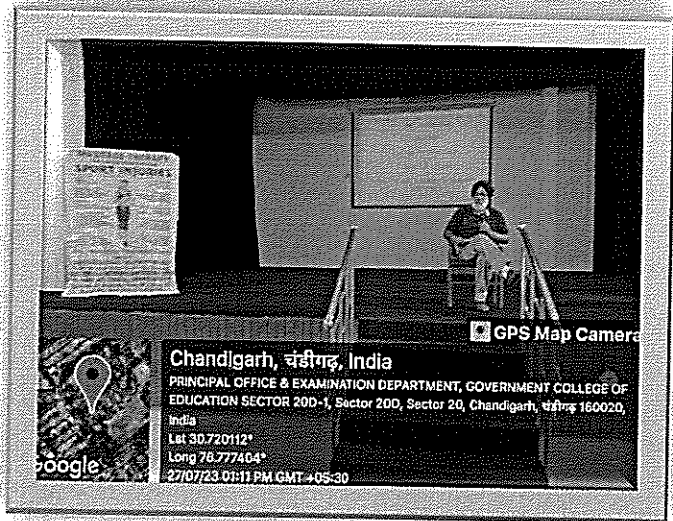
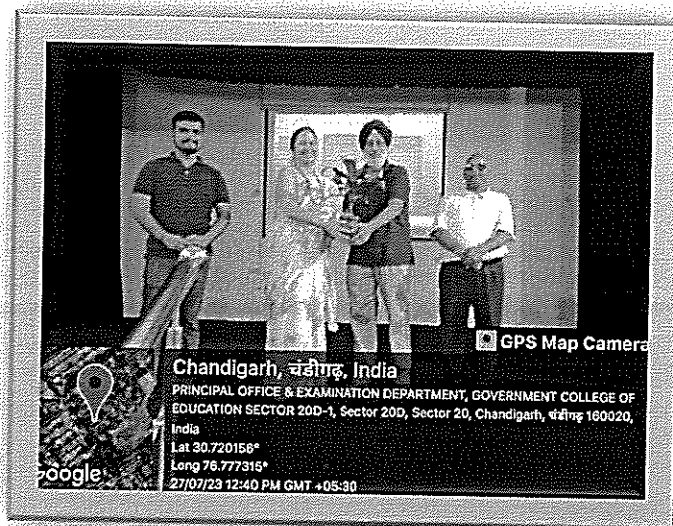
On 27th July 2023, the Extension Lecture Committee of Government College of Education, Sector 20 D, Chandigarh, organized an enlightening lecture on "Preventive and Therapeutic Measures for Lifestyle." for the students and faculty members. The guest speaker, Capt. Harveer Singh, an ex-Army officer and qualified massage therapist, shared valuable insights into the benefits of massage therapy and its significance in promoting overall health and well-being. The lecture aimed to raise awareness about the various advantages of massage and its impact on specific aspects of the human body and the Benefits of Massage.

The Lecture began with a warm welcome by Dr Suman Khokhar, Assistant Professor and Member of Extension Lecture Committee of Government College of Education which followed by the formal address to the Guest Speaker Capt. Harveer Singh by the Principal Dr.(Mrs) Sapna Nanda.

Capt. Harveer Singh began the lecture with a brief Introduction to massage therapy, followed by detail explanation about pain control, circulation of blood, maintaining blood pressure, joints health, stimulation of lymphatic system, enhancement of the immunity and the reflexive effects of massage on the respiratory system. He emphasized the significance of adopting preventive measures to maintain a healthy lifestyle. He enlightened the students with strategies for stress management and relaxation to reduce the risk of various health issues.

Capt. Harveer Singh's extension lecture on "Preventive and Therapeutic Measures for Lifestyle" not only covered the benefits of massage therapy but also shared his inspiring story of overcoming bone marrow blood cancer. His journey highlighted the importance of maintaining a positive mindset and seeking complementary therapies like massage to enhance the healing process during cancer treatment. Capt. Harveer Singh's experience serves as a beacon of hope and motivation for those facing similar challenges, encouraging them to explore natural healing methods and complement their medical treatments with therapies like massage. The lecture left a lasting impact on the audience, inspiring them to adopt a holistic approach to health and well-being, and garnered appreciation for the Extension Lecture Committee for organizing such a meaningful event. The lecture concluded with an interactive question and answer session. Attendees had the opportunity to seek further clarification from Capt. Harveer Singh about massage therapy and its applications. At the end, Ms. Meghna Duhan, student of B.Ed 3rd semester delivered the vote of thanks at the conclusion of the Lecture. She expressed gratitude to

Capt. Harveer Singh and Principal Dr. (Mrs) Sapna Nanda for their invaluable contributions. The fulfilling and hands-on-learning Lecture ended with the national anthem.



Extension Lecture Committee

Principal