



YBN UNIVERSITY

Established by the Act of Government of Jharkhand Act 15, 2017
Gazette Notification No. 505, Dated 17th July 2017
As per Section 2(f) of UGC Act, 1956

No.: YBN/UNIV/DSW/250225/002

Date: 25.02.2025

OFFICE OF DSW

NOTIFICATION (Doordashan Live Telecast)

Doordarshan (DD) will visit **Maa Kalawati Homeopathic Medical College & Hospital** campus for live telecast of students on the topic given below on 27th February 2025 from 9:30 AM onwards.

Interested and meritorious students (who have the ability to speak publicly) of MKHMCH, MKI, and Paramedical colleges may contact Mr. Sanjay Tiwari (Contact no: 84340354404) for further details. Students should present in neat and tidy dress along with Apron.

Topic to be discussed:-

Holistic Health: Balancing mind, body and nutrition

For Students:

1. What does "ideal health" mean to you? Does it only mean being disease free or it include mental and emotional well-being too?
2. What are some common eating disorders, and how do they affect a person's health?
3. How can extreme weight loss or obesity lead to serious health issues?
4. What are the key components of a healthy diet?
5. What role do exercise and sleep play in maintaining good health?

For Teachers:

1. How would you define holistic health, and why is it important in today's fast-paced world?
2. How do alternative healing practices like Ayurveda, Naturopathy, or Homeopathy contribute to holistic health?
3. What small lifestyle changes can people make to achieve a better mind-body balance?

Dr. Arti Gupta

Dean Students Welfare (I/C)
YBN University, Ranchi-10

DSW (I/C)

YBN University, Ranchi - 10

Campus: YBN University, Rajaulatu, Power Grid Road, Namkum, Ranchi-834010(Jharkhand)

Ph : 9431104112 , 9709500400

Email:ybnuniversity2017@gmail.com|Website : www.ybnu.ac.in



YBN UNIVERSITY

Established by the Act of Government of Jharkhand Act 15, 2017

Gazette Notification No. 505, Dated 17th July 2017

As per Section 2(f) of UGC Act. 1956

Copy to:

1. PA to Vice-Chancellor
2. PA to Registrar/ CF&AO
3. Dean Academics
4. All Dean/Principal
5. Mr. Sanjay Tiwari
6. Website

Campus: YBN University, Rajaulatu, Power Grid Road, Namkum, Ranchi-834010(Jharkhand)

Ph : 9431104112 , 9709500400

Email:ybnuniversity2017@gmail.com|Website : www.ybnu.ac.in