



Rayat Shikshan Sanstha's,  
D.P. Bhosale College, Koregaon

## Department of Zoology & Microbiology

Department has create various activity, the wall paper presentation is the one of the most important event in the departmental activity.

There is an old saying, 'Health is Wealth'. There is nothing in our life that is more valuable than good health. Without health there is no happiness, no peace and no success. A person with bad health cannot enjoy the pleasure of being wealthy

Our health depends upon several factors, such as food, pollution, sleeping habits, mental condition, air, water and sunlight. Morning walks and Physical exercises are very helpful for the fitness of our mind and body. We should take proper care of our health so that we can enjoy our life completely. Good health is a matter of great concern, to maintain it, healthy living and a disciplined life is a must. We should sleep well as it relaxes our body and reduces stress. We need to have a balanced diet and go for long, brisk walks. Our motto should be to keep our body clean in order to remain healthy. We must laugh more as laughing is a therapy and a secret of good health. The government should include integrated health programs into their public policies and control specific health problems.

Healthy lifestyle means maintaining a balanced and nutritious diet as well as engaging in sports or other fitness related activities. We need fresh air, clean water, proper sunlight, balanced diet, away from junk food, clean and healthy atmosphere, greenery environment, morning walk, personal hygiene, proper education, etc. It is important to recognize that a healthy living ensures a longer life span as well as a life free of disease and complications. An unhealthy mind results in an unhealthy body. Good mental health helps you to make the most of life and enjoy it. Taking care of yourself is the best way of ensuring you live a long healthy life, not only physically, but also mentally

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Head

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*Inauguration of by. Hon. Principle Dr. V.S. Sawant*



Mr. C.B. jawale with B.Sc I Students

