

## **International Self Care Day**

**Date:** 24.07.2025

**Organized by:** Department of BBA (Hospital Administration)

**Academic Year:** 2025 -2026

**Report:**

In Commemoration with the International Self Care Day, the department of BBA (HA) along with Health and Wellness Club organised a programme with Ms.Sopna Joshua Counsellor of our college to create awareness among the students. 176 Students of BBA (HA) along with the students of health and wellness club attended the programme. It was an interactive and enlightening session throwing light on the importance of self-care and wellness in today's fast-paced world. The session was highly engaging, with active student participation through questions, reflections, and discussion. The interactive nature of the talk made it not just informative but also personally impactful for many of the students.