



# **SRI MANAKULA VINAYAGAR ENGINEERING COLLEGE**

(Approved by AICTE, New Delhi and Affiliated to Pondicherry University)

(Accredited by NBA-AICTE, New Delhi )

Madagadipet, Puducherry - 605 107



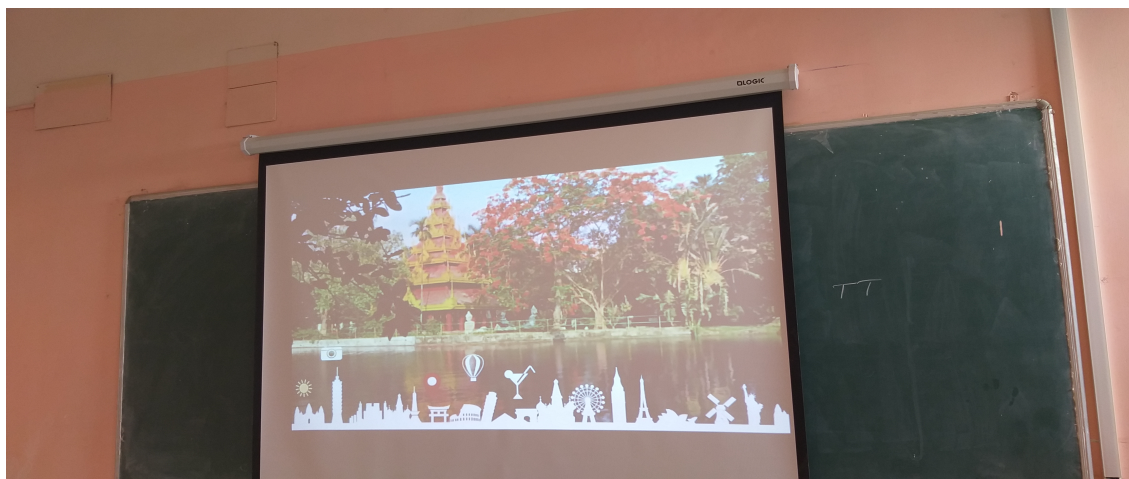
14.3.2020

## **EBSB Day Celebration**

EBSB day was celebrated in Sri Manakula Vinayagar Engineering College on 14<sup>th</sup> March 2020. In this occasion, 2 videos were played. The first video portrays the Folk Dance practiced in the paired UT, Daman. The second video was about the important places to visit in Daman. The students felt both the videos as informative and they had a virtual experience of the union territory.



**Folk Dance Video**



**Important Places to visit in Daman**



**Students witnessing the videos**

Also, as a part of EBSB Day event, the following information regarding kidney health has been discussed with the students.

*Nearly 850 million people in the world have some sort of kidney disease and about 5 to 10 million people currently either require dialysis or kidney transplantation. Estimates suggest that if the global burden of kidney diseases keeps increasing, it would be one of the leading causes of mortality in the world by 2040.*

The following **MUST FOLLOW instructions** are given after the aforementioned discussion.

- Drink plenty of fluids
- Watch your blood pressure and blood sugar levels
- Exercise regularly
- Avoid alcohol and smoking
- Take a healthy diet
- Avoid pain-killers