



# GUJARAT TECHNOLOGICAL UNIVERSITY

(Established Under Gujarat Act No.: 20 of 2007)

## ગુજરાત ટેકનોલોજીકલ યુનિવર્સિટી

(ગુજરાત અધિનિયમ ક્રમાંક : ૨૦/૨૦૦૭ દ્વારા સ્થાપિત)

Ref:GTU/UGC/Misc/2018/8771

Date: 4/12/2018

### CIRCULAR

Please find enclosed the D.O.No.F.14-24/2018 (CPP-II) dated December 3, 2018 for taking initiatives on the occasion of 21<sup>st</sup> Hepatitis Day, to spread awareness amongst the staff and the students of your college regarding adopting healthy food habits, managing ideal body weight and to do regular yoga and exercises to reduce prevalence of fatty liver diseases in our country and the growing incidences of diabetes and heart diseases.

-Sd/-

I/c Registrar

**Encl:** As above

To:-

1. Principals / Directors of all Affiliated Colleges/Institutions
2. Principals / Directors of all PG School, GTU

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प्रो. रजनीश जैन  
सचिव

**Prof. Rajnish Jain**  
Secretary



विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**

(मानव संसाधन विकास मंत्रालय, भारत सरकार)  
(Ministry of Human Resource Development, Govt. of India)

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D.O.No.F. 14-24/2018(CPP-II)

December 3, 2018

**Sub: Hepatitis Day, 4<sup>th</sup> December, 2018**

Respected Sir/Madam,

The matter of spreading the message of healthy living habits is essential for ensuring better life for the students in the university and even after they pass out of the higher education institutions. The Sustainable Development Goals also mention about ensuring healthy lives and promoting well being for all at all ages. Keeping this in mind, the UGC is in the process of bringing out a Policy on Health Promoting Universities for addressing issues of mental and physical health and the ways to promote healthy living practices for all the students.

In the same breadth, it is to inform you that **4<sup>th</sup> December, 2018** happens to be the **21<sup>st</sup> Hepatitis Day**. We have come to know that nearly one in five adults in India has fatty liver. It is in epidemic proportions and is increasing in young subjects. It is one of the major causes of rapid increase in serious liver diseases. In fact, liver cancer today is the second commonest cause of cancer deaths in the world, according to the WHO. Nearly 50 million people are infected in our country with Hepatitis B and C. Next to China, India has the highest number of subjects infected with hepatitis B, which commonly gets transmitted from mother to baby. The Government of India has launched National Viral Hepatitis Control Program, to provide free testing, diagnosis and drug treatment for hepatitis B and C. It is one of the largest initiatives in the world to help people suffering from viral hepatitis.

In view of the above, it is requested to take initiatives, on the occasion of 21<sup>st</sup> Hepatitis Day, to spread awareness amongst the staff and the students of your university and affiliated colleges regarding healthy food habits, managing ideal body weight and to do regular yoga and exercises to reduce the prevalence of fatty liver diseases in our country and the growing incidence of diabetes and heart disease.

With regards,

Yours sincerely,

(Rajnish Jain)

**All the Vice Chancellors of the Universities**