

Report on One Day Workshop on **“Promoting Good Health & Hygiene practice in everyday life”**

- **Date:** 27.03.2023
- **Time:** 10:00 PM - 6:00 PM
- **Venue:** Multipurpose Hall
- **Guest Speaker:** Dr. Kali Muthu, Medical Officer, SSD, Punjipathra, Raigarh (C.G.)


Highlights of the program

A One day Workshop on the topic of “Promoting Good Health & Hygiene practice in everyday life” was organized by Department of Sports in association with IQAC for the students of B.Tech, B.Sc, BBA and B.Com at OPJU MP Hall on **27th March, 2023** from 10:00 AM onwards. The resource person of the workshop **Dr. Kali Muthu (Factory Medical Officer, Jindal Steel Power, SSD)**. The aim of the workshop was to explain & demonstrate the importance of maintaining good health & hygiene practice and the importance of comprehensive cleaning to maintain a good health and a better personality in the society. Personal hygiene is important for many reasons, for instance, to have a better personality, good health, for social reasons and for psychological issues. Good hygiene prolongs a nice image of an individual in a society. Emphasizing on good personal hygiene can reduce a risk of many social, mental, and health problems. Good personal hygiene is as simple as hand washing which can reduce the excess of illnesses, infections, and disorders. In a social situation a clean and tidy appearance can boost one’s confidence and reflects a positive image of that individual to others. It is more frequently noticed that a clean and tidy person usually gets more attention in a public platform and people usually tends to trust him/her more. Unhygienic people are mostly avoided by others and most of the time the stress level of unhygienic people is high as compared to hygienic people. So to keep ourselves socially, mentally, and physically healthy it is important to be dirt free and should maintain a hygienic lifestyle. Dr. Muthu Also teach about the diseases like Cholera, Cornice, Diabetes, Hebetates, Typhoid, Dehydration and how to prevent in an ealey stage and if it is happen then how to Diagnosis and rehabilitate through treatment. He said prevention is better than cure and better to be healthy we must have to maintained good health & balanced diet. To remain healthy and hygiene one should remain physically fit and regular workout, Yoga, Meditation and sound sleep.

Aims & Objectives

Following are the objectives of the Workshop Promoting Good Health & Hygiene practice in everyday life.

- Awareness about the importance of personal hygiene.
- To teach the social importance of personal hygiene to maintain a hygienic lifestyle.



- Encourage the participants to take responsibility for their health and cleanness in a friendly environment to remain mentally, physically and socially healthy.
- Teach the participants how to take care of hand, body, tooth, foot, and clothes hygiene in day to day life in the presence and absence of certain facilities.

To make the Workshop more descriptive and visual a multimedia was used to deliver a PowerPoint presentation on health & hygiene. Pictures and graphics were used to make the presentation more vital and interesting. The resource person Dr. Kali Muthu explained the importance of health & hygiene, then taught how to have better personal hygiene. A demonstration on hand washing was shown by Dr. Muthu. During the demonstration the participants were asked to perform the hand wash by using proper technique and knowledge.

Impact of the Workshop

- Participants were excited to make use of the acquired knowledge from the session about health & hygiene in their daily life to maintain a better social, mental, and physical health.
- Participants were happy to share the basic information about health & hygiene to young ones back at their home and in their neighborhood to maintain a healthy society in their communities.
- This session helps the participants to enhance good habits and make them a better person in a certain society.
- This session was also helpful to teach the participants many ways to get rid of infectious illnesses and contiguous disorders while maintaining a hygienic lifestyle.

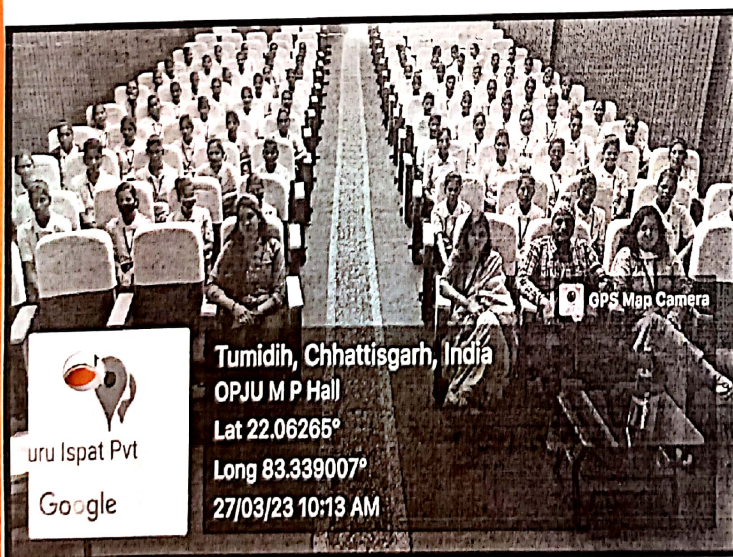
Program Coordinator Dr. Amit Paras proposed a sincere thanks to the speaker for enlightening the importance of the workshop.



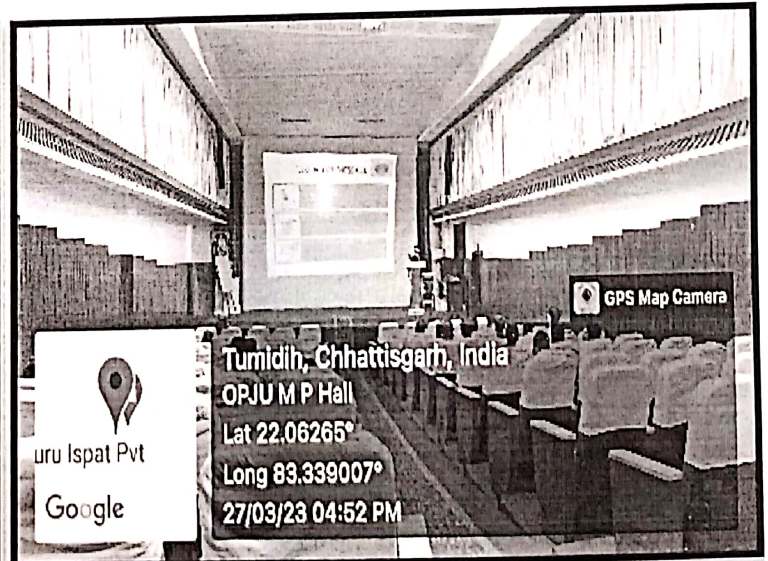
(Dr. Girish C. Mishra)
Director, IQAC



Snapshots of the workshop



(First Half)



(Second Half)

