



**GURU NANAK COLLEGE BUDHLADA**

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

**NAAC - SSR - Cycle - II**

# **Activity Report**

## **Health & Hygiene Cell**



**2019-20**

### Health and Hygiene Cell

(Session: 2019-20)

**Activity-**General Awareness about how to hygiene the college campus with sweeper

**Date** -20-08-19

**Participant-** 10

**Description-** Cleanliness will help you in taking good care of your own health while also keeping the environment clean. When the environment is clean, we lead a healthy and active lifestyle. Cleanliness should not be a one-time mission; it should be a practice and a daily habit. Stay clean and stay disease-free. Better hygiene leads to better health, confidence and overall growth. Good hygiene is critical for preventing the spread of infectious diseases and helping children lead long, healthy lives.

**General Awareness about how to hygiene  
the college campus to sweeper**



**Date- 20/08/2019**  
**Keynote Speaker- A.P. Anand Vardhan**





**Activity-** Awareness program on daily hygiene to students

**Date-** 12/09/19

**Participant-**105

**Description:-** Better Hygiene leads to Better Health, Confidence and Overall Growth. It is Important for maintaining both physical and mental health.

### AWARENESS PROGRAM ON DAILY HYGIENETO STUDENTS



Date- 12/09/19

Organized by- Health and Hygiene Cell

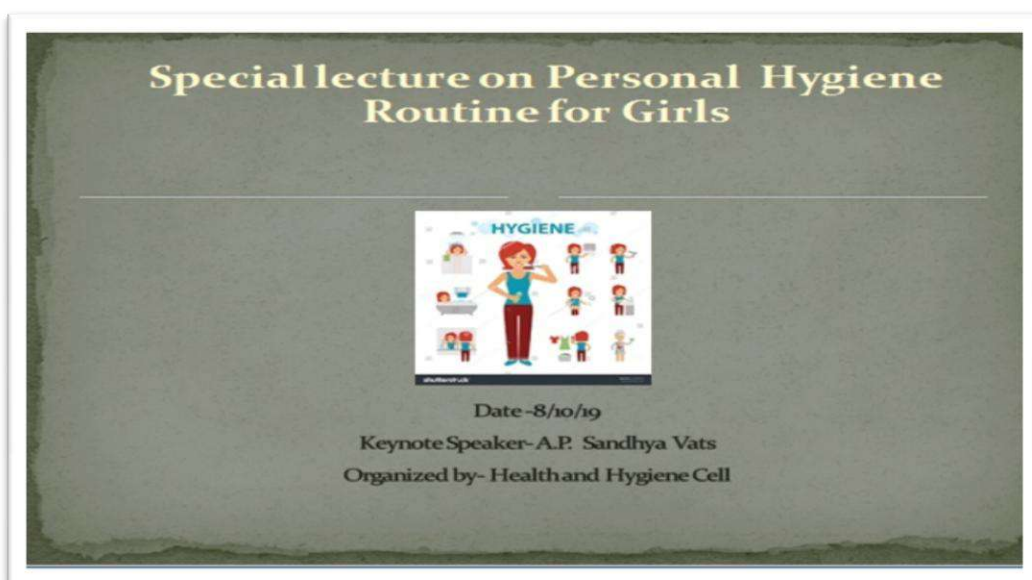


**Activity**-Special lecture on personal hygiene routine for girls

**Date**- 8/10/19

**Participant**-65

**Description**:-Hygiene refers to practices and rituals that prevent diseases and leads to good health we create awareness amongst girls with a belief that it will serve the dual purpose of livelihood opportunities.



**Activity-**Food Safety and Quality control

**Date-** 15/11/19

**Participant-**45

**Description-**Food Safety: Clean, Separate, Cook, Chill. Following four simple steps at home—Clean, Separate, Cook, and Chill—can help protect you and your loved ones from food poisoning. The main objective of food safety is to protect consumers of food products from foodborne diseases or injuries related to food consumption. Foodborne illness is a major threat to food businesses and affects everyone all over the world as a result of inadequate food safety.







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**Activity**-Speech competition on pandemic situation of corona virus by students

**Date**-5/2/20

**Participant**- 8

**Description**:- Speech Competition on pandemic situation of corona virus by students organized by health and hygiene cell on 05.02.2020. The students actively participated in this speech competition.



Speech competition on pandemic  
situation of corona virus by students

**Date- 5/02/20**

**Organized by- Health and Hygiene Cell**



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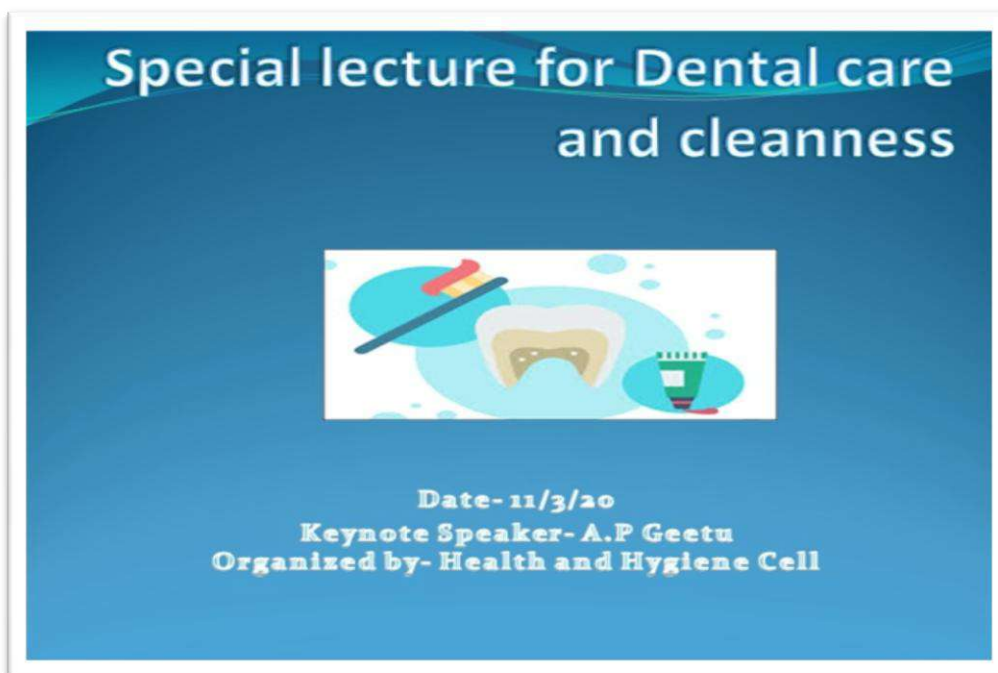
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**Activity-** Special lecture for Dental care and cleanness

**Date-** 11/3/20

**Participant-** 75

**Description -** Dental care or dental care is the maintenance of healthy teeth and may refer to: Oral hygiene, the practice of keeping the mouth and teeth clean in order to prevent dental disorders. Dentistry, the professional care of teeth, including professional oral hygiene and dental surgery.





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**Activity-** How can Hygiene and Sanitation at workplace

**Date-** 3/3/20

**Participant-** 70

**Description** - Good hygiene practice (particularly in times of viral outbreaks) includes: Washing your hands with soap when you enter and exit work, and before you eat. If soap is not available, use an alcohol-based sanitizer. Washing your hands for 20 seconds or more.

## How can Hygiene and Sanitation at workplace



DATE- 3/3/20  
KEYNOTE SPEAKER- A.P SHABEENA  
ORGANIZED BY- HEALTH AND HYGIENE CELL

