



**GURU NANAK COLLEGE BUDHLADA**

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

**NAAC - SSR - Cycle - II**

# **Activity Report**

## **Health & Hygiene Cell**



**2021-22**



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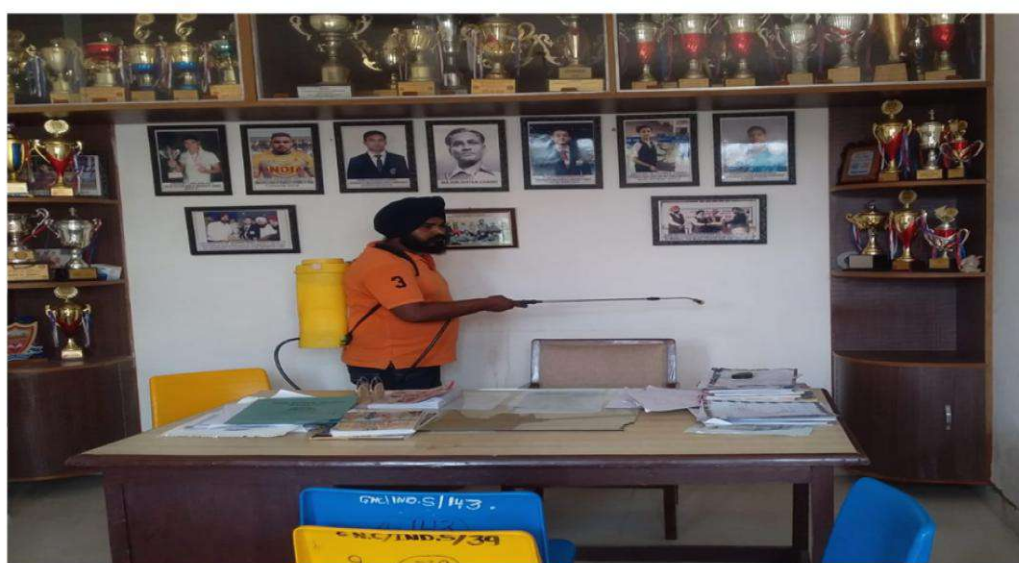
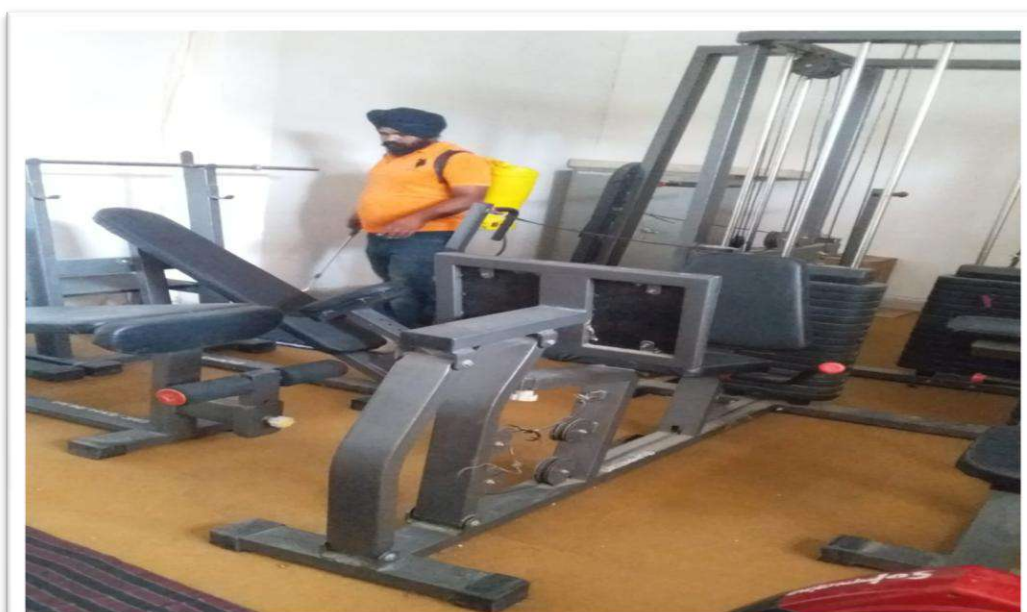
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## Health and Hygiene Cell

(Session: 2021-22)

**Activity:** Efforts were made to prevent dengue in the college. A ground man and two teachers participated in it.

**Date:** 11/09/21





**Activity:** Poster making competition

**Date:** 29/09/21.

**Total no of students:** 49

Poster making competition was held in the campus on women empowerment, drug addiction, and environmental protection to spread awareness among the students. Students of different departments actively took part in this event and showed their skills through posters. The competition went successful under the supervision of Dr. Kulwant Singh and Dr. Jagdeep Singh. Around 49 students participated in this event.





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**Activity:** Health Checkup Camp

**Date:** 13/10/2021.

**Total no of students:** 224

A two-day camp was organized at Guru Nanak College, Budhlada by the Health and Hygiene Cell. During this camp the weight, height, blood pressure and heart rate of the students, teaching and non-teaching staff was examined. Students were also made aware about the importance of regular checkup and maintenance of healthy lifestyle. In the event 224 students, 16 teaching and 10 non-teaching staff actively participated.







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**Activity:** Lecture on the importance of exercise and yoga.

**Date:** 9-11-2021

**Lecture Delivered by:** Ramandeep Singh

Head and Assistant Professor

Department of Physical Education

**Total no of students:** 83

Lecture on the Importance of exercise and yoga was delivered by Mr. Ramandeep Singh Head and Assistant Professor Department of Physical Education. Students of Bachelor of Arts actively took part in this lecture. Mr. Ramandeep Singh aware the students about importance of doing exercise and yoga on daily basis, further he explained the side effects of doing incorrect yoga asana without expert supervision. Students and staff members had participated in it and cleared their queries.





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**Activity:** Lecture and quiz competitions on World Health Day

**Date:** 07-04-2022

**Total no of students:** 95

On the occasion of World Health Day, lectures and quiz competitions were conducted by the Health and Hygienic Cell with the support of Commerce, Hindi, History and Science Department. Students of the respective departments actively took part in this event.







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**Activity:** First Aid Training camp

**Date:** 10/03/2022

**Students participated:** 90

Two-day first aid training camp was organized in the college by the health hygienic cell in collaboration with the physical education department. In this camp, Professor Ramandeep Singh and Assistant Professor Gurpreet Kaur gave training to the students how to give first aid treatment during accidental conditions and also taught how and on which numbers students can contact in any crucial conditions.







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**Activity:** Awareness program

**Date:** 23.3.2022

**Total Students-** 100

Awareness program on AIDS (HIV) was organized by health and hygiene cell Guru Nanak College Budhlada on 29/03/2022. In this program students were aware about the modes of spreading of HIV among the people. Students were also participated in this activity and learnt about the various actions how to take care of the patients suffering from this virus.





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## Activity: Campus cleanliness

Date: 25/04/2022

A one day cleanliness camp was organized at Guru Nanak College, Budhlada on 25/04/2022 by the Health and Hygienic cell in collaboration with sweepers. In this event college ground, parking and gardens were cleaned to enhance the beauty of college.







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**Activity:** Lecture on Hygienic and Safe Handling of Food Products.

**Lecture Delivered by:** Dr. Sangeeta

Head and Assistant Professor  
Department of Food Processing

**Total no of students:** 30

**Date:** 05/05/2022

**Description:** Department of Food Processing, Guru Nanak College, Budhlada (Mansa) organized a lecture on “Hygienic and Safe Handling of Food Products” in association with Health, Hygiene and Campus First Aid Cell. Lecture was delivered by Dr. Sangeeta, Head and Assistant Professor, Department of Food Processing. Students of Food Processing and other departments actively took part in this lecture. They got the knowledge about handling, preparing and storing food or drinks in a way that best reduces the risk of food-borne diseases and other food related health issues.

**Related Photographs:**

