



Date-25<sup>th</sup> May, 2022

<b>Report</b>	
Name of Activity	Expert Talk on General Health and Hygiene
Date	30 May 2022
Venue	Seminar Hall, MIMT
Organized by	Management Department
No. of Beneficiaries	79 students
Activity Incharge	Dr. Gazal Singh, Faculty - MIMT
Objectives	<ul style="list-style-type: none"><li>• To spread awareness regarding importance of having good Health and maintain hygiene</li><li>• To provide knowledge on Healthy habits; balance diet; Physical, mental and social health; maintaining hygiene</li></ul>
Content	<p>Mangalmay Institute of Management and Technology, Greater Noida organized an Expert Talk on General Health and Hygiene by Student Welfare Committee MIMT on 30 May 2022 at 12:30 pm onwards in Seminar Hall for undergraduate students including B.Com and BBA</p> <p>The guest expert in the activity was Dr. Ajay Pratap Singh, Medical Consultant Dr. Suruchi Khanna, Doctorate in Molecular Biology Ms. Pooja Gautam, Expert Micro Biology</p> <p>Through this expert talk experts shared their knowledge about why it is important to be healthy and tips for healthy habits. The coordinator of activity invited Dr Suruchi Khanna who is doctorate in Molecular biology and talked about the importance of maintaining health and wellbeing throughout lifetime by incorporating exercise, diet, preventative health checks, sleep management, managing mental health issues, finding ways to relax and unwind. The coordinator, Dr Gazal Singh-Faculty MIMT invited Ms Pooja Gautam who is expert in Micro Biology and talked about general hygiene. She concluded her talk by saying; it is well known that health and hygiene are closely related. Personal hygiene is essential for several reasons like personal well-being, social health, and psychological health and simply as a way of life. Keeping good hygiene, not only safeguards those around you from suffering illnesses, but also helps to prevent the spread of infections, illnesses, and bad odors. In last Dr Ajay Pratap Singh was invited by Coordinator and he talked about Health in terms of Personal mental and social aspect. He also included Ayurvedic and Yoga angle in keeping our self healthy. He also elaborated the importance of meditation for mental wellbeing. Students also participated in this by presenting their views through interactive discussion initiated by expert. Along with discussion students presented presentation on balance diet, recited a poem and given speech on healthy lifestyle. This session also included an online survey</p>






	<p>which made students informed about that they knew enough about healthyand hygiene. The questions of the survey also served as source of information as on submission correct answers were told through Google form.</p>
<p>Outcome of Activity</p>	<p>All beneficiaries learnt about the importance of Healthy habits; balanced diet; Physical, mental and social health and maintaining hygiene. What is included in healthy and balanced diet? Beneficiaries are able to have clear perspective about health which include personal hygiene, mental wellbeing and social health.</p>
<p>Students attempting Quiz</p>	<div data-bbox="475 689 949 1041"></div> <p data-bbox="475 1043 997 1070"><b>Figure 1 Group Photo of Expert with beneficiaries</b></p> <div data-bbox="475 1104 949 1451"></div> <p data-bbox="475 1453 917 1480"><b>Figure 2 Dr. Suruchi delivering her lecture</b></p> <div data-bbox="475 1514 911 1839"></div> <p data-bbox="475 1841 1077 1868"><b>Figure 3 Ms. Pooja Gautam :Expert delivering her lecture</b></p>



Figure 4 Dr. Ajay Pratap Sing- Expert interacting with students

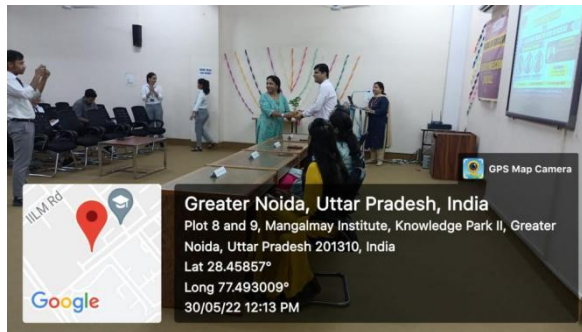


Figure 5 Deam Academics Dr Meenakshi Sharma welcoming Mr Arun Rana- Director Planning and Corporate affairs.



Figure 6 Poster for circulating information of expert talk

List of beneficiary

BBA - A	BBA - B
AnshuMaheswari	Mitesh
Anshikabhatia	Nasim Akhtar
Bonit Kumar	Nidhi Tongar
Amit	Niket Kumar
Anmol	Nikhil Jaiswal
Dushyant	Nishat Mishra
Mayank Tiwari	Parshant Singh
Anshika Jha	Priyanshu Ranjan
Ashutosh Mishra	Priyaranjan
Abhinav Bhati	Punit Pal
Kavya Goel	Sandeep Ku Yadav
Harsh Vijay	Satyanansoni
Khushi Goyal	Saurabh Gupta
Ananya Pathak	Tamana
Himanshi Kr Singh	Tushar Saxena
Dhiraj Tripathi	Vikant
Abhishek Yadav	Tushar Baisoya
Anshika	Yogesh Kumar

