



Report on the Online Seminar on World Health Day

SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC A++, NIRF - 68th

NATIONAL SERVICE SCHEME
Organises

Online Seminar
ON
World Health Day
By
Dr. Vinod Goel

Topic : Personal Hygiene And Cleanliness

Personal hygiene is an integral aspect of our daily lives that encompasses a range of practices aimed at maintaining cleanliness and promoting overall well being. It involves taking care of our bodies , surrounding and daily habits to prevent the spread of harmful germs, bacteria and viruses .

Date : 7th April , 2024 **Time : 11 : 00 a.m.** **Day : Sunday**

Dr. Swati Yadav
(Programme Officer, NSS)

Prof. Rabi Narayan Kar
(Principal, SLC)

nss_slc **National Service Scheme, Shyam Lal College, DU** **nss_slc**

Date: April 7, 2024

Day: Sunday

Time: 11:00 AM

Platform: Online

In observance of World Health Day, the National Service Scheme (NSS) of Shyam Lal College organised an enlightening online seminar on April 7, 2024. The seminar, titled "Personal Hygiene and Cleanliness," was conducted by the esteemed Dr. Vinod Goyal. The event aimed to raise awareness about the importance of maintaining personal hygiene and cleanliness for overall health and well-being.

The seminar commenced at 11:00 AM with a warm welcome address by the NSS coordinator, Dr. Swati Yadav. Dr. Vinod Goyal, a renowned public health expert, delivered a comprehensive and engaging presentation. The key points of his seminar included:

- **Importance of Personal Hygiene:** Dr. Goyal elaborated on the fundamental aspects of personal hygiene, including regular handwashing, oral hygiene, and body cleanliness. He explained how these practices are essential in preventing infections and maintaining good health.
- **Daily Hygiene Practices:** The seminar covered practical tips for daily hygiene, such as proper techniques for brushing teeth, washing hands, and bathing. Dr. Goyal also discussed the importance of using clean and safe products for personal care.
- **Impact of Hygiene on Health:** Dr. Goyal provided insights into the direct correlation between hygiene practices and the prevention of common illnesses like colds, flu, and gastrointestinal infections. He also touched upon the role of hygiene in controlling the spread of more severe diseases.

Following the presentation, an interactive Q&A session was held, where participants had the opportunity to ask Dr. Goyal questions related to personal hygiene and cleanliness. The online seminar on "Personal Hygiene and Cleanliness" by Dr. Vinod Goyal, organized by the National Service Scheme of Shyam Lal College, was a resounding success. Held on April 7, 2024, in celebration of World Health Day, the event effectively highlighted the critical role of hygiene in maintaining health and well-being.