

To commemorate Azadi ka Amrit Mahotsav, A talk on “**Health & Hygiene**” was organized on 18th December 2021 by Women Cell Aggarwal College Ballabgarh. The speaker was Dr. Nupur Aggarwal, Sr. Consultant & Director HOPE Ivf, fertility & Gynae Clinic. She spoke at length on personal Hygiene and bust the myths related to menstrual cycle. She advised the students to focus on balanced diet and Proper nutritional food to prevent anemia and malnutrition. She laid stress on all aspects of health i.e. physical, mental and social well-being. She presented her views through PPT and cited examples from daily life to make the talk interesting and engaging. She asked the students to live an active life and to minimize the use of cell Phones and laptops to avoid radiation. Principal Dr. Krishan Kant Gupta congratulated the coordinators and emphasized the importance of organizing this talk. He said that it is rightly said that health is wealth and healthy body resides in a healthy mind. This talk was organized under the guidance of conveners of women cell Dr. Geeta Gupta, Dr. Rekha Sain, Dr. Renu Maheshwari. Total 85 students were benefitted by the talk. They listened intently and asked queries which were satisfied by the speaker.