

Report on Showcasing of Documentary on Personal Health and Hygiene

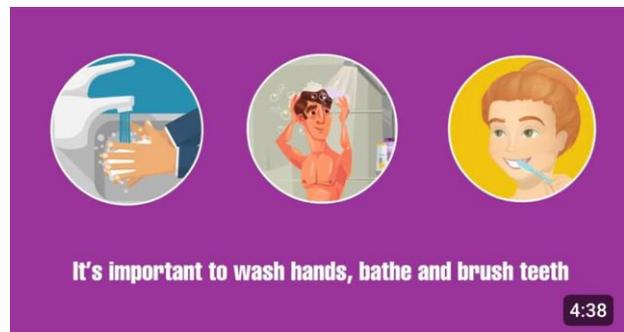
The Women Cell of Government Degree College (GDC) Theog organized a special event on 19 October 2024 to showcase a documentary on personal health and hygiene for college students. The objective of this event was to spread awareness about the importance of maintaining hygiene and leading a healthy lifestyle.

Dr. Lalita Chandan, Principal of GDC Theog, graced the occasion and emphasized the significance of personal health in academic and overall well-being. She encouraged students to incorporate healthy habits into their daily lives and to share this knowledge with their communities.

The documentary provided insightful information on various aspects of hygiene, including handwashing, sanitation, menstrual health, and the role of a clean environment in preventing diseases. Students actively participated in the discussion following the screening, sharing their thoughts and asking questions about best practices for maintaining personal health.

Dr. Nidhi Dhatwalia, Convener of the Women Cell, delivered the vote of thanks, expressing gratitude to Dr. Lalita Chandan for her support and to all attendees for their enthusiastic participation.

This event served as an important step towards instilling awareness and responsibility among students regarding personal health and hygiene, contributing to their overall well-being and success.



Dr. Nidhi Dhatwalia
Convener, Women Cell
GDC Theog

Principal
GDC, Theog