

7. Health and Hygiene- Dt. 3-3-2023



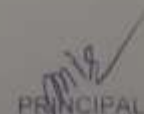
Health and Hygiene one Day Workshop

On March 3, 2023, at 8:30 am, Dr K.B. Bellad gave a guest lecture on "Health and Hygiene" to 15 students from Arjunwadi Tal. Gadhinglaj. The lecture was organized by the chairperson, Shri S V Salamvade, who expressed gratitude to Dr Bellad for sharing his expertise and knowledge with the students.

Dr Bellad spoke at length about the importance of maintaining good health and hygiene practices in daily life. He emphasized the need for regular exercise, a balanced diet, and adequate rest to maintain good health. He also spoke about the importance of personal hygiene, including regular hand washing, to prevent the spread of infectious diseases.

During the lecture, Dr Bellad answered various questions from the students, who were eager to learn more about maintaining good health and hygiene practices. The students were highly engaged and actively participated in the lecture.

In conclusion, the guest lecture by Dr K.B. Bellad on "Health and Hygiene" was highly informative and engaging for the 15 students from Arjunwadi Tal Gadhinglaj. The students expressed their gratitude to Dr Bellad and Shri S V Salamvade for organizing the lecture. It is hoped that the knowledge gained from this lecture will help the students maintain good health and hygiene practices in their daily lives.


PRINCIPAL

Tukaram Krishnaji Kolekar
Arts & Commerce College, Naseri
Gadhinglaj, Dist-Kolhapur.



Dr. Kanchan B. Bellad giving Lecture



Students Present with Dr Kanchan B Bellad and Shri S V Salamvade

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