

**A Brief Report on Extension Activity organized
by the Department of Bioengineering on
Health and Hygiene (*Swachh evam swasth bachpan*)**

Department of Bioengineering collaborated with **Integral University's NSS Unit** for organizing an extension activity on **Health and Hygiene (*Swachh evam swasth bachpan*)** on **November 18, 2021**, which is a great way to live a healthy life. Maintaining personal hygiene and sanitation is important for several reasons such as personal, social, psychological, health, etc. Proper hygiene and sanitation prevent the spread of diseases and infections. If every individual maintains good hygiene for himself and the things around him, diseases will eradicate to a great level.

The aim of this programme was to increase the health and hygiene awareness for the school students and teachers. In continuation of this “**Nukkad Natak**” with a theme of good health and hygiene was performed by the students of B.Tech Food Technology of Integral University. Many doubts and rumors about Covid-19 vaccination were demystified in these street plays. Volunteers enjoyed these acts filled with laughter and pranks giving information to be taken for maintaining a good health and proper hygiene practice. The NSS volunteers actively participated in this event. The idea was to raise awareness about the importance of health for a healthy mind which leads to a healthy attitude. The program was coordinated by Ms. Poonam Sharma NSS Program Officer, Integral University., Dr. Owais Yousuf and Dr. Rahul Singh Faculty Members, Department of Bioengineering, Integral University. The response from the audience was quite overwhelming.

