

**A Brief Report on Extension Activity organized  
by the Department of Bioengineering on  
Health and Hygiene Practices**

**Department of Bioengineering** collaborated with **Integral University's NSS Unit** for organizing an extension activity on **Health and Hygiene Practices** on **March 02 2023**, at **Paikramau Village, Lucknow**. Maintaining proper health and hygiene practices are necessary to avoid diseases and live a healthy life. Proper hygiene is helpful in developing immunity and can prevent the spread of diseases and infections.

The aim of this program was to increase the awareness among under privileged women about importance of hygiene practices. Ms. Mantasha Khan Student of B.Tech biotechnology 2<sup>nd</sup> yr demonstrated "How to wash your hands" activity. Many doubts and myths about hygiene practices were demystified by students. The students had distributed hygiene kits and create the awareness of role of hygiene in healthy living. The program was coordinated by Ms. Poonam Sharma NSS Program Officer, Integral University. The response from the audience was quite overwhelming.

