

Workshop on Health & Hygiene

Date; 03-08-2020

No. of participants; 31

Resource Person; Dr. Prajna Pani



Prof. Prajna Pani obtained her doctorate from Utkal University in 2008. Her specialisations include Linguistics and ELT and 20th C British Literature. She has invested 21 years in teaching, mentoring, training and development. She is passionate about empowering people to succeed in their lives by enhancing their soft skills.

About the Session:

In order to create awareness, a workshop on **Health and Hygiene** was conducted by Centurion University, on a virtual platform for all the faculties. This session aimed to highlight the importance of maintaining good personal hygiene and to illustrate the importance of comprehensive cleaning to maintain good health and a better personality in society.

Dr. Prajna Pani conducted this virtual Health and Hygiene session. Presentations on physical health, mental health, and healthy habits were made and explained in the session. Students were keen to learn more about personal hygiene and came up with a volley of questions in the Q&A session.

This session was a reinforcement to maintain and enhance good hygiene habits and contribute to the wellness of society.

Objective;

- Teaching the importance of health and hygiene to the students.
- Ensuring healthy practices among the students.
- Helping the students to understand organizational skills.
- Ensuring personal as well as social well-being through health and hygiene.

The session ended with Mr. Smruti Ranjan Parida Coordinator concluding the session with some remarks. Maintaining good health and hygiene means maintaining a very positive and fit social relationship as well. The various methods must be taught to the teachers on how to make the students grasp a healthy and hygienic routine.



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RESOURCE PERSON

Dr. Pajna Pani

Professor; School of Management

CO-ORDINATOR

Mr. Smruti Ranjan Parida

Organised by:

Centurion University of Technology &
Management

Health and Hygiene

- ▶ According to the World Health Organization, health is a *state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.*
- ▶ Personal hygiene can make the difference between being healthy and disease-free and being sick and not well.



List of Participants

Jagannath Padhi	Professor
Dr. Abhinna Chandra Biswal	Professor
Dr. Sudhansu Kumar Samal	Associate Professor
Dr. Rajendra Kumar Khadanga	Associate Professor
Dr. Ardhendu Mouli Mohanty	Professor
Dr. Ramesh Chandra Mohanty	Professor
Dr. Laxman Kumar Malla	Asst. Professor
Dr. Nitesh Dhar Badgayan	Asst. Professor
Prajna Paramita Debata	Asst. Professor
Babuli Kumar Jena	Asst. Professor
Dilip Kumar Mohanta	Asst. Professor
Dr. Kapileswar Mishra	Professor
Dr. Kamal Kumar Barik	Associate Professor

Dr. Siba Prasad Mishra	Associate Professor
Sagarika Panda	Asst. Professor
Snigdha A Sanyal	Asst. Professor
Sadhana Devi	Asst. Professor
Vignesh M.	Asst. Professor
Mr. Vignesh	Assistant Professor
Dr. Sujata Chakravarty	Professor & HOD
Dr. Sangram Keshari Swain	Associate Professor
Dr. Sabyasachi Mohanty	Associate Professor
Dr. P Annan Naidu	Asst. Professor
Dr. Bhabendu Kumar Mohanta	Asst. Professor
Sasmita Kumari Nayak	Asst. Professor
Manoj Kumar Behera	Asst. Professor
Mamata Garanayak	Asst. Professor
Suvendu Kumar Nayak	Asst. Professor
Shivani Nanda	Asst. Professor
Raj Kumar Mohanta	Asst. Professor
Rakesh Kumar Ray	Asst. Professor



Dr. Prasanta Ku. Mohanty
Dean Academic



Prof. KVD Prakash
Dean - IIE & HRD