

Awareness programme on Health & Hygiene by NSS Unit of Green Heaven Institute of Management & Research

The birth anniversary of former Prime Minister Shri. Atal Bihari Vajpayee is celebrated as Good Governance Day every year to create awareness of accountability among the people. He was a highly distinctive type of leader for his day, and his peculiarity was also on display throughout his time as prime minister. To pay tribute to our former Prime Minister on his birth anniversary, the NSS unit of Green Heaven Institute of Management & Research organised an awareness programme in the Zilla Parishad, Upper Primary School, Rui.

We, as an adult are well aware of the consequences of not maintaining proper hygiene but children are innocent, they do things and never bother about any consequences, they love exploring, playing, and doing many such activities after which they need to be taken care of. Considering this as our social responsibility, Green Heaven Institute of Management & Research, Nagpur, organised an awareness programme on health & hygiene for the school children in the nearby village.

The NSS volunteers briefed the students about the life history of Shri. Atal Bihari Vajpayee. School students were told how he was recognised as a remarkable PM, not only for his persona, but also for his decision-making abilities, fervour, comprehensive policies, and ability to persuade many adversaries with the greatest reasoning.

Later the NSS volunteers emphasised the importance of good health & hygiene to school children. For maintaining good hygiene children were told to wash hands regularly, trim their nails, brush twice a day, to take a shower twice a day-one before they go to school and second after they come back in the evening after playing outside. NSS volunteers demonstrated how to clean the different parts of the body. Apart from maintaining personal hygiene children were told to keep their surroundings clean, as a clean place is a safe place.

To maintain good health, the NSS volunteers told the school children to base their meals on higher fibre starchy carbohydrates and proteins. Children were told to eat lots of fruit and vegetables. Similarly they should cut down on saturated fats and sugar and should not skip breakfast.

The programme was co-ordinated by Dr. Samruddhi Dhote, Prof. Raja Jaiswal, Mr. Robin Ukey, staff members and students of Green Heaven Institute of Management & Research, Nagpur.

