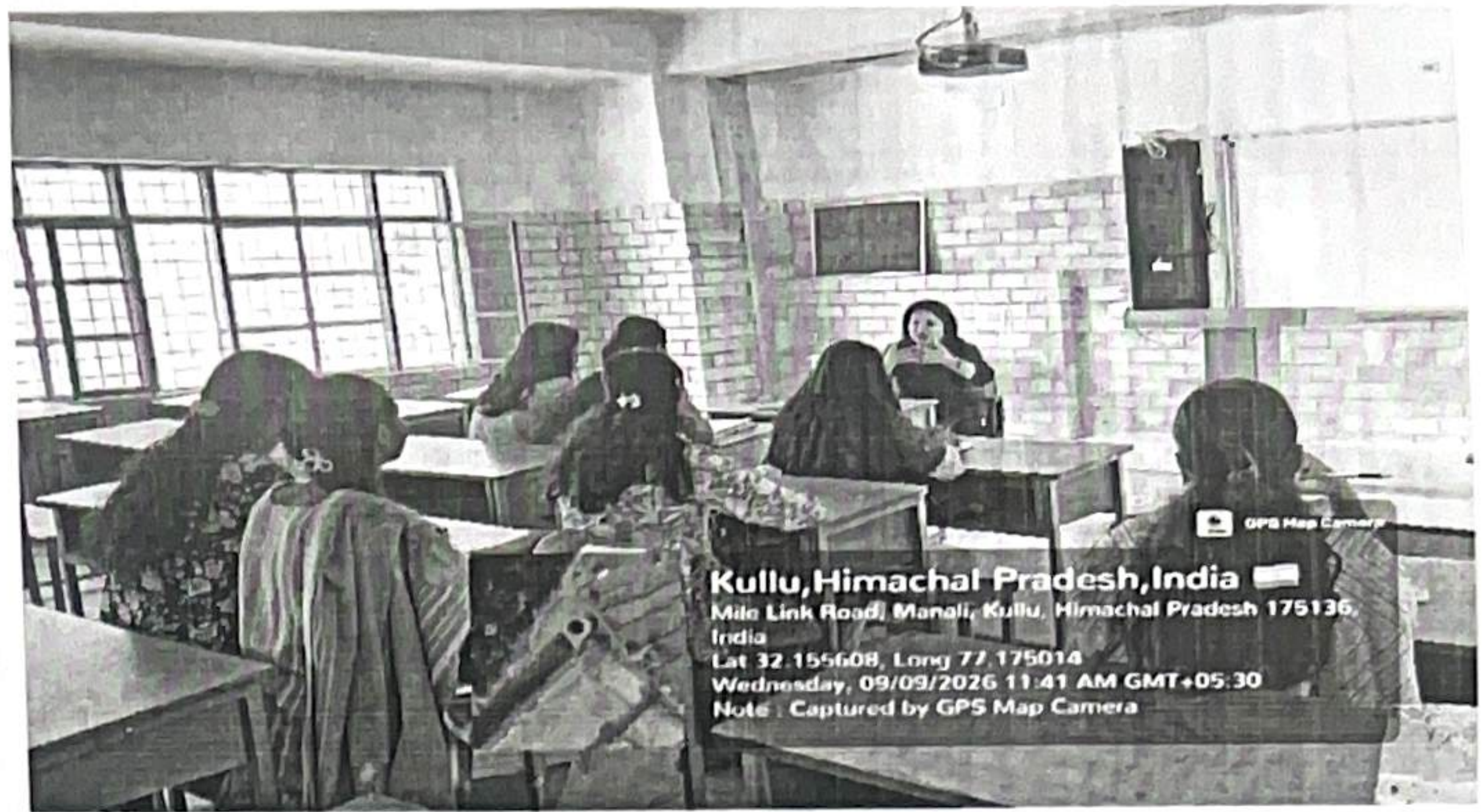




JLN Govt. College Haripur (Manali)
College Activity

Sr. No.	Particular	Remarks
1	Date	09-09-2026
2	Name of Activity	Special lecture on "Health and Hygiene: A Sociological Perspective on Healthy Living and Social Well-being"
3	Name of Unit/Agency/Department Organizing the Activity	Dept. of Sociology
4	Name of Collaborating Agency (If Any)	-
5	No. of Student Participants	15
6	No. of Teacher Participants	01
7	Brief Report	The Department of Sociology organized an informative lecture on "Health and Hygiene: A Sociological Perspective on Healthy Living and Social Well-being" for the students of B.A. Sociology on 09 September 2026. The lecture was delivered by Dr. Sheetal Thakur, who sensitized the students about the significance of maintaining good health and adopting healthy hygiene practices in everyday life. The lecture covered important aspects of personal hygiene, cleanliness, proper handwashing, nutritious diet, safe drinking water, sanitation, menstrual hygiene, waste management, and prevention of communicable diseases. The students were also made aware of the close relationship between health, hygiene, social environment, and quality of life. The session highlighted that health and hygiene are not merely individual concerns but are also closely connected with social well-being, community health, social awareness, and responsible citizenship. The students actively participated in the session and engaged in discussions on various issues related to health and hygiene. The lecture was informative and interactive and successfully created awareness among students regarding healthy lifestyle choices and responsible hygiene practices. The students were encouraged to incorporate these practices within the college campus as well as in their families and the wider community, thereby contributing towards creating a healthier and more aware society.



IQAC (Coordinator)

Principal

Principal
 JLN Govt. College Haripur (Manali)
 Distt. Kullu (H.P.)-175136

Organizer

Dr. Sheetal Thakur
 Department of Sociology