

## Workshop on Health and Hygiene

An online awareness workshop on '*Health and Hygiene*' was conducted by Sarvepalli Radhakrishnan Lab School, Bhiwani. *Dr. K. Kumar addressed this session.* All the staff members as well as students from grade 9 to 12 attended the session.

The main objective of the workshop was to encourage the participants to take responsibility of their health and cleanliness to remain mentally, physically and socially healthy.

First of all the facilitator explained the importance of health and hygiene, then told about many ways to get rid of infectious illnesses and contagious disorders by maintaining a hygienic life style and then answered the various questions of the curious students about Covid 19.

The workshop will help the attendees to enhance good habits and make them a better person in a certain society.

