

Report on Guest Lecture on “Personal Hygiene Practices for a Healthy Lifestyle

A guest lecture on the topic “**Personal Hygiene Practices for a Healthy Lifestyle**” was organized by United Institute of Pharmacy, Prayagraj on **7-5-2026**. Our expert was **Dr. Monidipa Debna, UIMS, Prayagraj**. Dr. Akanksha Gupta, Associate Professor, United Institute of Pharmacy welcomes her by bouquet. Prof. Alok Mukerjee, Principal UIP also highlighted her achievements. All faculty members along with students of B. Pharm first year attended this session.

To create awareness among students regarding the significance of personal cleanliness and healthy lifestyle practices. The session aimed to educate students about various forms of hygiene and their role in maintaining physical, mental, and social well-being.

She explained the concept of hygiene as a set of healthy practices essential for disease prevention and overall health maintenance. She highlighted that good hygiene not only protects individuals from infections but also contributes to confidence, discipline, and quality of life.

During the lecture, different types of hygiene were discussed in detail, including:

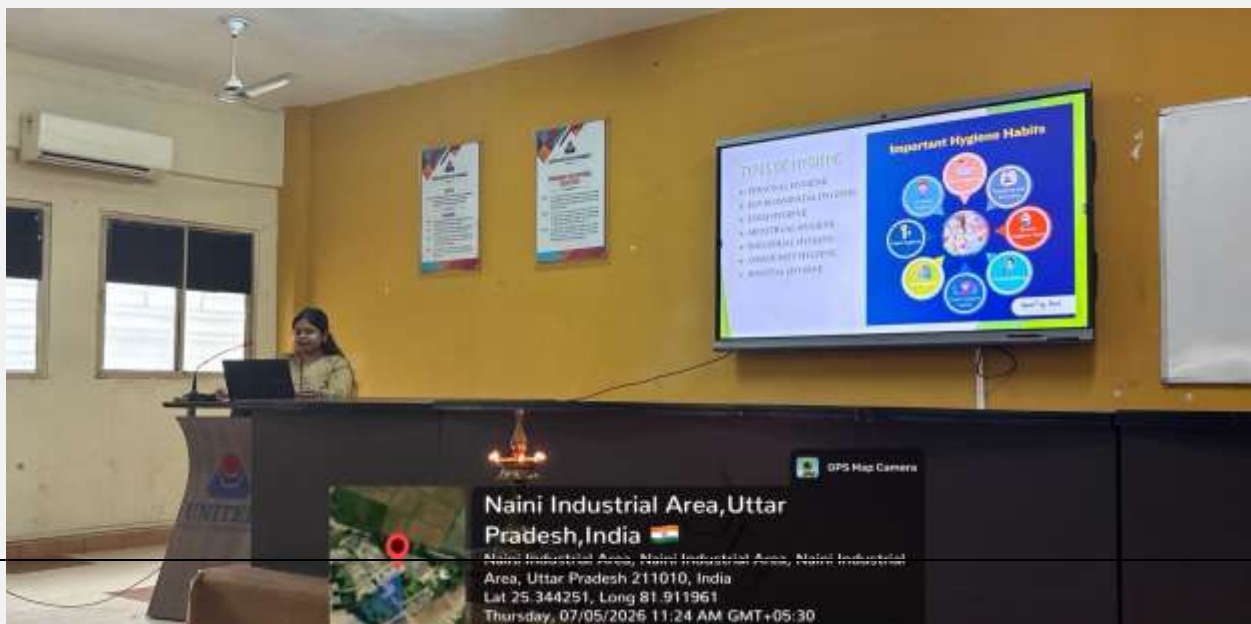
- **Personal Hygiene:** Maintaining cleanliness of the body through regular bathing, hand washing, nail care, oral hygiene, and wearing clean clothes.
- **Food Hygiene:** Proper handling, cooking, and storage of food to prevent contamination and food-borne diseases.
- **Environmental Hygiene:** Keeping surroundings clean and maintaining sanitation to reduce the spread of infections.
- **Oral Hygiene:** Brushing teeth regularly, flossing, and maintaining dental care for healthy teeth and gums.
- **Mental Hygiene:** Managing stress, maintaining positive thinking, and ensuring emotional well-being.
- **Sleep Hygiene:** Following healthy sleeping habits such as adequate sleep duration and maintaining a regular sleep schedule.

She also emphasized several important hygiene habits that should be followed in daily life, such as:

- Washing hands before meals and after using the toilet
- Drinking clean and safe water
- Keeping nails trimmed and clean
- Covering mouth and nose while coughing or sneezing
- Maintaining cleanliness at home and workplace
- Eating fresh and hygienic food
- Exercising regularly and maintaining a balanced lifestyle

Interactive discussions and question-answer sessions made the lecture highly informative and engaging. Students actively participated and clarified their doubts regarding hygiene practices and disease prevention.

The lecture concluded with a vote of thanks expressing gratitude to **Dr. Monidipa Debna, UIMS, Prayagraj** for sharing valuable knowledge and motivating students to adopt healthy hygiene practices in their daily lives. The program was highly beneficial in spreading awareness about the importance of hygiene for a healthy society.





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