



ਸਫ਼ਾਈ ਅਤੇ ਸਿਹਤ Hygiene and Health



At Peihar Khurad



ਜਲ ਜਾਗਰੂਕਤਾ 'ਤੇ ਸੈਸ਼ਨ
Session on Water Awareness

Prof. (Dr.) Jyotsna Kaushal

Centre for Water Sciences



ਠੋਸ ਰਹਿੰਦ-ਖੁੰਹਦ ਪ੍ਰਬੰਧਨ 'ਤੇ ਸੈਸ਼ਨ
Session on Solid Waste Management

Sqn. Ldr. (Dr.) Rina Angel

Vice President (Infrastructure Enhancement)
Chairperson (Centre of Excellence for Sustainability)
Chitkara University Punjab



ਸਿਹਤ ਕੈਂਪ ਅਤੇ ਜਾਗਰੂਕਤਾ
Health Camp & Awareness

Dr. Harmeet Kaur Kang

Principal & Director, Department of
Nursing

DATE 26 AUGUST 2025

TIME 10:30 Onwards

VENUE Peihar Khurad Village

Organised by Centre of Excellence for Sustainability
In collaboration with Centre for Women Health &
Empowerment
& Centre for Water Sciences



Event Name	Hygiene and Health at Pehar Khurad
Date	26 August 2024
Venue	Pehar Khurad Village
Organizer	Centre of Excellence for Sustainability in collaboration with Centre for Women Health & Empowerment and Centre for Water Sciences.
Resource Persons	Sqn. Ldr. (Dr.) Rina Angel Prof. (Dr.) Jyotsna Kaushal Dr. Harmeet Kaur Kang
Total number of members	100 families
SDGs Covered	3, 4, 5, 6, 12, 13 & 17
Time	10.30 Onwards

Objective

To raise awareness about hygiene, health, and sustainable waste and water management practices among the residents of Pehar Khurad Village, promoting a cleaner and healthier community environment.

Description

The event “Hygiene and Health at Pehar Khurad” was organized by the Centre of Excellence for Sustainability, Chitkara University, in collaboration with the Centre for Women Health & Empowerment and the Centre for Water Sciences.

The program featured multiple informative and interactive sessions:

- Session on Solid Waste Management by *Sqn. Ldr. (Dr.) Rina Angel*, Centre of Excellence for Sustainability
- Session on Water Awareness by *Prof. (Dr.) Jyotsna Kaushal*, Centre for Water Sciences
- Health Camp & Awareness by *Dr. Harmeet Kaur Kang*, Department of Nursing



The Solid Waste Management session focused on waste segregation at source, recycling practices, and composting methods to reduce the burden on landfills and promote a cleaner environment. Participants were encouraged to minimize single-use plastics and embrace sustainable disposal methods.

The Water Awareness session emphasized the importance of water conservation, efficient usage, and protection of water resources from contamination. The discussion highlighted simple, community-driven approaches to saving water and maintaining the health of local water bodies.

The Health Camp & Awareness activity provided free basic health check-ups, health education, and guidance on personal hygiene, nutrition, and disease prevention. It aimed to promote wellness and empower community members, especially women, to take proactive steps toward better health.

The initiative aimed to engage the local community in adopting healthy, hygienic, and environmentally responsible practices that contribute to long-term sustainability.

Outcomes

- Improved understanding of personal and community hygiene practices.
- Greater awareness about the importance of clean water and sustainable waste management.
- Encouragement of proactive health practices through medical awareness and check-ups.
- Strengthened collaboration between the university and the local community in promoting sustainable living.

Conclusion

The *Hygiene and Health* initiative successfully fostered community engagement and awareness on crucial aspects of health, hygiene, and environmental sustainability. Through collaborative efforts and expert-led sessions, the program empowered participants to make informed choices, reinforcing Chitkara University's commitment to building healthier, cleaner, and more sustainable communities.



