



# Health & Hygiene

## Session for the Staff

Organised by Office of Administration

Venue- Einstein Hall, Galileo Block.

**CHITKARA**  
UNIVERSITY

## Health & Hygiene

Session for the staff of  
Office of Administration

*Resource Persons:*  
**Dr. Sawroop Dhillon**  
Assistant Professor  
Department of Nursing, CSHS  
Chitkara University, Punjab

**Dimple**  
Nursing Tutor  
Department of Nursing, CSHS  
Chitkara University, Punjab

**17 May, 2025**  
**10:00 AM**

**Einstein Hall**

**ORGANISED BY: OFFICE OF ADMINISTRATION**



On May 17, 2025, a Health & Hygiene awareness session was conducted for the staff of the Office of Administration at Chitkara University, Punjab.



The session, was aimed to educate the participants on maintaining health and hygiene standards in the workplace, to promote a healthier work environment.













# PERSONAL HYGIENE

Maintaining personal hygiene is essential for overall health and productivity. Regular handwashing, proper grooming, and clean clothing reduce the risk of infections. Effective workplace sanitation, including regular cleaning and waste management, creates a safer work environment.





# STRESS MANAGEMENT

Managing stress is equally important, as it impacts both mental and physical health. Techniques like deep breathing, mindfulness, and regular breaks can help. Additionally, routine medical check-ups are crucial for early detection of health issues, ensuring timely intervention and better outcomes. Together, these practices promote a healthier, more productive work culture.





We are thankful to the Department of Nursing, CSHS for the resource persons, and the very educative session.

