

2024

**SHRI LAL BAHADUR SHASTRI DEGREE COLLEGE
GONDA**

DEPARTMENT OF CHEMISTRY



**A One Day Seminar
Under Intellectual Property Rights
Organized
Department of Chemistry
On**

**Health and Hygiene: Understanding the Chemistry
of Human Body
(September 16, 2023)**

[SEMINAR REPORT]

A one day seminar under intellectual property rights on **Health and Hygiene: Understanding the Chemistry of Human Body**



SHRI LAL BAHADUR SHASTRI DEGREE COLLEGE, GONDA

श्री लाल बहादुर शास्त्री डिग्री कॉलेज, गोण्डा

AN AFFILIATED COLLEGE OF DR RAMMANOHAR LOHIA AVADH UNIVERSITY, AYODHYA, (U.P)

Department of Chemistry
**One day seminar under intellectual
property rights
(16 Sep 2023)**

On

**Health and Hygiene: Understanding the
Chemistry of Human Body**

ORGANIZED BY

DEPARTMENT OF CHEMISTRY AND IQAC SLBSDC, GONDA

Inaugural Lecture

By

Prof. Mukul Sinha

(10.30 am to 11.15 am)

High Tea

(11.30 am to 11.45 am)

Keynote Speakers

Lecture 1 (11.30 am to 12.45 pm)	Lecture 2 (12.45 pm to 1.30 pm)	Lunch Break (1.30 pm To 02.00 pm)	Lecture 3 (2.00 pm to 02.45 pm)	Lecture 4 (2.45 pm to 03.30pm)
Dr. S. K. Gautam Dept. of Chemistry MGPG College Gorakhpur	Prof. M. Ansari Dept. of Chemistry MLK PG College Balrampur		Shishir Tripathi HOD Zology SLBSDC Gonda	Dr. Pushyamitra Mishera Dept. of Chemistry SLBSDC Gonda

Venue:

Smt. Lalita Shastri Sabhagar, Shri Lal Bahadur Shastri Degree College, Gonda

Chief Patron Varsha Singh Vice-President	Patron Shri Umesh Shah Secretary
President Prof. R. K. Pandey Principal	Convener Dr. Pushymitra Mishra Head, Department of Chemistry
Organizing Secretary Dr. Ravi Prakash Ojha Assistant Professor, Department of Chemistry	Organizing Secretary Dr. Puneet Kumar Assistant Professor, Department of Chemistry

Organizing Committee

Dr. Dileep Shukla , Assistant Professor, Department of Chemistry	Mr. B. B. Vishwakarma , Assistant Professor, Department of Chemistry	Dr. Manoj Kumar Mishra , Assistant Professor, Department of Chemistry
Mr. Jitendra Kumar	Mr. Shudhir Tiwari	Mr. N. K. Shukla

Advisory Board: Prof. R. S. Singh Coordinator IQAC

Prof. S. K. Pandey, Head, Deptt. Of Mathematics	Mr. Awadhesh K. Verma, SLBSDC, Gonda
Prof. Jitendra Singh Head, Deptt. Of Physics	Mr. Pawan Kumar Singh, SLBSDC, Gonda
Prof. S. K. Srivastava, Head, Deptt. Of Botany	Dr. Shailesh Kumar, SLBSDC, Gonda
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Prof. Binod Pratap Singh, SLBSDC, Gonda	Dr. Achyut Shukla, SLBSDC, Gonda
Prof. Aman Chandra, SLBSDC, Gonda	Dr. B. N. Pal SLBSDC, Gonda
Prof. Vijay Kr Agrawal, SLBSDC, Gonda	Dr. Pooja Yadav SLBSDC, Gonda
Prof. Shiv Sharan Shukla, SLBSDC, Gonda	Dr. Mamta Shukla, SLBSDC, Gonda
Prof. B. Singh Baghel, SLBSDC, Gonda	Dr. Raj B. Chaudhary, SLBSDC, Gonda
Prof. Rajeev Kr Agrawal, SLBSDC, Gonda	Dr. Rachna Srivastava, SLBSDC, Gonda
Prof. A. K. Srivastava, SLBSDC, Gonda	Dr. Shailja Singh, SLBSDC, Gonda
Prof. J. B. Pal, SLBSDC, Gonda	Dr. Smriti Shishir, SLBSDC, Gonda
Prof. S. B. Singh, SLBSDC, Gonda	Dr. Neetu Saxena, SLBSDC, Gonda
Prof. V. CH. NK S. Rao, SLBSDC, Gonda	Dr. Manisha Pal, SLBSDC, Gonda
Dr. Chaman Kaur, SLBSDC, Gonda	Dr. Priyanka Srivastava, SLBSDC, Gonda
Dr. Neeraj Yadav, SLBSDC, Gonda	Mr. Abhay Dwivedi, SLBSDC, Gonda
Mr. L. Kalyani, SLBSDC, Gonda	Mr. Shobhit Maurya, SLBSDC, Gonda
Dr. Smita Singh, SLBSDC, Gonda	Dr. Harish Kr. Shukla, SLBSDC, Gonda
Dr. Dharmendra Pratap Singh, SLBSDC, Gonda	Ms. Anuradha Gupta, SLBSDC, Gonda
Prof. Sandeep Kumar Srivastava, SLBSDC, Gonda	Dr. Arun Pratap Singh, SLBSDC, Gonda
Dr. Vinay Kumar Pandey, SLBSDC, Gonda	Dr. Dalip Kumar, Singh SLBSDC, Gonda
Dr. Ajeet Kumar Mishra, SLBSDC, Gonda	Dr. Ramint Patel, SLBSDC, Gonda

**A One Day Seminar
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**On
Health and Hygiene: Understanding the Chemistry of Human Body
(Sep 16, 2023)**

The aim of the workshop was to explain & demonstrate the importance of maintaining good health & hygiene practice and the importance of comprehensive cleaning to maintain a good health and a better personality in the society, The other objectives of this seminar were to study the current practices related to the various aspects of Health and Hygiene: Understanding the Chemistry of Human Body among students , staff and locals for human wellbeing. The other purpose is to provide some suggestions and recommendations to improve the health and hygiene practices in rural/urban areas. This report is based on secondary research as per the suggestions given by speakers. Existing reports related to health issues and recommendations of dietarians /nutrition experts /consultants/government accountability agencies/key health experts/ for improving the human health were discussed. It offers deep knowledge about the various ways to keep our body healthy and initiatives in India and find out the scope for improvement in the physical and mental health of our society. The seminar attempts to understand the important role students, staff and teachers in HEIs along with the role played by the formal sector engaged in health sectors in our country. This work is original and could be further extended.

Introduction Personal hygiene is important for many reasons, for instance, to have a better personality, good health, for social reasons and for psychological issues. Good hygiene prolongs a nice image of an individual in a society. Emphasizing on good personal hygiene can reduce a risk of many social, mental, and health problems. Good personal hygiene is as simple as hand washing which can reduce the excess of illnesses, infections, and disorders. In a social situation a clean and tidy appearance can boost one's confidence and reflects a positive image of that individual to others. It is more frequently noticed that a clean and tidy person usually gets more attention in a public platform and people usually tends to trust him/her more. Unhygienic people are mostly avoided by others and most of the time the stress level of unhygienic people is high as compared to hygienic people. So to keep ourselves socially, mentally, and physically healthy it is important to be dirt free and should maintain a hygienic lifestyle.

Prof. M. Ansari teach about the diseases like Cholera, Cornice, Diabetes, Hebetates, Typhoid, Dehydration and how to prevent in an early stage and if it is happen then how to Diagnosis and rehabilitate through treatment. He said prevention is better than cure and better to be healthy we must have to maintained good health & balanced diet. To remain healthy and hygiene one should remain physically fit and regular workout, Yoga, Meditation and sound sleep. Dr. Shishir Tripathi explained the release of different hormones in our body and their effects. Dr. Gautam

emphasized on less use of medicines for better health and finally Dr. Mishra gave the conclusive lecturer on reducing our dependence on medicines explaining their side effects and asked everyone to heal themselves from natural processes.

The speakers explained the following are objectives of the Workshop Promoting Good Health & Hygiene practice in everyday life.

- Awareness about the importance of personal hygiene.
- To teach the social importance of personal hygiene to maintain a hygienic lifestyle.
- Encourage the participants to take responsibility for their health and cleanness in a friendly environment to remain mentally, physically and socially healthy.
- Teach the participants how to take care of hand, body, tooth, foot, and clothes hygiene in day to day life in the presence and absence of certain facilities.

Impact of the Workshop

- Participants were excited to make use of the acquired knowledge from the session about health & hygiene in their daily life to maintain a better social, mental, and physical health.
- Participants were happy to share the basic information about health & hygiene to young ones back at their home and in their neighborhood to maintain a healthy society in their communities.
- This session helps the participants to enhance good habits and make them a better person in a certain society.
- This session was also helpful to teach the participants many ways to get rid of infectious illnesses and contiguous disorders while maintaining a hygienic lifestyle.

No. of Students Participated	No. of Teachers and staff Participated	No. of locals Participated	Total No. of Participations
357	49	97	503

