



Health & Hygiene Awareness Program

An Initiative by NSS



Take care of your physical health

Eating healthy, getting exercise, and making sure to get enough sleep can help to improve your mental wellbeing. Taking care of your physical health can help to regulate your mood and can prevent or reduce stress.



Find activities you enjoy

Doing activities that you enjoy and that make you feel good can be a great way to manage and maintain your mental health. Finding activities that provide a sense of purpose and joy can help to give you a sense of satisfaction and accomplishment.



Date: 22/7/2022

Time: 3.00 Pm - 5.30 pm

Place: Chembenahalli

