



Guru Nanak Khalsa College
of Arts, Science and Commerce (Autonomous)
Matunga, Mumbai

Health and Hygiene Committee

organizes

HEALTH FIRST

Hygiene Always

Healthy Habits | Happier You
A Cleaner Tomorrow



Date
26th September 2026
(Saturday)



Time
12.30 pm to 1.30 pm



Venue
Room No. 7



Resource Person
Nilufar Mistry

KEY FOCUS AREAS



Personal Hygiene



Healthy Nutrition



Sanitation & Cleanliness



Mental Well-being



Healthy Lifestyle

Stay Clean and Grow Green