



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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Gender Champion Club





Report on "Empowering Health: A Step towards Enhancing Girls' Hygiene"

Title of Activity*	"Empowering Health: A Step towards Enhancing Girls' Hygiene"
Values	Empowerment through Knowledge, Health Awareness, Gender Equality
Learning Outcomes	Participants have learned about: 1. To increase awareness among adolescent girls on Menstrual Hygiene 2. To increase confidence among girls to discuss menstrual health openly. 3. Better informed decisions about using safe and sustainable menstrual products
Learning Objectives	1. Participants learned the basic principles of personal hygiene and how maintaining cleanliness contributes to overall health and well-being. 2. The session aimed to educate young girls on the proper management of menstrual hygiene, helping them understand the use of sanitary products and the importance of cleanliness during their menstrual cycle.
Organized by (Dept./ Centre/ Cells/Clubs/Committees Name) *	Gender Champion Club
Program Theme*	Girls' Hygiene
Internal Expert	Ms. Karishma
Date*	25 th January, 23
Time*	12:00-2:00 PM
Venue	Government Girls Senior Secondary School, Pitampura, Delhi

Coordinator
Internal Quality Assessment Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

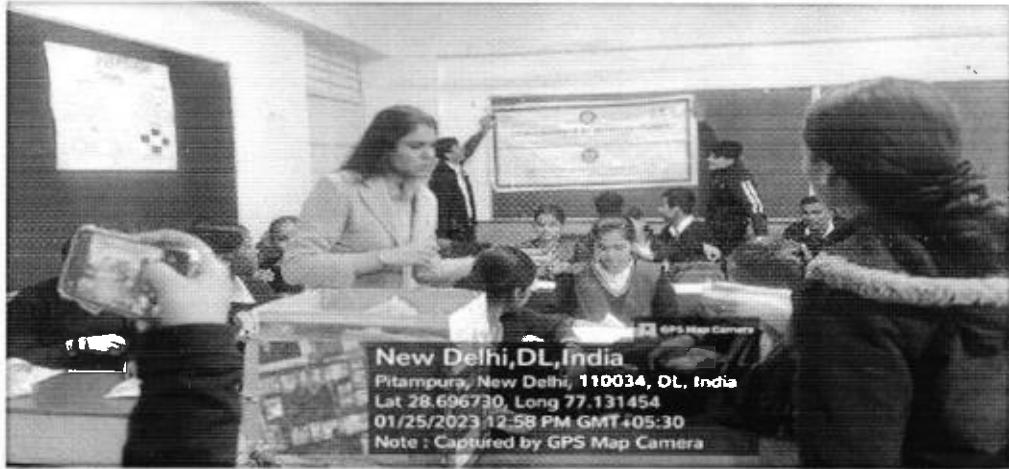
Nodal Teacher Gender Champion Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85

<p>Poster/Flyer/Notice</p>	<div style="text-align: center;">   <p>Gender Champion Club</p> <p>is Organizing</p> <p>OUTREACH ACTIVITY</p> <h1>EMPOWERING HEALTH</h1> <p>“A Step towards Enhancing Girls' Hygiene”</p> <p>Theme : Girls' Hygiene</p> <p>25th January, 2023 12:00 PM</p> <p>Venue : Government Girls Senior Secondary School, Pitampura, Delhi</p> <p>Nodal Officer Ms Karishma Gender Champion Club</p> </div>
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<p>Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)</p>	<p>https://www.instagram.com/tecniaofficial?igsh=eXA4b2hxbTd5NDJq</p>
<p>No. of Students* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)</p>	<p>11</p>
<p>No. of Faculty* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)</p>	<p>01</p>
<p>No. of External Participants (students + faculty) [write NA if not applicable]</p>	<p>NA</p>
<p>(Geotag) Photograph*</p>	

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Medhuvan Chowk, Rohini, Delhi-85



The facilitator explained the importance of personal hygiene



Distribution of Sanitary Napkins for a Hygiene Initiative

Detailed Report

The session titled "**Empowering Health: A Step towards Enhancing Girls' Hygiene**" was aimed at educating young girls about the importance of maintaining personal hygiene, particularly focusing on menstruation at Government Girls Senior Secondary School located in Pitampura.

With a focus on menstrual hygiene and overall cleanliness, the session aimed to empower girls with the knowledge and skills needed to take charge of their hygiene practices, breaking taboos and misconceptions.

A key focus was placed on the health risks associated with poor menstrual hygiene, such as

	<p>infections, and the importance of regular cleaning and hygiene practices during menstruation. This was done to ensure that girls can make informed decisions regarding their health. The importance of a balanced diet in maintaining overall health, particularly during menstruation, and its impact on hygiene.</p> <p>The session successfully promoted important health practices and values. By providing the girls with knowledge and tools to manage their menstrual health effectively, the session took a significant step toward enhancing their overall well-being and contributing to gender equality.</p> <p>The session was highly impactful in promoting both health and confidence among the participants. By providing crucial information and fostering an open dialogue, the session helped break barriers around menstrual and personal hygiene, empowering girls to take control of their well-being. This initiative not only enhanced individual knowledge but also encouraged participants to be active advocates for hygiene awareness in their communities. The event was a step towards promoting healthier, more informed, and confident young girls. The event was a step towards promoting healthier, more informed, and confident young girls.</p>
Resource Person Profile	NA
Attendance Sheet*	Attached at the end of Report
Feedback	NA
Report Submitted by Convener <i>(write faculty coordinator name)</i>	Ms Karishma
For Office Use	
<p>Signature of Event Coordinator</p> <p>Coordinator Internal Quality Assessment Cell (IOAC) Tecnia Institute of Advanced Studies New Delhi-110085</p>	<p><i>Karishma</i> Nonal Teacher, Gender Champion Club Tecnia Institute of Advanced Studies Madhuban Chowk, Rohini, Delhi-85</p>

List of Beneficiaries

S.No.	Enrollment Number	Name
1	03117001722	Ansh Gupta
2	06117001722	Anushka Aroroa
3	125220013655	Kangna Gothwal
4	128220013655	Deepak
5	10817001720	Sameer Gindwani
6	10917001720	Sanchit Khanna
7	11017001720	Sanya Gupta
8	11117001720	Shashank Juyal
9	08317001720	Md. Parvez
10	08417001720	Muskan Sharma
11	08317001720	Naman Wasson

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