



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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Gender Champion Club



Report on "Stay Clean, Stay Healthy: Promoting Personal Hygiene for Wellness"

Title of Activity*	Stay Clean, Stay Healthy: Promoting Personal Hygiene for Wellness
Values	Self-Respect, Wellness, Responsibility
Learning Outcomes	Participants have learned about: 1. To expand consciousness amongst young girls on Hygiene 2. To ensure utmost care while using public washrooms 3. To improve hygiene behavior
Learning Objectives	1. Participants will be able to comprehend the significance of personal hygiene in maintaining overall wellness and preventing diseases. 2. Participants will be able to adopt key personal hygiene practices such as proper hand washing techniques, oral care, and general cleanliness in their daily routines.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *	Gender Champion Club
Program Theme*	Girls' Hygiene
Internal Expert	Ms. Shradha Jain
Date*	29 th , November, 2023
Time*	11:00 AM Onwards
Venue	Adopted Village-Bhalswa Dairy

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

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

Poster/Flyer/Notice



Gender
Champion
Club

is Organizing

OUTREACH ACTIVITY

Stay Clean, Stay Healthy

"Promoting Personal Hygiene for Wellness"

Theme : **Girls' Hygiene**

29th, November, 2023 | 11:00 AM

Venue : **Bhalswa Dairy Village, New Delhi**

Nodal Officer

Ms. Shradha Jain

Gender Champion Club

Social media link (promoting in any one
Facebook/Instagram/Twitter is mandatory)

<https://www.instagram.com/tecniaofficial?igsh=eXA4b2hxbTd5NDJq>

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)

08

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)

01

**No. of External Participants (students +
faculty)** [write NA if not applicable]

NA

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

(Geotag) Photograph*



Figure : Girls' Promoting Personal Hygiene for Wellness

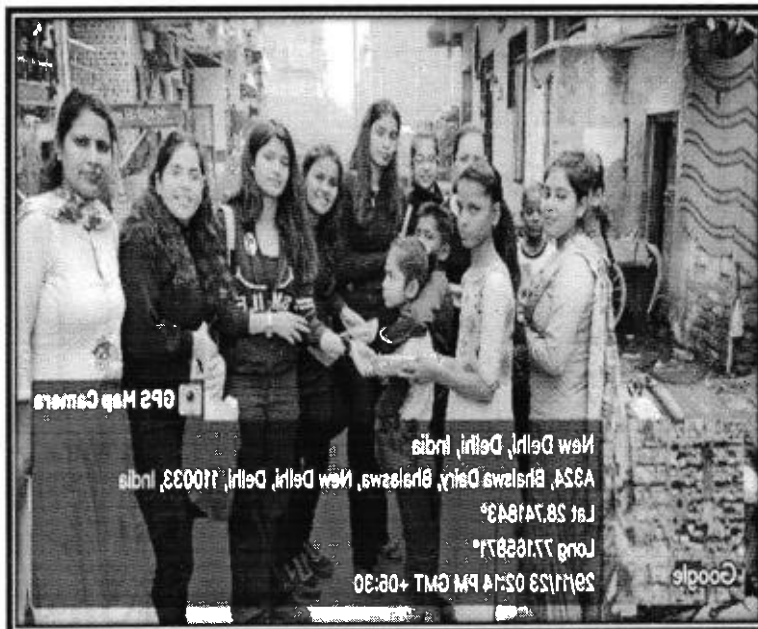


Figure 1 Distribution of Sanitary Pads

Coordinator
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Yonal Teacher, Border Champion Club
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Mallikarjun Chowk, Rastri, Delhi-85

Detailed Report

The session on "Stay Clean, Stay Healthy: Promoting Personal Hygiene for Wellness" was conducted to raise awareness about the importance of personal hygiene in maintaining overall health and well-being. The event focused on educating participants about the role of cleanliness in preventing diseases and fostering a healthier lifestyle.

On November 29th, a session was conducted on "Stay Clean, Stay Healthy: Promoting Personal Hygiene for Wellness" among women was held at Bhalswa Dairy. It was an initiative by TIAS students to combat social stigma. The event raised awareness about proper hygiene practices' significance in preventing infections, particularly during menstruation.

Students interacted and encouraged the use of sanitary napkins rather than cloth, which is a positive step because it can help minimize bacterial infections and improve overall comfort and hygiene during menstruation. While promoting sanitary napkins is important, participants were also given practical tips on using and disposing of these items. They also informed them that hygienic napkins could be obtained at a reduced cost at the government-owned Jan Aushadhi Kendra.

The session also highlighted the importance of mental well-being in connection with personal hygiene. Cleanliness promotes a sense of self-respect and confidence, which positively affects mental health. Furthermore, the use of sustainable hygiene products, such as eco-friendly menstrual products and biodegradable soaps, was discussed to align personal care with environmental responsibility. Participants were also encouraged to build daily hygiene routines and involve their families, especially children, in practicing proper hygiene from a young age. The long-term impact of maintaining hygiene was emphasized, especially in reducing the burden of healthcare costs and improving overall life quality.

Overall, the session at Bhalswa Dairy proved to be a worthwhile initiative with the potential to improve the health and well-being of women in the community.

Resource Person Profile	NA
Attendance Sheet*	Attached at the end of Report
Feedback	NA
Report Submitted by Convener (write faculty coordinator name)	Ms. Shradha Jain
For Office Use	
Signature of Event Coordinator	

List of beneficiaries

S.No.	Enrollment Number	Name
1	00921301722	SNEHA GUPTA
2	01721301722	AASTHA RASTOGI
3	00221301722	ANAMIKA
4	05521301722	TIYA
5	06421301722	PRERNA
6	05421301722	BHUMIKA
7	80117001722	BHARAT GUPTA
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