

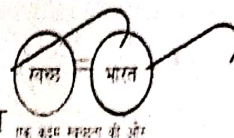


K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



भारत 2023
ONE PARTNER - ONE FAMILY - ONE FUTURE

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आज़ादी का
अमृत महोत्सव



REPORT

School of Education

Organizes

Extension Activity

On

"Sensitization and Training Programme Menstrual Hygiene"

on the occasion of

Menstrual Hygiene Day in collaboration with NSS

29th May 2023

Venue: Common Place of Berka Village

Time: 10 am onwards

Event Coordinators

Prof. (Dr.) Tania Gupta, Dean, School of Education, K.R. Mangalam University

Dr. Kanchan Khatreja, Assistant Professor, School of Education (SOED), K. R. Mangalam University

Dr. Shikha, Assistant Professor, School of Education (SOED), K. R. Mangalam University

NSS Co-ordinators

Dr. Chandra Mohan, NSS Co-ordinator K.R. Mangalam University

Dr. Neeraj Kumari, NSS Co-ordinator K.R. Mangalam University

Student Coordinators

Kanishka, Student-Teacher, School of Education (SOED), K.R Mangalam University

Japleen, Student-Teacher, School of Education (SOED), K.R Mangalam University (Contact No: 9818919119)

Harsh, Student, School of Engineering & Technology (SOET), K.R Mangalam University (Contact No: 885114587)

Number of Participants: 21 Students and 40 Villagers

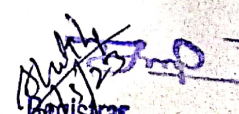
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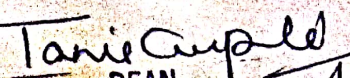


School of Education, K.R. Mangalam University, Gurugram organized an awareness program on menstrual hygiene among rural people of Berka Village, Haryana on 29th May 2023 to commemorate the Menstrual Hygiene Day in collaboration with the National Service Scheme (NSS). The objective of the extension activity was to enhance people's awareness about menstrual hygiene and addressing the needs of women and girls in Berka Village. For disseminating the knowledge, the students of the department of education conducted the survey from the villagers and carried out an interaction activity to spread relevant information about the awareness and attitude towards Menstrual Hygiene. This program also aimed to develop a self-belief and self-confidence among the student-teachers of the department and generate requisite awareness among the villagers regarding the stigma they had in their minds about Menstrual Hygiene.

The planning phase of the event begun with the identification of the suitable venue in Berka Village for this training program. Further, the suitable date and time for the event was determined ideally around Menstrual Hygiene Day i.e., 29th May 2023 for the smooth conduction of the event. It was a task of diligent team that comprised of organizers, including volunteers from NSS, student teachers, and local community members who ensured the successful conduction of the event. After the successful planning, the team secured necessary resources such as training materials, visual aids, and sanitary products for demonstration. Then the posters, flyers, or banners were further designed and displayed strategic locations within the village to raise awareness about the training program among the target groups. Also, the social media platforms, local newspapers, and community notice boards were utilised to spread the word about the event.

The event initiated with an introductory session, highlighting the significance of Menstrual Hygiene Day and the importance of menstrual hygiene and then interactive sessions on menstrual health, including topics such as menstrual cycle, hygiene practices, common misconceptions, and menstrual product options were conducted. The Student teachers provided guidance on maintaining menstrual hygiene, addressed participants queries and included practical demonstrations on proper usage and disposal of menstrual products. Also, the discussion on the social and cultural aspects of menstruation and created a safe space for participants to share their experiences, concerns, and suggestions. After that there was distribution these kits to participants at the end of the training program, ensuring they have access to necessary sanitary products. There was conscious effort to provide information on local resources and organizations that can support individuals in accessing affordable and sustainable menstrual products.


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The event was concluded with a follow-up and evaluation task to assess the impact of the training program. The surveys or interviews were conducted to gather feedback from the participants regarding the usefulness of the program and their changed perceptions. About 40 villagers gathered to fill the survey form and submitted their perceptions with curious minds. They expressed their interest in the program by readily providing filling survey forms. Then the feedbacks received were put to analysis and make necessary improvements for future initiatives.

The success story of sensitization and training program on menstrual hygiene in Berka Village can be viewed from following photographs.

Geo-Tagged Pictures



Photo1: Students are explaining about menstrual hygiene.

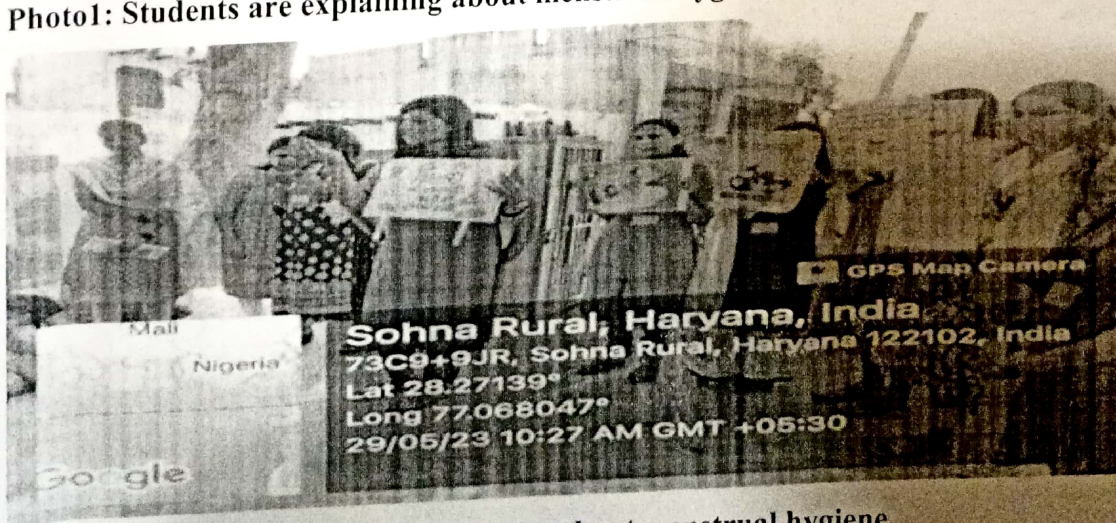


Photo2: Students are showing the poster about menstrual hygiene.

Shikha
30/5/23
Registrar
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Sohna Road, Gurugram (Haryana)

Tanvi Anjali
20/5/23
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Non-Geo-Tagged Pictures



Photo1: Students are creating awareness in the village Berka Photo2: Students are distributing Menstrual Hygiene kits



Photo3: Students are distributing of Menstrual Hygiene Kits

Reported prepared by	Dr. Kanchan Khatreja & Dr. Shikha Assistant Professor, SOED, KRMU
Reported verified by Event coordinator	Prof.(Dr.)Tania Gupta, Dean Dr. Kanchan Khatreja Dr. Shikha
Report Seen by Dean	Prof. (Dr.) Tania Gupta
Reported verified by IQAC Office	Dr. Shikha Dutt Sharma

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Date: 29.05.23

Venue:

Organized by: School of Education

Event:

ATTENDANCE RECORD

Sr. No	Roll No.	Student Name	Programme & Semester	Signature of Student
1.	211129009	Amrita	B.Ed (IV sem)	<u>Anvika</u>
2.	2111270003	Simran	"	<u>Sir</u>
3.	2111270005	Nandini	"	<u>Nandini</u>
4.	2111270008	Shuchi	"	<u>Shuchi</u>
5.	2111270009	Jaya	"	<u>Jaya</u>
6.	2111270014	Nicky	"	<u>Nicky</u>
7.	2111270015	Muskan Dagar	"	<u>Muskan</u>
8.	2111270016	Dezi	"	<u>Dezi</u>
9.	2111270018	Nishita	"	<u>Nishita</u>
10.	1911260015	Guruksha	B. Ed. Ed. VIII	<u>Guruksha</u>
11.	1911260014	Japleen	B. Ed. Ed. VIII	<u>Japleen</u>
12.	1911260003	Kanishka	B. Ed. Ed. VIII	<u>Kanishka</u>

Signature of Faculty Incharge with date

[Signature]
29/5/23

[Signature]
29/5

[Signature]
29/5/23

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