



Report on Extension Activity on Awareness on “Health and Hygiene” with NSS

Date: 29-12-2023

Venue: Sohna Dhani (Sohna, Gurugram)

Event Type: Extension Activity

Mode of Activity: Offline or Physical

Target Group: Slum people in Sohna Dhani

Resource Person (if any): N/A

Coordinators: Dr. Kaushal Kumar, Mr. Rishabh Arora

Organized by: School of Engineering & Technology

Number of Participants (Attach Attendance as Annexure): 12 students + 08-10 people

Introduction:

An extension activity for KRMU students to advance on awareness on “Health and Hygiene” was organized by School of Engineering & Technology, K.R. Mangalam University, and Gurgaon from 29th December 2023. A total of twelve students from Department of Computer Science & Engineering, along with Dr. Kaushal Kumar and Mr. Rishabh Arora, Assistant Professor, School of Engineering & Technology, K.R. Mangalam University, Gurgaon went to slums area in Sohna Dhani for visit.

12 students has been distributed into two different groups to share the knowledge among the people. A detailed introduction about health and hygiene near their localities has been addressed them and their role has been explained. Proper working gloves, masks have been distributed among the woman's in slum area for the protection of their hands and face as well. Mr. Arora addressed the people of slums regarding their health and how it is related with hygiene.

In the end, the students cleared their doubts. The activity proved to be beneficial for the students living in modern society also interested in the activity of health and hygiene as well for the locality of slum.



Objectives

Good hygiene is critical for preventing the spread of infectious diseases and helping children lead long, healthy lives. It also prevents them from missing school, resulting in better learning outcomes. For families, good hygiene means avoiding illness and spending less on health care.

Our participation was guided by several key objectives:

- Promote liveliness in the slum area
- Increase the awareness regarding the health and hygiene among the poor localities
- Enhance the knowledge of slum people
- Distribution of safety equipment's among the needy persons

Conclusion and Future Scope

- Good personal health and hygiene are the best ways to protect oneself from getting illnesses.
- Maintaining good personal hygiene will also help prevent you from spreading diseases to other people which will reflect the healthy liveliness.
- Good hygiene lowers a person's risk for diseases and illnesses commonly spread through viruses and bacteria. This may lead towards the lowering the life risks.
- Overall health promotes workability of individual as well as the standard of the society.