



**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: School of Engineering and Technology

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

**Introduction:**

An extension activity of KRMU students to advance on awareness on “Health and Hygiene” was organised by School of Engineering & Technology, K.R. Mangalam University, and Gurgaon from 29<sup>th</sup> 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 hoe it is related with hygiene.

## Objectives:

Good hygiene is critical for preventing the spread of infections disease 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 person

## Conclusion and future Scope

- Good personal health and hygiene are the best way to protect oneself from getting illnesses.
- Maintaining good personal hygiene will also help prevent you from spreading disease to other people which reflect the healthy liveliness.
- Good hygiene lowers a person's risk for disease 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.



