



Extension Activity on Major Health Problem among Females in Ghanghola Village

Date: 25th October 2023

Venue: Govt. Senior Secondary School, Ghanghola

Event Type: Extension Activity

Mode of Activity: Offline

Target Group: Students of Govt. School

Resource Person (if any): Mr. Amit Mishra, Assistant Professor, SMAS, Dr. Manju, Assistant Professor, SOHS

Coordinators: Ms. Rohini Kumari, Mr. Deepak Kumar, Dr. Manju Rani, Mr. Amit Kumar, Dr. Radhika (Assistant Professor, SOHS)

Name of Collaborating Agency: NSS, KRMU

Organized by: School of Humanities & NSS

Number of Participants: 70

Introduction:

To address the crucial subject of physical and mental health issues related to females, an extension activity on major health problems related to women was conducted by School of Humanities in collaboration with NSS, KRMU in Govt. Senior Secondary School, and Ghanghola on October 25, 2023. It aimed to educate and empower the female student body to lead healthier lives and to foster their overall well-being. Around 70 girl students from Govt. Senior Secondary School, Ghanghola attended the session.

Objectives:

- To raise awareness about the unique health challenges women face.
- To educate the participants about preventive measures regarding the health issues. •

Content:

The activity was divided into two sessions which includes physical and mental health. The first session on physical health was taken by Mr. Amit Mishra, Assistant Processor, SMAS who discussed about various health issues such as anemia, Menstrual Health, Blood Pressure, Nutrition and Diet, Hygiene and Personal Care etc. Furthermore, the second session on mental health was taken by Dr. Manju Antil,

Assistant Professor, SOHS. She gave insights on understanding and managing stress, anxiety, and depression and techniques for developing emotional resilience and coping mechanisms were discussed. Breakout sessions were held for students to ask questions, share their concerns, and participate in group discussions. This encouraged active engagement and made the session more informative and relatable. The session received an overwhelmingly positive response from both students and teachers. Students were particularly appreciative of the practical tips provided on maintaining a healthy lifestyle and managing stress. The session received an overwhelmingly positive response from both students and teachers. Students

were particularly appreciative of the practical tips provided on maintaining a healthy lifestyle and managing stress. The session was successful in reducing stigmas related to discussing mental health, encouraging students to seek help when needed.



