



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

Interactive Session on Menstrual Health & Hands on training on Making Period Tracker



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Title of the Activity: Interactive Session on Menstrual Health & Hands on training on Making Period Tracker

- **Date:** 17/05/2024
- **Location of the Activity:** Govt. Senior Secondary School, Daultabad, Gurugram
- **Organizing Faculty/Department/Association:** Department of Nursing Foundation, Holistic care club.
- **Participating Team Members with Designation:** Ms. Sapna Yadav (PG Tutor) and Mr. Naveen Vats, (PG Tutor)
- **E Brochure/Banner –**



HOLISTIC CARE CLUB
Department of Nursing Foundation

Interactive session

MENSTRUAL HEALTH AND HANDS-ON TRAINING ON MAKING PERIOD TRACKER



 10:30 AM - 12:30 PM

 May 17, 2024

 Government Senior Secondary School (Daultabad).

Convener
Prof. (Dr.) Sunil Kumar Dular
Dean, FUNR
SVSP Central Coordinator

Coordinator
Prof. (Dr.) Pawan Kumar
Professor Cum HOD, FNUR
SGT University

Ms. Sapna Yadav
Tutor, FNUR
Event Coordinator
SGT University

Activities

- a. Awareness of about Menstrual hygiene
- b. Hands on training to make period tracker
- c. Quiz Competition on Menstrual practices
- d. Nukad Natak on myths & facts about menstrual health



- **Objective of the Activity:**

1. detect To any changes or abnormalities in the breast at an early stage.
2. To educate individuals about breast health, risk factors and prevention for breast cancer.
3. To become familiar with the normal look and feel of their breasts.

- **Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken:**

The main objective of the event was to encourage people to bind themselves together on a worldwide scale to remove the gaps and inequities that obstruct myths and facts about menstrual health access to care.

The activities included Awareness about menstrual Health & Hands on training on making period tracker, NukadNatak about myths & facts about Menstrual Health by the students. More than 120 students were present at the program. At the end the whole activity was highly acknowledged & appreciated by the Students.

This activity was conducted by Ms. Sapna Yadav (PG Tutor) and Ms. Naveen Vats, (PG Tutor) along with GNM students organized under the guidance of Dr. Pawan Kumar, HOD, Nursing Foundation and Prof. Dr. Sunil Kumar Dular, Dean, Faculty of Nursing.

We are thankful to the Mrs. Meenakshi (Principal GSSS) Daultabad, for their immense support and collaboration for successful organization of this event.

Number & Description of Beneficiaries: More than 120 students were participated in Awareness & Hands on training on make period tracker and Quiz Competition regarding Menstrual Health.

Outcome of the Activity & its relevance to Health Sciences: Students will become



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more aware about Aware about menstrual health and practices.

- **Relevant Photographs :**





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- LIST OF STUDENTS PARTICIPATED IN OUTREACH ACTIVITY:

Vehicle no.			Department:	
Driver's Name:			Visiting Place:	
Sr. no	Date	Registration no.	Name	Course/ Faculty
1	17/8/24	220403006	Pinki Das	FON
2		230419018	Shirarn	"
3		230415087	Sajal	"
4		210403011	Anjali	"
5		210402022	Gracy	"
6		210403018	Riya	"
7		210403028	Isha	"
8		210403019	Neha	"
9		210403044	Mahi	"
10		210403017	Janmeet	"
11		210403040	Kiran	"
12		210403032	Harshita	"
13				
14				
15				
16				
17				
18				