



SGT UNIVERSITY

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

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Faculty of Allied Health Sciences
Community Outreach Committee
SGT University

organized
a Outreach on

**“Community Health Education Initiative:
Empowering Young Minds at Jhul Jhuli Govt.
Primary School”**

Date: 23-February-2024

Time: 10:00 AM to 3:00 PM

Venue: Govt. Primary School, Jhul Jhuli, New Delhi.



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Organizers: The Faculty of Allied Health Science from the Department of Nutrition and Dietetics Dr.Vatsala, Ms. Suchandra from Medical Laboratory Technology and Ms. Bhawana from Neurophysiology Technology with students organised a meaningful community outreach initiative by visiting Jhuljhuli Govt. Primary School at NEW DELHI.

Report of the Program:

(a) **Introduction:** The Faculty of Allied Health Science, in collaboration with students from various departments including Nutrition and Dietetics, Medical Laboratory Technology, and Neurophysiology Technology, embarked on a meaningful community outreach initiative aimed at empowering young minds at Jhul Jhuli Govt. Primary School in New Delhi. Led by Dr. Vatsala, Ms. Suchandra, and Ms. Bhawana, along with enthusiastic students, the initiative sought to impart crucial health education to the students of the primary school, emphasizing the importance of maintaining a healthy lifestyle and diet. This introduction sets the stage for a program that not only educates but also actively involves villagers, fostering community participation and empowerment.

b) Objective of the Workshop

1. To educate primary school students about the fundamentals of balanced nutrition, including the roles of different food groups in supporting overall well-being, emphasizing the importance of vitamins, minerals, and a diverse range of foods.
2. To offer primary school students firsthand experience of medical procedures by conducting blood group tests on the spot, provided by the Medical Laboratory Technology students, thereby contributing to the practical aspect of health education.
3. To provide comprehensive information about epilepsy, dispel misconceptions, and foster understanding among primary school students, thereby raising awareness about a specific health concern.

c) **Brief content of Programme-** The Faculty of Allied Health Science from the Department of Nutrition and Dietetics Dr.Vatsala, Ms. Suchandra from Medical Laboratory Technology and Ms. Bhawana from Neurophysiology Technology with students organised a meaningful community outreach initiative by visiting Jhuljhuli Govt. Primary School at NEW DELHI. The purpose of this visit was to impart crucial health education to young minds. The program actively involved villagers, ensuring community



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participation and empowerment. The nutrition students played a pivotal role in this endeavor, taking the opportunity to educate the primary school students about the significance of maintaining a healthy diet.

During their session, the nutrition students delved into the fundamentals of balanced nutrition, elucidating the roles different food groups play in supporting overall well-being. They discussed the importance of vitamins, minerals, and the benefits of consuming a diverse range of foods. By tailoring their content to suit the age group, they made the information accessible and engaging for the primary school students.

Simultaneously, Neurophysiology Technology students brought attention to a specific health concern – epilepsy. They provided comprehensive information about the condition, aiming to dispel any misconceptions and foster understanding. To gauge the effectiveness of their session, the students distributed a questionnaire, encouraging the primary school students to reflect on what they had learned.

Recognizing the importance of interactive learning, the students organized games that not only entertained but also reinforced health-related messages. This approach ensured that the information shared during the visit was not only informative but also memorable for the young audience.

Medical Laboratory Technology students, on the other hand, contributed to the practical aspect of health education. They conducted blood group tests on the spot, offering primary school students a firsthand experience of medical procedures. Additionally, they addressed the critical issue of water-borne diseases, emphasizing the significance of clean water sources and proper sanitation practices.

This multi-faceted approach to health education provided a comprehensive learning experience for the primary school students. It not only broadened their understanding of nutrition, neurological health and basic medical procedures but also instilled a sense of awareness regarding the importance of maintaining good health. The initiative exemplifies the Faculty of Allied Health Sciences commitment to community engagement and the development of well-rounded healthcare professionals.

d) Screenshots of the event:



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GPS Map Camera



Jhuljhuli, Delhi, India

Unnamed Road, Jhuljhuli, Delhi, 110073, India

Lat 28.535942°

Long 76.90401°

23/02/24 12:54 PM GMT +05:30



Shot on OnePlus
By Vatsala Seharan



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E. List of participant

Attendance Sheet

Event Name: Community Outreach
Programme

Department: Allied Health Sciences

Date: 23/04/2024

Venue: Govt. Primary School, Thul Thuli
New Delhi

S.No.	Name	Registration Number	Course (Semester)	Signature
1.	Ms. Bhawana	DNML, FAHS	-	<i>[Signature]</i>
2.	Amrit Rana	230531002	BNPT	<i>[Signature]</i>
3.	Priyanshika	230531009	BNPT	<i>[Signature]</i>
4.	Manasi	230531012	BNPT	<i>[Signature]</i>
5.	Surengi	230531010	BNPT	<i>[Signature]</i>
6.	Nandini	230531003	BNPT	<i>[Signature]</i>
7.	Megha	230531001	BNPT	<i>[Signature]</i>
8.	Jesbel Paul	230531013	BNPT	<i>[Signature]</i>
9.	Payal	230531005	BNPT	<i>[Signature]</i>
10.	Sakshi	230531008	BNPT	<i>[Signature]</i>
11.	Rhushi		BMLT	
12.	Bhupender		BMLT	
13.	Rahul		BMLT	
14.	Rohit		BMLT	
15.	Anchal		BMLT	
16.	Amisha		BMLT	
17.	Bishu		BMLT	
18.	Bhoomi	230531006	BNPT	<i>[Signature]</i>
19.	Ms. Suchandana Gupta	Coordinator	FAHS	<i>[Signature]</i>
20.	Khushi	230538003	MND	<i>[Signature]</i>
21.	Movp Yadav	230538001	MND	<i>[Signature]</i>
22.	Reena Kataria	230538002	MND	<i>[Signature]</i>
23.	Neha	230538004	MND	<i>[Signature]</i>
24.	Ankur Malhotra	230538007	MND	<i>[Signature]</i>
25.	Bhavika	230538009	MND	<i>[Signature]</i>

Event Incharge

[Signature]
23/04/2024



HOD



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S.No.	Name	Registration Number	Course (Semester)	Signature
26	Buop	230538008	MND	
27	Dr. Vatsala Saharan	1590	FAHS	

Total Number of Participants: 27