



# 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  
in association with  
SVSP  
SGT University

organized  
an Outreach Programme on  
**“Menstrual Hygiene & PCOD”**

Date: 6-March-2024

Time: 10:00 AM to 3:00 PM

Venue: Mubarakpur, Jhajjar



**Organizers:** The Faculty of Allied Health Science from the Department of Nutrition and Dietetics Dr. Vatsala and Faculty of Nursing, Mr. Naveen and Ms. Sushmita with students organized a meaningful community outreach initiative by visiting Mubarakpur village, Jhajjar under the banner of SVSP.

**Report of the Program:**

**Introduction:** On the occasion of International Women's Day, the Faculty of Allied Health Science, Department of Nutrition & Dietetics, and Faculty of Nursing launched a significant community outreach program with the goal of empowering young minds at Mubarakpur, Jhajjar under the banner of SVSP. Under the direction of Dr. Vatsala, Ms. Sushmita, and Mr. Naveen, as well as motivated students, the program sought to provide vital health education to the primary school students, emphasizing the importance of menstrual hygiene and its related issues. This introduction lays the groundwork for a program that actively incorporates the villagers in addition to educating them, encouraging empowerment and community participation.

**(a) Objective of the Workshop**

1. To educate and empower primary school students about menstrual health and hygiene.
2. To provide information on proper menstrual care, access to sanitary products, and promote open conversations about menstruation.
3. To break the stigma surrounding periods and ensure that everyone has knowledge and resources to manage their menstrual health effectively.

**b) Brief content of Programme-** The Faculty of Allied Health Science from the Department of Nutrition and Dietetics Dr. Vatsala and Faculty of Nursing, Ms. Sushmita and Mr. Naveen, with students organized a meaningful community outreach initiative by visiting Mubarakpur village, Jhajjar. The purpose of this visit was to impart crucial health education on menstrual hygiene and PCOD. The program actively involved rural women and adolescent girls. The nutrition students played **Nukkad-Natak** taking the opportunity to educate the rural women and adolescent girls to emphasize the importance of menstrual hygiene. Through Nukkad Natak Nutrition students explained the myths and taboos related to menstruation and also promoted self-care methods during menstruation. They discussed the importance of using sanitary napkins and proper disposal of it.



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Simultaneously, Students of Nursing brought the attention to PCOS. They provided brief information about the Cause, Symptoms, Complications and Treatment care of PCOS.

They explained this condition in very effective manner by using Teaching Aids (Charts and Posters) To gauge the effectiveness of their session, the women's and adolescent girls had the interaction with students and clarified their misconceptions related to it.

Faculty of Dental Sciences and Medical team organized a free health camp for villagers and regular health checkup. According to their medical conditions, villagers were provided with free medications.

This multi-faceted approach to health education provided a comprehensive learning experience for the women's and adolescent girls. It not only broadened their understanding of Menstrual hygiene and PCOD and self-care 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.

**c) Screenshots of the event:**



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d) Participants of the event:



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## Attendance Sheet

Event Name: activity at  
PCOS & menstrual

Department: Dietetics

Date: 6<sup>th</sup> March, 2024

Venue: Mubarakpur, Thajjar

[illegible]

**Event Incharge**

**HOD**