

## “SESSION ON WOMEN HYGIENE”

*(UNDER NSS 10-DAYS SPECIAL RESIDENTIAL CAMP)*

**19<sup>th</sup> SEPTEMBER 2024 (WEDNESDAY)**



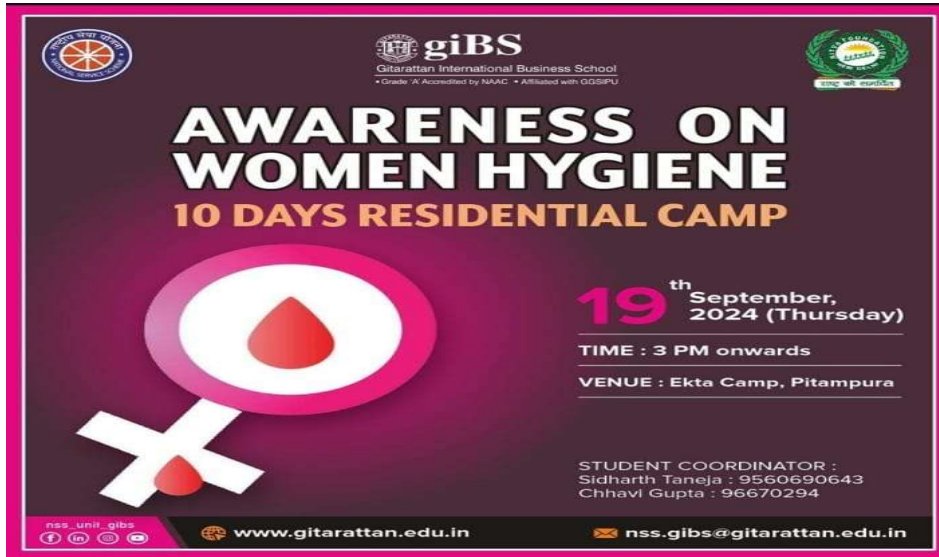
The NSS Unit of Gitarattan International Business School organized a session on Women Hygiene in collaboration with Nitya Foundation during the 10-days residential camp to address the importance of personal hygiene and health for women in the community. This initiative aimed to provide essential information on menstrual hygiene, personal care, and related health practices, empowering women and young girls to maintain better health and hygiene.

The event attracted over 200 women and young girls from Ekta Camp. NSS volunteers, along with volunteers of Nitya Foundation conducted informative sessions, interactive discussions, and demonstrations on various aspects of women's hygiene. The event began with an introduction on the significance of personal hygiene, followed by detailed discussions on menstrual health and the importance of maintaining a hygienic lifestyle.

The session provided insights into proper menstrual hygiene practices, including the use of sanitary products, safe disposal methods, and maintaining cleanliness during menstruation. Common myths surrounding menstruation were discussed, and accurate information was provided to dispel these myths. Volunteers discussed daily hygiene practices such as regular handwashing, bathing, and caring for intimate areas. They emphasized the importance of maintaining cleanliness to prevent infections and other health issues. Free hygiene products, including sanitary napkins were distributed, to promote accessibility for women from underprivileged backgrounds.

The event included an interactive Q&A session where participants had the opportunity to ask questions and share their own experiences. Volunteers encouraged women to discuss topics openly, breaking the stigma associated with menstruation and other personal hygiene matters. Women expressed their commitment to adopting and maintaining better hygiene practices, and many stated that they felt more comfortable discussing these topics within their families and communities. This event was a crucial step towards empowering women with the right knowledge and tools to manage their health with dignity and confidence, reinforcing our commitment to social welfare under the NSS framework.

**FLYER OF THE EVENT**



<b>TYPE OF EVENT</b>	Extra-curricular
<b>VENUE</b>	Ekta Camp, Pitampura
<b>TIME &amp; DURATION</b>	3:00 pm- 5:30 pm
<b>CONDUCTED BY</b>	NSS
<b>ORGANISED FOR</b>	Women Village Dwellers of Ekta Camp
<b>NAME OF THE COORDINATOR</b>	Ms.Muskan Grover
<b>ATTENDANCE</b>	200
<b>RESOURCEPERSON</b>	Ms Sneha , from Nitya foundation

<b>OBJECTIVES OF THE EVENT</b>	<ol style="list-style-type: none"> <li>1. To educate women on the importance of menstrual hygiene</li> <li>2. To break social stigmas and taboos surrounding menstruation.</li> <li>3. To distribute essential hygiene kits to participants to encourage the adoption of better hygiene practices.</li> </ol>
<b>LEARNING OUTCOME</b>	<ol style="list-style-type: none"> <li>1. Participants gained a better understanding of menstrual hygiene.</li> <li>2. Participants got awareness regarding the health problems related to menstruation and ways for proper sanitary waste disposal.</li> <li>3. Women expressed their commitment to adopting and maintaining better hygiene practices.</li> </ol>
<b>SHORTFALL DURING EVENT</b>	<b>None</b>
<b>LINK OF ONLINE VIDEO</b>	<a href="https://youtu.be/Xo86fH4HBKI">https://youtu.be/Xo86fH4HBKI</a>

**PREPARED & SUBMITTED BY: MS MUSKAN GROVER, ASSISTANT PROFESSOR,  
GIBS**