



**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
GRADE "A" INSTITUTE  
DELHI INDIA



**Ek Bharat Shreshtha Bharat**



## REPORT

**Title of Activity\***

“Awareness on Menstrual Hygiene”

**Activity Type**

Event

**Values:** Ek Bharat Shreshtha Bharat

### Learning Outcomes

1. Students got information about basic concept of Menstrual and its importance.
2. Students learnt a valuable message about risk involved during menstrual.
3. Students got awareness about how take care from risk during menstrual.

**Organized by Ek Bharat Shreshtha Bharat Club**

**Program Theme\*:**

“Awareness on Menstrual Hygiene”

**External Expert / Internal Expert**

Dr. Pooja Devi, Nodal Officer, EBSB Club

**Date\***

18 October 2023

**Time\***

09:50 AM

**Venue**

TIAS PG Building, First Floor

**Poster/Flyer/Notice\***

**TECNIA**  
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**EBSB CLUB**

*Awareness on*  
**MENSTRUAL Hygiene**

18<sup>th</sup> October 2023  
**Wednesday 09:50 AM**

Venue :  
Room No-1109,  
PG Building, First Floor,  
TIAS

Nodal Officer :  
**Dr. Pooja Jangra**  
Assistant Professor, Dept. of Management Sciences

Student Coordinator :  
**Priyanka Saigal**  
91 9873871351

<b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)	Yes
<b>No. of Students*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	34
<b>No. of Faculty*</b> (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	01
<b>No. of External Participants (students + faculty)</b> [write NA if not applicable]	NA

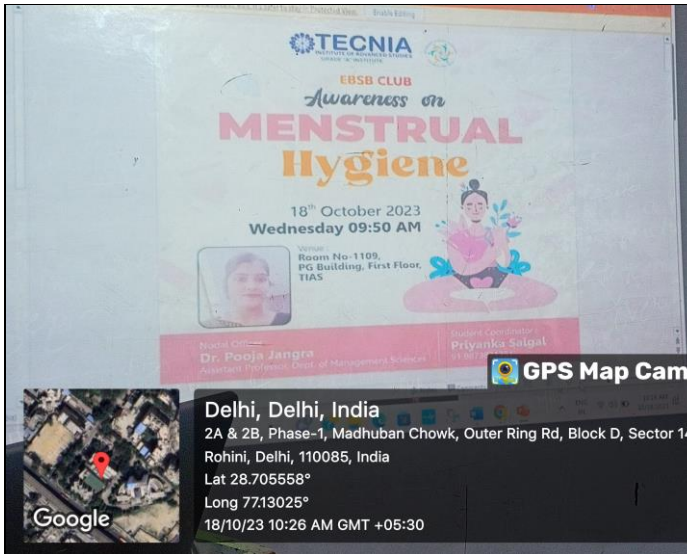
**(Geotag) Photograph of the Event with the Caption \***



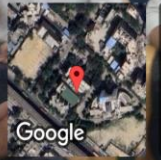
Power point presentation by student Coordinator



Student sharing their first experience



Delhi, Delhi, India  
 2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd, Block D, Sector 14  
 Rohini, Delhi, 110085, India  
 Lat 28.705558°  
 Long 77.13025°  
 18/10/23 10:26 AM GMT +05:30



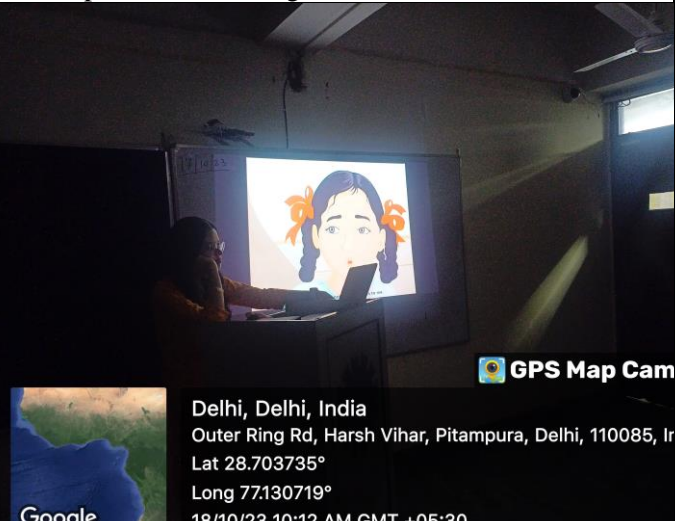
Delhi, Delhi, India  
 2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd, Block D, Sector 14,  
 Rohini, Delhi, 110085, India  
 Lat 28.705557°  
 Long 77.130258°  
 18/10/23 10:54 AM GMT +05:30

Power- point presentation about menstrual hygiene.

Participants are watching video on menstrual



Delhi, Delhi, India  
 Outer Ring Rd, Harsh Vihar, Pitampura, Delhi, 110085, India  
 Lat 28.703735°  
 Long 77.130719°  
 18/10/23 10:12 AM GMT +05:30



Delhi, Delhi, India  
 Outer Ring Rd, Harsh Vihar, Pitampura, Delhi, 110085, India  
 Lat 28.703735°  
 Long 77.130719°  
 18/10/23 10:12 AM GMT +05:30

Students were participating in awareness campaign



**Report: Description in (min 250 to max 800 words)\***

The EBSB club of Tecnia Institute of Advanced Studies (TIAS), Rohini has organized an event; “Awareness on Menstrual Hygiene” on 18th October, 2023 at 9:50 am. The event was conducted in the classroom at first floor, TIAS and an awareness discussion was done by EBSB Nodal officer by **Dr. Pooja Jangra** to girl students. There were 34 students who enthusiastically participated in the event.

First of all Nodal Officer **Dr. Pooja Jangra** introduced themselves and about the club to the students. Then, the topic on menstrual hygiene was discussed about the basics concept of menstrual, its importance and risk involved during the menstrual. Moreover, the nodal officer also suggest that how to take care during the menstrual period. The students were also demonstrated through vedio about menstrual to make them easy to understand.

Then, students also shared their first experience about menstrual. From the lecture, students learnt a valuable message and they also took an oath to spread the awareness to family members and community people.

In conclusion, the Nodal officer made a great effort to make this event successful by demonstration through vedio and power point presentation. Students also learnt a lot about its importance and how to tackle this thing normally.

Recourse Person Profile	NA
Attendance Sheet*	<i>Attached with report</i>
Feedback	<i>Sample feedback Attached with report</i>
Report Submitted by Convener (write faculty coordinator name)	Dr. Puja Devi, Nodal Officer, EBSB Club
For Office Use	
Signature of Event Coordinator  Dr. Puja Devi, Nodal Officer, EBSB Club	<b>Signature of School/Department Head</b>  (With Seal)
List of Beneficiary	<b>34</b>

### Attendance List of Students

S. No	Name	Mobile No	Class
1	Chestha	84486-38046	BBA 1MA
2	Anjali Gupta	87508-22385	BBA 1MA
3	Manvi Behl	92896-86985	BBA 1MA
4	Disha Bansal	97111-37713	BBA 1MA
5	Bhumi Gupta	85957-57020	BBA 1MA
6	Palak Jain	88513-63490	BBA 1MA
7	Pratham Arora	85956-32329	BBA 1MA
8	Khushi Behl	97115-24094	BBA 1MA
9	Prachi Gupta	93110-81999	BBA 1MA
10	Anuska Jain	82875-20762	BBA 3EA
11	Khusbhoo Jindal	93064-04715	BBA 1MA
12	Gracy Bhayana	82879-76698	BBA 1MA
13	Nidhi Kalhanda	70116-93391	BBA 1MA
14	Parul Rastogi	83686-18013	BBA 1MA
15	Diya	74284-20201	BBA 1MA
16	Vanshika Sharma	82877-73723	BBA 1MA
17	Arushi Bansal	76785-46969	BBA 1MA
18	Harshita Shankar	83739-40160	BBA 1MA
19	Bhumika Kohli	9599345422	BBA 1MA
20	Riddhi Mehra	70113-97599	BBA 1MB
21	Himanshi Goyal	97161-24472	BBA 1MB
22	Chahek Jain	89201-41381	BBA 1MB
23	Jiya	95881-90494	BBA 1MB
24	Lavi Yadav	78277-72844	BBA 1MB
25	Vaishnvi Choudhry	85958-05575	BBA 1MB
26	Vaishnvi	92985-53132	BBA 1MB
27	Vaudava	96502-57802	BBA 1MB
28	Riya Sharma	97115-97407	BBA 1MB
29	Reema	96679-15486	BBA 1MB
30	Reena	96679-15486	BBA 1MB
31	Vertika	99900-37586	BBA 1MB

32	Versha	74874-42633	MBA 3 <sup>rd</sup>
33	Taniska	78380-35137	MBA 3 <sup>rd</sup>
34	Priyanka Saigal	98738-71351	MBA 3 <sup>rd</sup>

**Feedback:** *Participants are very enthusiasm to learn about Menstrual Hygiene. Moreover, they also get a sense of confidence by asking more questions about menstrual and learnt a valuable massage to maintain a healthy mind.*

**Dr. Puja Devi**

**(Nodal Officer EBSB Club)**

