



UNNAT BHARAT ABHIYAN

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

PROGRESS REPORT

Village Badheri, 20 Jan, 2020

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| Sr. No. | ADOPTED VILLAGES | TALUKA(Block) | DISTRICT |
|---------|------------------|---------------|----------|
| 1 | Attawa | | |
| 2 | Badheri | | |
| 3 | Maloya | | |
| 4 | Kajheri | | |
| 5 | Buterla | | |

Name of the Village: BADHERI

List of Activities:

ACTIVITY:

Name of the Activity: Lecture on Personal Hygiene

Date of the Activity: January 20, 2020

Need of the Activity:

The objective of the activity was to disseminate knowledge and create awareness among the residents about the importance of personal hygiene. The volunteers and members of UBA cell sought to demonstrate the importance of personal hygiene in order to maintain a disease-free lifestyle. The motive of the activity was to encourage the participants to take personal responsibility of their health and cleanliness in a manner so as to create an environment that is conducive to holistic healing in all aspects viz. mental, physical and social. The emphasis was on teaching the students, workers, housewives and other participants, simple and easy ways to take care of their hands, feet and other body parts. Lack of cleanliness and unhygienic conditions as one of the major issues identified during household survey of the village, it was considered appropriate to highlight the use of cloth in various chores and tasks as a means to aid personal hygiene.



Description in 200 words (along with the Pictures):

An Awareness Session on maintenance of personal hygiene was conducted in the Government Model School, Sector 41-D, Badheri. The lecture was delivered by the Resource Person Dr. Gunjan Sud, Deptt. of Botany, Mehr Chand Mahajan DAV College, Chandigarh, to around 50-60 students of classes 7, 8 and 9, in the school. The lecture entailed the demonstration of simple ways to maintain a good personal hygiene. The relevance of a hygiene regimen to be intertwined in the daily chores of the residents was illustrated comprehensively by 20 student volunteers of UBA cell, with a view to reinforce the tenets of good health and encourage the grooming of disease-free personalities in the society. The misconceptions and taboos of personal hygiene were addressed and resolved. The session covered various parameters of personal hygiene, i.e. combing hair, brushing teeth, washing mouth after eating, washing hands before eating, washing hands after visiting toilet, trimming nails, taking a bath daily, wearing shoes and changing clothes daily etc. To add a visual touch to the grasping of the lecture in an animated manner, a power point presentation with myriad illustrations was shown thereby eliciting an enthusiastic response from the audience. The presence of school teachers in the entire event ensured a good follow up of the techniques explained. Interim short and interesting activities were roped in to enliven the session, e.g. asking the participants to demonstrate all the six steps of proper hand washing, small quizzes where the participants were asked simple questions regarding meaning of hygiene, brushing techniques, cleaning of hands, sanitization etc. Overall, it was a joyful learning exercise for the participants with their wholehearted involvement and attention throughout the session.







Action plan for next month:

| Sr. No. | Activity to be conducted(along with reason) |
|---------|---|
| 1 | |
| 2 | |
| 3 | |