

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

REPORT of WORKSHOP ON HEALTH AND HYGIENE

NAME OF THE PROGRAM: - WORKSHOP ON HEALTH AND HYGIENE

DATE: - 7th OCTOBER 2023

VENUE: - MULTIPURPOSE ROOM

TIME: - 11:00 am to 3:00 pm

NO. OF PARTICIPANTS: - 35

RESOURCE PERSON: - MS.BINDU MOL MATTHEW holds a remarkable educational background, with a Post Basic BSc in Nursing and Diploma in Hospital Administration. She has a Diploma in Hospital Administration. She is a certified Trainer of BLS, PALS, NRP. She has done and published Clinical Research. Currently working as Clinical Supervisor in Pediatrics Department at Bhakti Vedanta Hospital, she has rich clinical experience of 25 years.

COLLABORATIVE: - It was a collaboration with Bhakti Vedanta Hospital as part of MOU with Royal College of Education and Research for Women.

OBJECTIVES:

Cognitive Domain: To understand the importance of health and hygiene through presentations, discussions.

Affective Domain: To develop empathy and concern for personal and community health by hearing testimonials, engaging in group discussions, and reflecting on personal experiences.

Psychomotor Domain: To Practice proper hygiene techniques and practices through hands-on demonstrations, role-playing exercises, and group interaction.

Coordinator:

ASSISTANT PROFESSOR: - MS. SHAISTA SHAIKH

ASSISTANT PROFESSOR: - MS. JOYA CHAUDHARY

Reflection:-

The health and hygiene workshop began with the introduction and welcome the Chief Speaker, Ms Bindo Mol Matthew followed by felicitation by the Principal Dr. Judy Grace Andrews ma'am. The workshop provided valuable insights into the significance of maintaining health through learning and imbibing habits of cleanliness and hygiene. It was an interactive and informative session where Ms. Bindo Mol talked about the importance of maintaining personal and

environmental cleanliness. Participants engaged actively, demonstrating a keen interest in adopting healthier practices. The interactive sessions, encompassing practical skills and behavioral discussions, facilitated a deeper understanding of personal and community health responsibilities. The workshop successfully promoted the importance of cleanliness and awareness about the common ailments and the precautions to be taken to avoid them empowering the students to make informed decisions regarding their health.

Outcomes achieved:

Students learnt how the daily habits affects our health and how by inculcating the right habits, we can maintain our health. Students also learnt many techniques and habits to help remain healthy and fit. The workshop also helped in sensitizing the students regarding their responsibility towards personal.

Feedback of the students

Prathana- Attendees appreciated the interactive approach, finding the practical skills sessions, such as hand washing techniques and food safety practices, particularly beneficial.

Sara- The workshop successfully raised awareness about the importance of maintaining good health and hygiene, with participants expressing a stronger commitment to adopting healthier lifestyles.

Niomy- The emphasis on community engagement and empowerment was well-received, as it fostered a sense of shared responsibility for health.

Shabina - Through this workshop we got the proper understanding of how we can inculcate the information about the proper health and hygiene habits into our students.

Sadaf - This workshop made us realize the importance of health and hygiene in our daily life.

Some glimpses of the workshop:-

Felicitation



Talk by Ms. Bindo Ma'am



Hands on experience





**ROYAL COLLEGE OF EDUCATION
AND RESEARCH FOR WOMEN**

IQAC Cell

In collaboration with

BHAKTIVEDANTA HOSPITAL

Organizes

WORKSHOP ON HEALTH & HYGIENE

On 30th September, 2023, Saturday



Time: 11:00 am to 1:00 pm

Venue: Multipurpose Hall



GUEST SPEAKER:

Ms. Bindomol Mathew

Clinical Supervisor in Pediatric Department

Bhaktivedanta Hospital



Principal: Dr Judy Grace Andrews

Coordinators: Ms. Shaista Shaikh

Ms. Suchita Naik