



# ARMY INSTITUTE OF EDUCATION

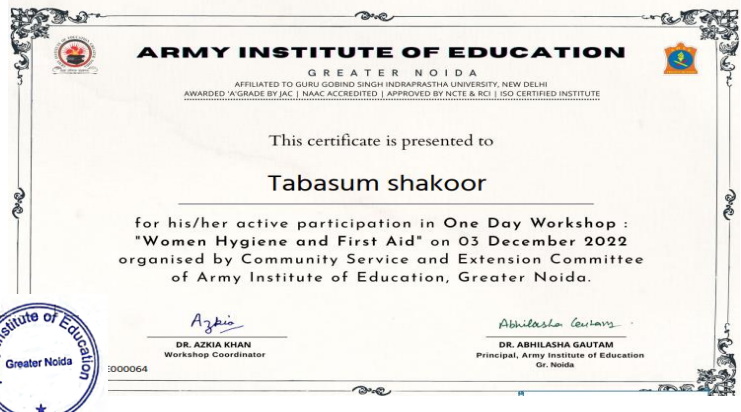
Plot M-1, Pocket P-5, Sector Chi – 2, Greater Noida  
Affiliated to GGSIP University, Delhi  
ISO 9001:2015 Certified, NAAC Accredited, NCTE & RCI Approved Institute

## Workshop on “Women Hygiene and First Aid” Held on 3<sup>rd</sup> December 2022

Community Service & Extension Committee of AIE organized a Workshop on “Women Hygiene and First Aid” on 3<sup>rd</sup> December 2022 from 10:00 am to 1:00 pm. Objective of this workshop was to create awareness regarding Women hygiene with special focus on menstrual hygiene and first aid to be given in emergency situations like hypoglycemia, burns, pyrexia etc. 150 student-teachers of B.Ed. and B.Ed. (Special Education) from the batch 2021-23 and 2022-24 and 11 Faculty members participated in this workshop. E-certificates were also issued for this workshop. The Resource person for this workshop was Dr. Samar Raesa Hossain and Dr. Nidhi Budh both working as an Assistant Professor in Department of Community Medicine at Army College of Medical Sciences, New Delhi. Dr. Azkia Khan was the convenor of this workshop. This program was anchored by Supriya and Tabassum from B.Ed. Batch 2022-24.

The program started with the felicitation of guests Dr. Samar Raesa Hossain and Dr. Nidhi Budh by Dr. Abhilasha Gautam (Principal AIE) followed by introducing the guests to the audience. Resource person shared an online quiz with the students to check their previous knowledge about the topic. They formed 3 groups of students with 5 students in each group. Students were assigned role play on the topics “Myth of Menstruation”, “Health Education” and “Perception of Peers on first time menstruation of a girl in a classroom”. At the end of these role plays question-answer session was organized and concepts like Dysmenorrhea, Oligomenorrhea etc and awareness regarding menstrual hygiene was created. Resource person also discussed about breast cancer and how to do breast self-examination. For second topic “First Aid” again 3 groups were created for role play on the themes “Hypoglycemia”, “High Fever” and “Minor Injuries”. At the end of these role plays question-answer session was organized and what kind of first aid should be given in these situations were discussed and concepts like RICE for sprains and fractures, SUMANK for hand washing etc. Resource person also shared a video on “Jeevan ki Sanjeevni” which showed how first aid can be given in emergency situations. In the end vote of thanks was given by Dr. Azkia Khan (Convenor) of the workshop followed by National Anthem.

## A glimpse of the Workshop-





**Learning Outcomes:** At the end of the program, students were aware about normal menstrual cycle i.e 3-7 days and method of proper disposal of sanitary napkins, awareness was created regarding various myths and taboos, proper hand washing method through SUMANK, diagnosis of anemia and best time to take Iron tablets i.e one and half hour after taking lunch.



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