

Health, Wellness and Hygiene Committee

Activities Report (2025-26)

1. Title of the Event: Bookmark Making Competition

Beneficiaries: UG and PG Students

Theme: *Healthy versus Junk Food, Balanced Diet and Digital Detox*

Date of Notice Release: 9th September, 2025

Submission Deadline: 15th September, 2025

Date of Evaluation: 27th September, 2025

The Health, Wellness and Hygiene Committee, in association with IQAC, G N Khalsa College, organized a Bookmark Making Competition for UG and PG students on the themes *Healthy versus Junk Food, Balanced Diet and Digital Detox*. The notice for the competition was released on 9th September, 2025, and students were given one week to prepare and submit their bookmarks from home.

The event received an overwhelming response, with more than 100 students participating. Participants showcased their creativity and originality in designing bookmarks that not only highlighted the importance of healthy lifestyle choices but also emphasized the significance of balancing digital engagement with real-life wellness.

The bookmarks were evaluated on 27th September, 2025. The judging criteria included creativity, originality, presentation, and relevance to the theme. Dr Shubha Mukherjee kindly served as the judge for the event. After thorough evaluation, the **First, Second, and Third positions** were declared, and the winners were acknowledged for their outstanding work.

The competition proved to be a successful platform for students to express their ideas artistically while spreading awareness about healthy living and mindful digital usage.

Outcomes:

- Students gained a clearer understanding of the benefits of healthy eating and reduced screen time.
- Motivation to adopt healthier eating habits and practice digital detox in their own lives.
- Students learned to translate abstract concepts (like health, balance, mindfulness) into visuals and messages.
- Exposure to a variety of ideas and interpretations through each other's bookmarks.

2. Title of the Event: Seminar on Menstrual Health Management

Beneficiaries: UG and PG female students

Date: 17 December 2024.

Venue: College Multipurpose Hall

The seminar witnessed enthusiastic participation from **290 students** belonging to the **Science, Arts, and Commerce streams**.

The primary objective of the programme was to create awareness about menstrual health, promote hygienic practices, and dispel myths and misconceptions associated with menstruation.

The session was conducted by the **resource persons from Myna Mahila Foundation**, who engaged the students through an informative and interactive **PowerPoint presentation**. Various aspects of menstruation were discussed, including the biological process, the importance of maintaining menstrual hygiene, nutritional care during menstrual cycles, and the management of common menstrual problems. The speakers also addressed several **myths and superstitions** related to menstruation and encouraged students to adopt a scientific and positive outlook towards menstrual health.

The session was highly interactive, with students actively participating in discussions and seeking clarification on menstrual health concerns. As a part of the post-session initiative, **sanitary pads were distributed** to the participants. Students were also guided to **download a menstrual health-tracking mobile application** that helps monitor menstrual cycles and provides access to **free online doctor consultations**, thereby promoting proactive menstrual health management.

Outcomes: The girl students gained:

- The importance of maintaining menstrual hygiene.
- The importance of nutritional care during menstrual cycles.
- To manage common menstrual problems.
- To bust several myths and superstitions related to menstruation
- A scientific and positive outlook towards menstrual health.

3. Campaigning against the use of plastic:

- In our efforts to promote health, hygiene and environmental responsibility, the students and faculty were encouraged to use metal-based water bottles and tiffin boxes to replace plastic-made items.
- The message was spread through WhatsApp groups and personally in classrooms.
- Many students adopted the use of steel bottles.

4. Counselling sessions for students:

- To improve the overall well-being of students, the counselling sessions for SY and TY students were arranged with the college counsellor in August and September 2025.
- Students were counselled to manage academic pressure, time management, and address mental and social health challenges such as anxiety and depression and to cope with social health.
- The students received individual counselling to ensure their specific needs, concerns, and circumstances were addressed privately and accurately.



Seminar on Menstrual Health Management



Bookmark-making competition



Counselling sessions with a college counsellor