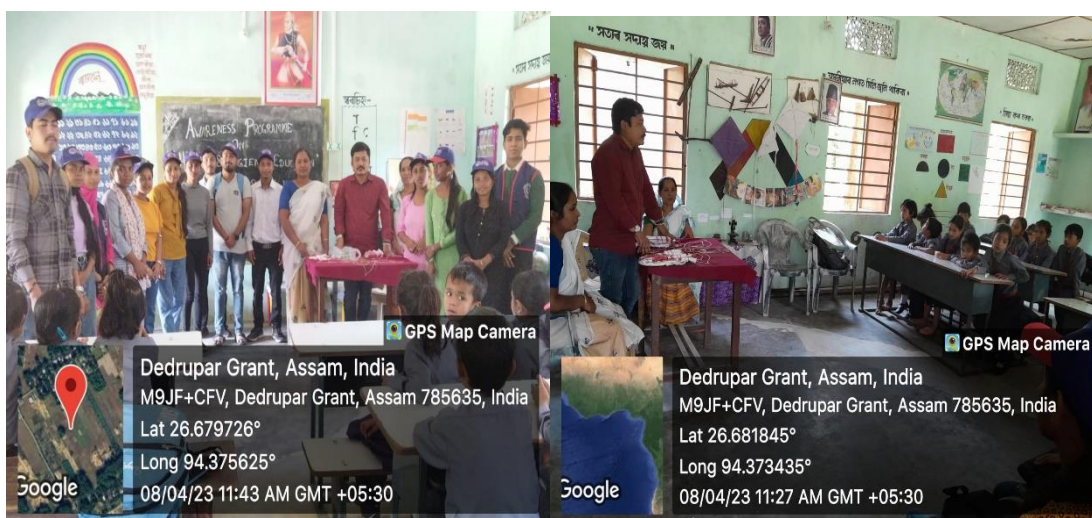


World Health Day

On the occasion of World Health Day organised on 7th April every year, NSS Unit Mariani College, Mariani organised two days awareness programme on 'Health and Hygiene' at various schools & village households on 8th and 12th April, 2023. Volunteers were divided into several groups and sent for the awareness programme.

On 8th April, Volunteers of NSS unit visited Kalia Gaon L.P School at Dedrupara Grant. The programme at school started sharp at 10 a.m by around 15 volunteers in the presence of two teachers of the school. The awareness programme was attended by 28 students of standard 1st to 5th along with some guardians. Mr. Debajit Saikia, Head Master of the school inaugurated the programme. He delivered a speech where he mentioned the importance of health and hygiene. He also arranged question answer session on basic hygiene and the way of maintaining hygiene among the students to make the programme fruitful. Ms. Simpy Hazarika, Asst Teacher of the school also gave short lecture about some quick hygiene techniques. Later on, the NSS Volunteers took the charge and some of them gave a brief on cleanliness, its importance, process and its benefits. They mentioned about how to maintain personal or food hygiene at school or home and the way of maintaining a healthy lifestyle. The volunteers also demonstrated the proper way of washing hands. Ms. Purnima Borah, Student Co-ordinator of NSS Unit & rest of the volunteers also gave their brief introduction to the students of the school. The programme was ended with the distribution of soaps and some other hygiene products among the students by 1:30 pm.





Another team of volunteers went for survey among the village households at Dedrupara Grant about the health and hygiene facility in the village and also to know about the socio-economic conditions of the people of that village. A group of 14 NSS volunteers started the survey at 11:00 am. They tried to understand their awareness level of health and hygiene and also their socio-economic conditions. They also made them aware about how to maintain personal or food hygiene and the way of maintaining a healthy lifestyle. The team surveyed a total of 48 households. The awareness programme was concluded successfully by the volunteers at around 4 p.m.





On 12th April, volunteers of NSS unit were divided into four teams & one team of six women volunteers visited a village named Doklongia and started the survey at Thakur Prasad High School and also among the villagers. Their motive was to create awareness about menstrual hygiene mainly to the female students & women. A short speech was given by team of NSS volunteers about the use of menstrual products like sanitary pads & napkins. They raised awareness about the challenges regarding access to menstrual products, education about menstruation, etc. The NSS team also distributed sanitary pads to the female students & women of the village.



On the same day another team of ten volunteers visited 30 households of Katoni Bari Tea Estate to know their health & hygiene maintainance & create awareness about the proper health & hygiene. They mentioned that maintaining good personal hygiene will help them to prevent themselves from several diseases. The volunteers also asked the source of drinking water, proper disposal of garbage and made them aware of proper drinking water facility, waste water disposal, garbage disposal etc which are examples of good hygienic practices.



12 Apr
2023
—

Another Team of eight Volunteers of NSS Unit visited all the schools present in Mariani Town like Adarsh Hindi School, Mahadev Agarwalla H.S School, Girls High School, Railway Bengali High School etc. Their aim was to make awareness to the school students on proper health, hygiene, sanitation etc. They focused on proper way of washing hands before and after eating, having meal on time, eating hygienic & healthy food, avoiding junk food, doing yoga to remain fit & so on. They observed most of the students had good personal hygiene such as wearing clean clothes, having short hair, short nails etc. They also made aware to maintain food hygiene, personal hygiene, proper sanitation and waste management practices both in school and home environment.



12 Apr
2023



12 Apr
2023

At the end of the day, the Programme Officer of NSS unit, Ms. Kritika Agarwal thanked all the volunteers for actively participating in the survey and Two- Day Awareness Programme

and appreciated them for their hard work and effort. The programme was very fruitful as it provided an opportunity to raise awareness about health and hygiene among the students and the villagers.