

Safai Mitra Suraksha Shivar held at NITK



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NATIONAL Institute of Technology Karnataka (NITK) Surathkal organised a two-day Safai Mitra Suraksha Shivar exclusively for its housekeeping staff (Safai Mitras), as part of the 'Swachhata Hi Seva' 2024 initiative by the Union government. The event, held on Sep-

tember 30 and October 1, 2024, on the NITK campus, aimed to promote cleanliness, hygiene, and overall well-being among Safai Mitras. The event featured expert talks by Dr Haroon Hussain from KMC, Mangaluru, and Dr Spandana Rao, gynaecologist at KMC, Mangaluru, on overall well-being, fitness, women's health, and gynaecology. Key takeaways included

the importance of regular exercise, nutrition and stress management, women's reproductive rights and menstrual health and preventive measures for common illnesses and gynaecological cancers. Sanitary kits were distributed to all participants, empowering them with essential hygiene resources. The comprehensive programme also included a health check-up camp on the second day, featuring blood pressure and diabetes screenings, eye tests, and other essential health checks conducted by a team of 8 external doctors, supplemented by in-house medical staff. Over 280 Safai Mitras attended the event.