DAY 4 REPORT - UTTEJANA FOUNDATION X GIRL UP RUHI

Date: 22nd March 2026

Time: 9:30 AM to 2:30 PM

Venue: Kirti Nagar (Railway Station Old, Railway Station New, Mandir Area)

Organized by: Uttejana Foundation x Girl Up Ruhi

Number of Participants: 18

The fourth day focused on creating awareness among students through interactive and meaningful learning sessions. The day began with a session on **emotions and their proper management**. The objective of this session was to help children understand different types of emotions, such as happiness, anger, sadness, and fear, and to recognize how these emotions can affect their behavior. The facilitators explained these concepts using simple language and relatable examples so that the children could easily connect with them. Students were encouraged to express how they feel in different situations, which helped create a safe and open environment. This activity not only improved emotional awareness but also promoted healthy ways of expressing and managing feelings.

Following this, an important session on **"Good Touch and Bad Touch"** was conducted. This session aimed at educating children about personal safety and boundaries in a sensitive and age-appropriate manner. The facilitators ensured that the discussion was handled with care, using clear and simple explanations so that the children could understand without feeling uncomfortable. The session emphasized the importance of recognizing safe and unsafe situations and encouraged children to speak up and seek help when needed. The students listened attentively and showed engagement by responding to questions and sharing their thoughts where they felt comfortable.

Both sessions were highly interactive and focused on building awareness that goes beyond academic learning. The children actively participated, asked questions, and responded positively to the discussions. These topics played a crucial role in helping them develop not only knowledge but also confidence and self-awareness.

In addition to the sessions with the children, the day also included the **distribution of offer letters** to SSCBS volunteers associated with Girl Up Ruhi. This marked an important step in formally recognizing their involvement and commitment to the initiative. The distribution process was conducted smoothly, and it served as a moment of motivation and encouragement for the volunteers as they continue their journey with the organization.

Overall, Day 4 was impactful and meaningful, focusing on essential life skills and awareness while also strengthening the volunteer network. The sessions were well-received by the children, and the day contributed positively towards both their personal development and the growth of the initiative.




Delhi Division,Delhi,India
22March 2026, Sunday