



CHACHA NEHRU BAL CHIKITSALAYA
(An Autonomous Institute under Govt. of NCT of Delhi)
Geeta Colony : Delhi - 110031



SWACHHTADRIIVE “दिल्लीकोकूड़ेसेआज़ादी”

1st AUGUST TO 31st AUGUST 2025



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BACKGROUND

As we enter the 18th day of the initiative inspired by the Hon'ble Prime Minister Shri Narendra Modi's vision of #ViksitBharat2047 and the Swachh Bharat Mission, the Hon'ble Chief Minister of Delhi, Smt. Rekha Gupta, launched a month-long cleanliness drive from August 1st to August 31st 2025. This drive aims to achieve "दिल्लीकोकूड़ेसेआज़ादी" with a renewed spirit and enthusiasm.🌱

In response to directives from the Department of Health and Family Welfare, GNCT of Delhi, a month-long Swachhata Drive has been organized in Delhi from August 1st to August 31st. The focus will be on cleanliness, including community clean-up activities and efforts to reduce plastic usage. Key highlights include enhanced activities as listed below:

Let's unite for a cleaner, greener, garbage-free Delhi! 🇮🇳

2025, under the theme "दिल्लीकोकूड़ेसेआज़ादी".



REPORT ON 18th AUGUST

ACTIVITY 1: Mental Health & Gratitude Day

“CARING FOR OTHERS BEGIN WITH CARING FOR YOURSELF-MAKE MENTAL HEALTH A PRIORITY”

As we entered the 18th day of the Swacchata drive, we started with this bright day with the training session on “MENTAL HEALTH AND GRATITUDE DAY” for healthcare workers. This training is designed to create awareness about the importance of mental well-being, stress management, and resilience in the demanding healthcare environment. Through interactive activities, mindfulness practices, and gratitude exercises, the session will help participants recognize early signs of stress, adopt coping strategies, and embrace the power of gratitude to enhance positivity and reduce burnout. The initiative aims to empower healthcare professionals to care for their mental health while continuing to provide compassionate care for others”.

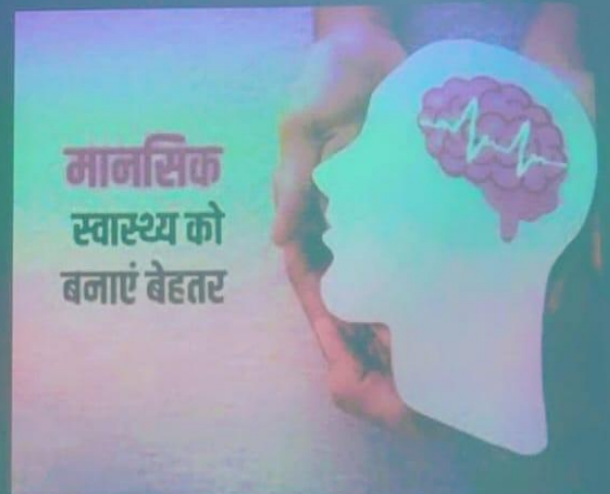
On this 18th day of Swacchata drive training session was taken by Dr. Afsar, Clinical Psychologist, on “MENTAL HEALTH AWARENESS” for all categories of healthcare workers on the importance of mental health in healthcare.



IMAGES OF MENTAL HEALTH AWARENESS TRAINING



दिल्ली सरकार का स्वच्छता अभियान



ACTIVITY 2: BMW Segregation session, Quiz & Drill

“PROPER BIOMEDICAL WASTE SEGREGATION PROTECTS PATIENTS, STAFF AND THE ENVIRONMENT”.

On this 18th day of the Swachhta drive, the second activity conducted on biomedical waste segregation, color coding training among staff. “Biomedical waste segregation is the process of separating healthcare waste into different categories at the point of generation to ensure safe handling, disposal, and environmental protection. Proper segregation is a vital part of infection control practices and plays a key role in maintaining hospital hygiene and community safety.

On this 18th day of Swachta Drive we also conducted training on biomedical waste segregation color coding to ensure that all categories of healthcare workers understand the correct methods of segregation, handling, and disposal of medical waste. The whole session focused on awareness and reinforced the proper techniques via interactive drill and quiz.

BMW COLOR CODING SEGREGATION SESSION





BIOMEDICAL WASTE MANAGEMENT QUIZ& DRILL





Today's Goals are

- Practice stress management techniques
- Awareness on biomedical waste segregation & color coding



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THANK

YOU