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GODAVARI COLLEGE OF NURSING JALGAON
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REPORT
ON
NAN...HIKALI PROJECT – GOOD TOUCH & BAD
TOUCH AWARENESS PROGRAMME

ORGANIZED BY:

ROTARACT CLUB OF GODAVARI ELITE, JALGAON




PRINCIPAL
GODAVARI COLLEGE OF NURSING
JALGAON

REPORT ON NANHIKALI PROJECT – GOOD TOUCH & BAD TOUCH AWARENESS PROGRAMME

Organized by: Rotaract Club of Godavari Elite

Date: 11th August 2026

Time: 10:00 AM onwards

Venue: New Shri Swami Samarth School, Dhandai Mata Mandir, MIDC, Jalgaon, Maharashtra

The Rotaract Club of Godavari Elite organized an awareness programme on “**Good Touch and Bad Touch**” under the Nanhikali Project on **11th August 2026** at **New Shri Swami Samarth School, Dhandai Mata Mandir, MIDC, Jalgaon**. The programme was conducted with the objective of creating awareness among school children about **personal safety, body boundaries, safe and unsafe touch, and the importance of speaking up when they feel uncomfortable or unsafe**. The session was designed in a simple, child-friendly and interactive manner so that young children could understand and remember the key safety messages. Students of Godavari College of Nursing, Jalgaon actively participated in the programme.

Objectives of the Programme

1. To educate children about good touch, bad touch and confusing touch.
2. To help children understand that their body belongs to them.
3. To teach children about safe and unsafe situations.
4. To encourage children to confidently say “NO” when they feel uncomfortable.
5. To explain the importance of telling a trusted adult about any uncomfortable or unsafe experience.
6. To promote awareness regarding personal boundaries and body safety.



7. To develop confidence among children to seek help whenever required.

Programme Activities

The programme was conducted through interactive discussions, demonstrations, questioning and child-friendly communication.

The Rotaract volunteers interacted with the children in small groups and encouraged them to participate actively. Age-appropriate examples were used to explain concepts related to personal safety and body boundaries.

The children were guided about:

- Understanding their body and personal boundaries.
- Difference between safe/good touch and unsafe/bad touch.
- Recognizing situations that make them uncomfortable or afraid.
- Saying “NO”, moving away from an unsafe situation and seeking help.
- Identifying trusted adults such as parents, teachers and other responsible caregivers.
- The importance of not keeping unsafe secrets.
- Speaking openly whenever something makes them uncomfortable.

The volunteers maintained a friendly and supportive environment, allowing children to ask questions and express their understanding freely.

Participation

The programme witnessed active participation of school children and Rotaract volunteers. The volunteers interacted with children in different groups and ensured that the messages were communicated in a simple and understandable manner. The children responded enthusiastically to the questions and activities. The programme also provided an opportunity for volunteers to engage directly with children and promote awareness regarding child safety.

The following important messages were emphasized:

“DO NOT TOUCH MY BODY.”



“I have the right to say NO.”

“If something makes me uncomfortable, I should move away and tell a trusted adult.”

“I should never be afraid to ask for help.”

The programme helped create awareness among children regarding **personal safety and appropriate boundaries**. Children were encouraged to recognize uncomfortable situations and understand the importance of communicating with trusted adults. The interactive approach made the session engaging and helped children participate confidently. The programme also strengthened the role of Rotaract volunteers in promoting **child safety, awareness and community well-being**.

Conclusion

The **Nanhikali Project – Good Touch & Bad Touch Awareness Programme** organized by the **Rotaract Club of Godavari Elite** was a meaningful community outreach initiative. The programme successfully provided children with age-appropriate information about **body safety, personal boundaries, safe and unsafe touch, and seeking help**. The active involvement of Rotaract volunteers and enthusiastic participation of the children contributed to the success of the programme. Such initiatives are important for building a **safe, aware and confident younger generation**.









