



GURU SHAKTHI

WOMEN DEVELOPMENT CELL



Report on Awareness
Programme on Women Health &
Hygiene

07th March 2022

**Guru Nanak College
(Autonomous)**

AWARENESS PROGRAMME ON WOMEN HEALTH & HYGIENE

Women Development Cell organized a programme for the first year UG and PG students on Health and Hygiene *in association with Rotary Club Chennai* on 7th March 2022. The club sponsored a Sanitary Vending machine and Incinerator for the college, this gesture of the club was highly appreciated by the management and the Principal.

The objective of the programme was to give an insight on how women's health and hygiene is to be taken care. To also highlight on the usage of sanitary Pads and its disposal to make the environment unaffected. To emphasize on not to use the plastic contained sanitary pads.

The Principal Dr. M.G.Ragunathan gave the welcome address, Women Development Cell Coordinator Dr. K. Umadevi introduced the Chief Guest Ms. Sarada Ramani, Founder CI Global Technologies to the audience.

The resource person for the day was *Ms. Sarada Ramani, Founder CI Global Technologies, Chairman Menstrual Health and Hygiene, Rotary International*. The resource person highlighted on what is Menstrual, why pain is caused, how to overcome the pain, when to approach the gynecologist, what type of Sanitary pads to be used and the adverse effect of using it. How it is harmful to the environment. She explained by making a power point presentation and demo of cloth sanitary pads and insisted to use those kind of products. The Vice Principal Ms. N. C. Rajashree gave a special address on the occasion.

The outcome of the programme was women students could understand the need for taking care of their health and hygiene, especially menstrual hygiene.

The other guests were Mr V. Sriram, Director Community Services-health, Rotary club Chennai, Rtn. M. Sathya Narayana, President, Rotary club Chennai, women members of the Rotary club, Director Women empowerment cell, member from Media and chartered Accountant.

Women Development Cell Coordinator Ms. M. L. Mayalekshmi proposed the vote of thanks.

No. of Beneficiaries: 200