

SUBHARAM GOVT DEGREE COLLEGE

PUNGANUR-517247

CHITTOOR DIST

**A Report
On
The Programme of**

DISTRIBUTION OF SANITARY NAPKINS

(14.09.2021)

Organized by

Dr G Usharani

Lecturer in Telugu

Coordinator, WEC

In Association with

Department of Health & Medical Science

Punganur

CIRCULAR

DATE:14/09/2021

PUNGANUR.

All the Women teaching staff and girls students are hereby informed that the Women empowerment cell is going to organize an awareness programme on menstrual problems of girls on **14/09/2021**, in seminar hall at 11.00am in the college. Hence all the women staff & girls are requested to attend the programme and make it a grand success.


Principal
PRINCIPAL
S.R. Govt. Degree College
PUNGANUR-517247
Chittoor District

Objectives of the programme

Students will

- Will get complete awareness on monthly period problems.
- Learn to maintain personal hygiene
- Overcome the general misconceptions on periods
- Practice Yoga
- Eat healthy food

Objectives: To make the women students

- Receive the benefits given by the government.
- To make the students aware of health and hygiene.
- To make the students use the government schemes to the best.

Report

Title: Distribution of Sanitary Napkins to Women Students

Date: 14.09.2021.

Venue: Seminar Hall

Time: 10.30 A.M to 11.30 A.M.

Chief Guest: S Y Salma Begum, Medical Officer, PHC, Mudipapanapalli.

An awareness programme on women health issues was conducted from 10.30 am to 11.30 PM on 14.09..2021 by the Women Empowerment Cell with the sole aim of creating awareness among the women students on menstrual issues and other women problems. The programme was inaugurated by Dr M Sudhakar Reddy, Principal. In his address he requested the women students to maintain good health and if they have any problems it should be brought to his notice so that he can arrange regular health camps. Then Dr G Usharani, Coordinator, WEC spoke about the low hemoglobin in women, hygiene and necessity of health care. Then the chief guest S Y Salma Begum created awareness to the women students about menstrual health and other issues. Then six students who has health complaints were given treatment by the medical officer. At the end of the session the Principal, Medical officer, WEC and NSS coordinators distributed sanitary pads to the women students. The programme concluded on a satisfactory note with vote of thanks by P Gayathri I B A (HEP).

Outcomes: Students learnt about

- The importance of health and hygiene.
- Different types of schemes offered by the government.
- Will take care of themselves with confidence.

Photos





...aram Govt. Degree College, Punganur, Chittoor Dist.

From: *Knowledge Program on monthly problems for girls.*
Signatures of the students

Date: 14/09/2021

	of the Student	Class/Group	signature
1.	M. Saranya	III rd Bcom. (CA)	M. Saranya
2.	D. Jahan	III rd Bcom (CA)	D. Jahan
3.	T. Jayanthi	III rd Bcom (CA)	T. Jayanthi
4.	G. Mallika	III rd Bcom (CA)	G. Mallika
5.	P. Reehana	III rd Bcom (CA)	P. Reehana
6.	V. Ambika	III rd Bcom (CA)	V. Ambika
7.	C. Renuka	III rd Bcom (CA)	C. Renuka
8.	G. Vennela	III rd Bcom (CA)	G. Vennela
9.	AB. Bharathi	III rd B.com (G)	AB. Bharathi
10.	A. Meghana	III rd B. com (G)	A. Meghana
11.	B. Manika	III rd B. com (CA)	B. Manika
12.	A. Nandla	I st BSC (MScs)	A. Teja Nandla
13.	A. Teja	I st B. sc (MScs)	A. Teja
14.	K. Reddamma	I st B. sc (MScs)	K. Reddamma
15.	N. mamatha	I st B. sc (MScs)	N. mamatha
16.	K. Chandana	I st B. sc (MScs)	K. Chandana
17.	L. Sreenivasulamma	II B. sc (MScs)	L. Sreenivasulamma
18.	K. Chandana	I B. sc (MScs)	K. Chandana
19.	m. Pallavi	II B. sc (MScs)	m. Pallavi
20.	y. sweety	II B. sc (MScs)	y. sweety
21.	L. Lokeshwary	II B. sc (MScs)	L. Lokeshwary
22.	N. Aswathi	II B. sc (MScs)	N. Aswathi
23.	B. Gangarani	II B. sc (MScs)	B. Gangarani
24.	P. Akshaya	II B. sc (MScs)	P. Akshaya
25.	G. Srissha	I B. sc (MScs)	G. Srissha
26.	V. Padma	I B. sc (MScs)	V. Padma
27.	M. Teja	I B. sc (MScs)	M. Teja

FEED BACK

I learn about diet maintenance of Pad and Personal Hygiene and how to take nutrient food, how to improve blood levels. This programme is useful for us

K. Reddamma
I.B.Sc (M.Sc)

I learn about how to take strange food and remedies for irregular periods

M. Teja
I.B.Sc (M.Sc)

I learn about personal hygiene, how to maintain personal things during these days and healthy food
I learn about importance of meditation and yoga some exercises. how to maintain peace of mind in these days

N. Mamatha
I.B.Sc (M.Sc)

I learn about use of curd rice, health department madam says, painful tablets uses. I learn about some home remedies of constipation and also learn how to prevent constipation

C. Aswini
I.B.Sc (M.Sc)