



SRI G.V.G. VISALAKSHI COLLEGE FOR WOMEN

Autonomous & Affiliated to Bharathiar University
Accredited at A+ Grade by NAAC
Udumalpet – 642128, Tamil Nadu.

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Student Induction Programme 2022 - 2023

Session on Health & Hygiene



Sri GVG Visalakshi College For Women

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An ISO 9001 - 2015 Certified Institution, Udumalpet



Platinum Jubilee Year (1952 -2022)

Student Induction Programme

HEALTH AND HYGIENE



Mrs.J.Peninnah

Sales Administration Manager ,BellaPremier Happy HygieneCare Pvt.Ltd,Dindigul

PHYSICAL ACTIVITY AND WOMEN'S MENTAL HEALTH

August 08,2022

10:30 AM - 12:30 PM



Mrs.Nathezhtha .K

Trainer, BellaPremier Happy HygieneCare Pvt Ltd ,Dindigul

AWARENESS ON MENSTRUAL HYGIENE MANAGEMENT

Dr.S.Shenbagavalli
SIP coordinator

Dr.N.Rajeswari
Principal

Members

Dr.R.Vanamadevi Mrs.M.Devipriya
Dr.G.Karthiga Mrs.J.P.Thempaavai
Mrs.T.Manjula

STUDENT INDUCTION PROGRAMME
2022-2023
HEALTH AND HYGIENE

Date: 08/08/2022

Time: 10:30am - 12:30pm

Objective:

To increase awareness among adolescent girls on Menstrual hygiene.

The meeting commenced with prayer song followed by welcome note by Mrs. A.P. Thamparai, Assistant Professor in Mathematics. The Resource person Mrs. A. Peninnah in her talk emphasise the need for good food habits and physical activity among women to have strong mental health.

Mrs. Nathextha in her lecture provided

- (1) The information and knowledge on menstrual hygiene.
- (2) use of high quality sanitary napkins and safe disposal of sanitary napkins in an environmentally friendly manner.
- (3) The ways to overcome issues during menstrual time
- (4) she also stated on menstrual hygiene management and the importance of menstrual hygiene product and stay fit.

The meeting was concluded by Free Provision of hygiene napkins to students by Bella and Vote of thanks by B. Rathi Assistant Professor in History.

08/08/22
Mrs. A. Peninnah
Sales administration Manager,
Bella Premier Happy Hygiene care,
Pvt. Ltd, Dindigul

S. Shanbaganan
SIP coordinator

Nathextha
Mrs. Nathextha K.
Trainer,
Bella Premier Happy
Hygiene care Pvt. Ltd.

Rajivani
PRINCIPAL

SRI GVG VISALAKSHI COLLEGE
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