



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act 1956 Permanently Affiliated to Thiruvalluvar University

Re-Accredited with "A" Grade by NAAC (3rd Cycle) An ISO 21001:2018 (EOMS) Certified Institution

Supported by DST-FIST

**NICOLAS APPERT AND SANITATION /HEALTH & HYGIENE CLUB
ORGANIZES**

MENSTRUAL HYGIENE AWARENESS PROGRAM-30/08/2024

INVITATION



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MENSTRUAL HYGIENE AWARENESS PROGRAM

ASSOCIATION WITH GOVERNMENT HEALTH DEPARTMENT, JOLARPET



RESOURCE PERSON

Dr.FRANKLIN VIJAYAKUMAR

TNSRLM Dept. of Rural Development
(P&C, IB, SM, CB and FI)



Ms.P.SHOBHA

BLOCK COORDINATOR TNSRLM



Date: 30.08.2024
Time: 11.00 am

V.DILIP KUMAR JAIN
PRESIDENT

ANAND SINGHVI
SECRETARY

Dr.M.INBAVALLI
PRINCIPAL

R.MAHALAKSHMI
PROGRAM COORDINATOR

M. Inbavalli

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

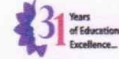


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AGENDA



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NICOLAS APPERT & SANITATION/HEALTH AND HYGIENE

Organizes

MENSTRUAL HYGIENE AWARENESS PROGRAM

On

30/08/2024, Friday

Time: 11.00 am

AGENDA

PRAYER

WELCOME ADDRESS

: Ms. DIVYALAKSHMI P
III BSc. NUTRITION, FSM & DIETETICS

FELICITATION

: Dr. M INBAVALLI
PRINCIPAL, MKJC

ABOUT THE CLUB

: Ms. R. MAHALAKSHMI
HEAD DEPARTMENT OF FOODS AND NUTRITION

CHIEF GUEST INTRODUCTION

: Ms. LIBINACRISTY S
III BSc. NUTRITION, FSM & DIETETICS

ADDRESS BY CHIEF GUEST

: Dr. D. FRANKLIN VIJAYAKUMAR,
M.A., M.Com., M.Sc., M.Phil., Ph.D.

VOTE OF THANKS

: Ms. VARSHINIS
III BSc. NUTRITION, FSM & DIETETICS

ALL ARE CORDIALLY INVITED

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL

Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

REPORT



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI



Activity Report

Title	Menstrual Hygiene Awareness Program		
Organized By	Nicolas Appert, Sanitation / Health & Hygiene Club		
Type of Activity	Menstrual Hygiene Awareness Program		
Level	Institutional		
Date	30/08/2024	Time	11.00am -1.00pm
Resource Person Details	Dr. FRANKLIN VIJAYAKUMAR TNSRLM Department of Rural Development (P&C,IB,SM,CB and FI).		
Objective of the Programme	Create Awareness about the Menstrual Hygiene. To overcome the mood swings etc.		
Internal Participants Count	Students : 109 Faculty: 8	External Participants Count	Nil

Summary

The programme began with a prayer song followed by Tamilthaivazhthu. Ms. P. Divyalakshani of III B.Sc Nutrition, Food service Management and Dietetics delivered a warm welcome address. Dr.C. Asokan, Dean School of life Science felicitated the gathering, by highlighting the importance of Menstrual hygiene. Ms.S.Libina Cristy of III B.Sc Nutrition, Food Device Management and Dietetics, introduced the chief guest of the gathering. Dr.C. Asokan, Dean school of life Science and Ms. R. Mahalakshmi, Head of the Department honored the chief guest with Shawl.

The session was then handover to Dr. Franklin D. Vijayakumar M.A., M.Com., M.Sc., M.Phil., Phd, LLB, resource person in TNGRLM Dept of rural development. The resource person gave a detailed lecture on the Importance of menstrual. He gave a detailed lecture on the breaking the silence, the importance of physical and mental health for a female and how to use and dispose the napkin in a Proper way. He also lectured on, to avoid being hesitant to learn and gain knowledge about it then the session happily moved ahead for the vote of thanks which was given by Ms. Varshini Department secretary, III B.Sc Nutrition, Food Device Management and Dietetics, Later the programme was concluded by National Anthem.

Programme Outcomes:

1. Create Awareness about the Menstrual Hygiene.
2. To overcome the mood swings.
3. Importance of food with high Nutrition.


30.8.2024
Head of the Department


Principal
Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

PHOTOS-30-08-2024




PRINCIPAL
Marudhar Kesari Jain College
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Vaniyambadi - 635 751.