

AWARENESS PROGRAM ON WOMEN'S HEALTH AND HYGIENE

Organised by IQAC and Women Cell, GDC Nankhari

Date: 21-12-2024

Venue: ICT Room, GDC Nankhari

No. of Beneficiaries: 30

The Internal Quality Assurance Cell (IQAC), in collaboration with the Women Cell of Government Degree College (GDC) Nankhari, organised an interactive session on Women's Health and Hygiene under the guidance of Principal Prof. Poonam Mehta. The session aimed at educating students on the importance of maintaining a healthy lifestyle and proper hygiene practices for overall well-being.

Session Highlights

The session commenced with Prof. Punita Verma welcoming Principal Prof. Poonam Mehta and the resource person for the session, Mrs Meenakshi, a Counsellor at Deen Dayal Upadhyay Zonal Hospital, Shimla. Mrs. Meenakshi engaged with the students and provided them with in-depth knowledge of the significance of a healthy lifestyle for physical and mental well-being.

Key Takeaways

1. Importance of a Healthy Lifestyle

- The resource person emphasised the crucial role of a nutritious diet, regular exercise, and mental wellness in leading a healthy life.

2. Women's Hygiene Practices

- The session covered essential personal hygiene habits and the importance of keeping the surroundings hygienic.
- Mrs Meenakshi provided practical tips on maintaining personal hygiene to prevent infections and health issues.

3. Menstrual Hygiene and Myth Busting

- The resource person urged the students, especially Women Cell members, to maintain extra hygiene during menstruation.

- She also addressed common myths associated with the menstrual cycle, such as the misconception that washing hair or taking a bath during menstruation is harmful. She explained the scientific perspective behind these myths.

Student Engagement and Feedback

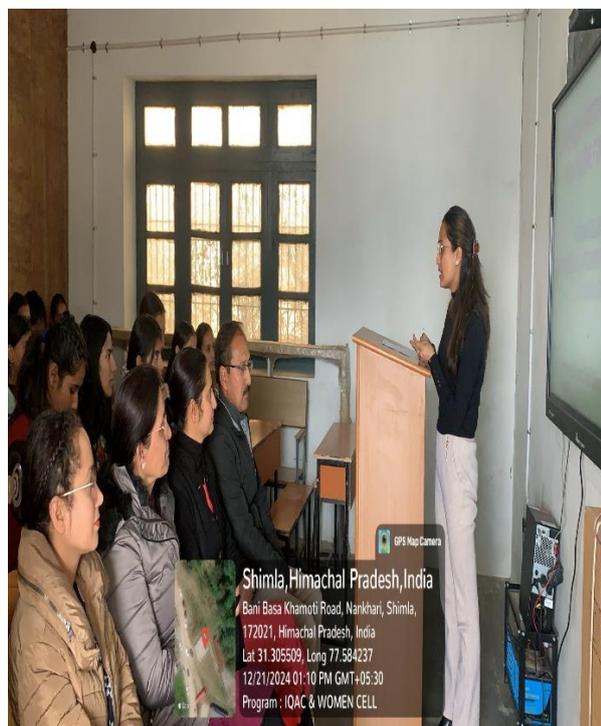
The session was highly informative and beneficial, providing a safe platform for students to discuss their concerns and clarify their doubts. The college girls actively participated by asking queries, which Mrs. Meenakshi addressed with detailed explanations and practical solutions.

Conclusion

The event concluded with the Women Cell Coordinator expressing gratitude to the resource person for delivering such an insightful and interactive session. The session successfully educated students on essential aspects of health and hygiene, promoting awareness and positive lifestyle changes among young women.

The IQAC and Women Cell look forward to organising more such informative sessions, ensuring that students continue to receive guidance on important health and wellness topics.

Some Glimpses of the Event





Activity Name: Awareness Program on Women Health & Hygiene
organised by IGAC & Women Cell, G.D.C Nankhari

Date: 21/12/2024

Students Present 30

Sr. No.	Name	Class	Roll No.	Signature
1.	ANUSHKA	BA3 rd Year	12218	Anushka
2.	Diksha	BA3 rd Year	12217	Diksha
3.	Bhanika	BA 1 st year	12414	Bhanika
4.	Renika	BA2 nd year	12364	Renika
5.	Rimpuika	" "	12319	Rimpuika
6.	Swati	BA3 rd Year	12227	Swati
7.	Shabnam	BA 2 nd year	12302	Shabnam
8.	Hemlata	BA 2 nd year	12308	Hemlata
9.	Sadhna	BA 1 st year	12422	Sadhna
10.	Satish	BA 1 st year	12409	Satish
11.	Avantika	BA 2 nd year	12325	Avantika
12.	Poonam	BA 2 nd year	12309	Poonam
13.	Ishita	BA 2 nd year	12327	Ishita
14.	Tanvi	BA 1 st year	12403	Tanvi
15.	Vanshika	BA 2 nd year	12321	Vanshika
16.	Jyoti	BA 3 rd Year	12205	Jyoti
17.	Keeranjali	BA 3 rd year	12213	Keeranjali
18.	Sargam	BA 3 rd year	12212	Sargam
19.	Pooja	BA 3 rd Year	12209	Pooja
20.	Kamlesh	BA 3 rd year	12336	Kamlesh
21.	Nisha	BA 2 nd year	12324	Nisha
22.	Mehini	BA 2 nd year	12319	Mehini
23.	Sakshi	BA 2 nd year	12329	Sakshi
24.	Lakshmi	BA 2 nd year	12310	Lakshmi
25.	Sanjita	BA 2 nd year	12311	Sanjita
26.	Sanjana	BA 2 nd year	12315	Sanjana
27.	Bavita	BA 3 rd year	12229	Bavita
28.	Sonika	BA 3 rd year	12224	Sonika
29.	Ishita	BA 3 rd Year	12204	Ishita
30.	Pinky	BA 3 rd year	12228	Pinky

Assistant Professor
G.D.C. Nankhari
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Principal
Govt. Degree College
Nankhari-172021