# EMPOWERING WOMEN, EMPOWERING HEALTH

## "A HYGIENE TALK"

### 10-08-2024 @ 1.00PM

Organized by Women's Studies Centre in association with Bella (TZMO Group)

### **REPORT**

#### Introduction:

Women's Studies Centre, in collaboration with Bella and TZMO Group, organized "A Hygiene talk" in 3 sessions for:

- ✤ Non-teaching staff
- ✤ Girl students
- ✤ Women and Girls in Ambapuram village

The event aimed to enhance awareness about menstrual health and hygiene, emphasize the importance of using eco-friendly and safe sanitary products, and provide practical resources for maintaining personal hygiene.

#### Objectives

The primary objectives of the event were:

- To educate women and girls about menstrual health and hygiene.
- To promote the use of eco-friendly and safe sanitary products.
- To offer practical resources for personal hygiene maintenance.

#### **Event Overview:**

The hygiene talk, conducted in the Reading Room and attended by 70 non-teaching women staff and around 300 girl students, featured a detailed presentation by Ms. Rajasree Jayaram and Mr. Hari, a health professional from Bella & Lulu Mall, Bengaluru. The presentation addressed menstrual cycles, hygiene practices, and the benefits of sustainable products. Additionally, the session included practical activities to enhance the learning experience.

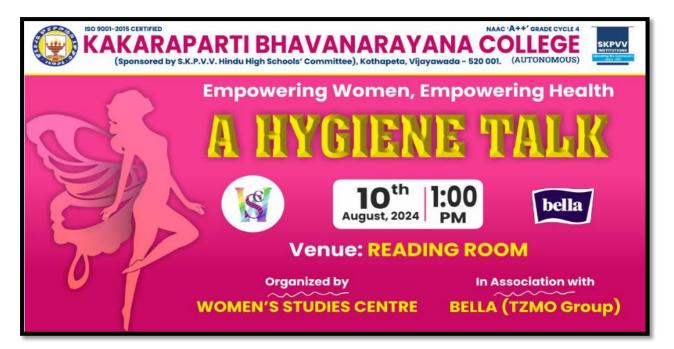
#### **Outcomes:**

The interactive sessions provided participants an opportunity to share experiences and clarify their doubts. Attendees received sample biodegradable sanitary pads, paper tissues, and paper ear buds, promoting both personal health and environmental sustainability.

Feedback collected from the participants indicated a high level of satisfaction with the content and resources provided. The program effectively addressed menstrual health challenges and increased awareness of sustainable hygiene practices, marking a significant step in improving the well-being of the Ambapuram community.

#### **Conclusion:**

Dr. G. Krishnaveni, Principal, Dr. V. Narayana Rao, A.O., and Dr. M. Venkateswara Rao supported the program and expressed their appreciation for the TZMO Group Team. Women's Studies Centre members Smt. V.Sailaja, Smt. K. Vanama Devi, Smt. O. Sailaja, and Smt. P. Mounika coordinated the program.



PHOTOS













Dr. G. Krishnaveni, Principal, Dr. V. Narayana Rao, A.O., Smt. V.Sailaja, Convener, Women's Studies Centre, and Mr. Ramu, Mr. Hari, Mr. Guru Prasad, Ms. Rajasree Jayaram, TZMO Group Team.