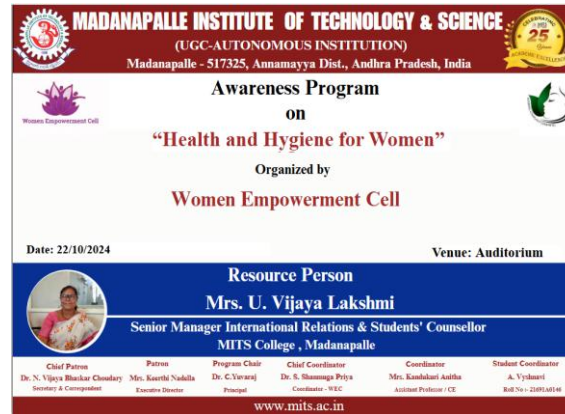


**A Report on the Awareness program on
"Health and Hygiene for Women"
organised by Women Empowerment Cell
on 22.10.2024**



Report Submitted by: Dr. S. Shanmuga Priya, Associate Professor, Department of English & Foreign Languages & Co-Ordinator of WEC.

Chief Guest Details: Mrs. U. Vijaya Lakshmi, International Relations Coordinator & Students' Counsellor

Venue: Auditorium

Mode of Conduct: Offline

Report Received on 24.10.2024

Total Participants: 900 (450 in morning session & 450 in afternoon session)

An awareness program on "Health and Hygiene for Women" was organised by the Women Empowerment Cell to the girl students of first year B.Tech. on 22 October 2024. The program started at 12.10 p.m. with the introductory speech by Ms. A. Vyshnavi, a final year student of B.Tech. (Civil Engineering). Dr. K. Chandra Mohan, Associate Professor of Chemistry & First Year B.Tech. Co-Ordinator (Chemistry Stream) addressed the gathering stating the importance of Health and Hygiene for the girls to become successful in their personal and professional life and appreciated Women Empowerment Cell for organising the program. Dr.S.Shanmuga Priya spoke about the role of women in the corporate world and motivated the girls to be strong physically and mentally to overcome all the challenges that they face in their lives. Mrs. K.Anitha, Assistant Professor, Dept. of Civil Engineering & a Member of Women Empowerment Cell talked about the role of women in the society.



After the inauguration of the program Mrs. U. Vijaya Lakshmi, the resource person of the event started the session with the definition of health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." She also said that Physical health and mental health are inter-related. A sound mind in a sound body is an old and appropriate saying for good health. She discussed the features of a healthy person such as clear skin, bright & clear eyes, a body neither too fat nor too thin, fresh breath, good appetite, and sound sleep. She emphasised on the importance of menstrual hygiene. The session ended by 1.10 PM.

Again, in the afternoon, another session was conducted to the other set of girl students of first year B.Tech. from 4.00 p.m. to 5.00. Mrs. U. Vijaya Lakshmi explained the philosophy of health as it is a fundamental human right. It is essence of productive life. It is inter-sectorial. It is an integral part of development. It is central to quality of life. It involves individuals, state and international responsibility. She advised to drink 5 litres of water every day. Maintenance of health and hygiene is a major social investment.



First year B. Tech. Students Ms.Tejasree.G. of CSE and Ms.Sushma of CAI shared their insights. Finally, the programme concluded with the felicitation of Mrs. U. Vijaya Lakshmi by Dr.C.Suresh, Assistant Professor of English & First Year B.Tech. Additional Co-Ordinator (Chemistry Stream).

Women Empowerment Cell is thankful to the Management, Principal Dr. C.Yuvaraj, Vice-Principal (Academics), Vice-Principal (Admin), Deans and Heads of all the Departments for their support. We thank the Co-ordinators of I B.Tech – Dr. K. Chandra Mohan & Dr. A. Subba Rao and the Additional Co-ordinators of I B.Tech – Dr. B.Jagadeesh Babu & Dr. C. Suresh and the teaching and non-teaching faculty for the success of this event.

