

WOMEN DEVELOPMENT CELL

2021-2022

NAME OF THE PROGRAMME:

Awareness Programme on Puberty and Menstruation

NO. OF. BENEFICIARIES : 70

DATE : 04-05-2022

VENUE : D BLOCK CONFERENCE HALL

TIME :11:00 am to 12:00 pm

DKM COLLEGE FOR WOMEN
(AUTONOMOUS)
SAINATHAPURAM
VELLORE-1

PrG



WOMEN DEVELOPMENT CELL
HEALTH AND HYGIENE
AWARENESS PROGRAMME

04-05-2022

'D' BLOCK CONFERENCE HALL

2021-2022



D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-01

WOMEN DEVELOPMENT CELL

AWARENESS PROGRAMME

ON

HEALTH AND HYGIENE

02.05.2022

To educate the students on the importance of health and hygiene during menstruation and to help them understand the changes during puberty, Women Development Cell of our college is organizing an awareness programme on *Health and Hygiene* on 04.05.2022 in the D- Block conference hall from 11.00 a.m. to 12.00 p.m.

Resource Person: Mrs.Vanitha Sukumaran
DME
Procter & Gamble India Pvt. Ltd.,
Chennai

All the Staff and Students are cordially invited.

R. Baunathy
Coordinator 02/05/22

H. S. S. S.
2/5/22
Principal

DKM COLLEGE FOR WOMEN(Autonomous)VELLORE.

WOMEN DEVELOPMENT CELL

REPORT

Women Development Cell organized an awareness Program to educate our students the importance of Health and Hygiene during menstruation and changes during puberty. Good personal hygiene can also have a positive impact on self-esteem, confidence and body image. Personal hygiene is particularly important during puberty as the body begins to produce more hormones that can increase the amount of sweat, oil and odour the body produces.

Awareness program was organized on 4.5.2022 in D Block Conference Hall from 11.00 am to 12.00 pm, resource person was invited Mrs. Vanitha Sukumaran DME Procter and Gamble India Pvt Ltd Chennai. Dr. Sasikala mam member of WDC Tamil department inaugurated the program. Dr. Banumathy mam co-ordinator gave the welcome address and honored the resource person.

Resource person spoke about the importance, problems and tips to maintain the health and hygiene during Menstruation . Maintaining a well-balanced diet, drinking plenty of water, getting enough rest and relaxation, getting enough sleep, exercising regularly, during menstruation students should change their pad within 6 hours. Students were given time to clear their doubts. In this session resource person introduced new concept called “Brand Ambassador” where student can earn by selling the products of Procter and Gamble. Students were eager to join and gave the name to the resource person. Students were interested and created whatsapp group for further communication with resource person to commence the business. The session came to an end with National Anthem.

Resource PERSON MRS. VANITHA SUKUMARAN



GPS Map Center



Vellore, Tamil Nadu, India

No. 57, DKM College Rd, Sainathapuram, RV Nagar, Vellore, Tamil Nadu 632001, India

Lat 12.898468°

Long 79.140009°

04/05/22 11:21 AM



GPS Map Center



Vellore, Tamil Nadu, India

No. 57, DKM College Rd, Sainathapuram, RV Nagar, Vellore, Tamil Nadu 632001, India

Lat 12.898469°

Long 79.14001°

04/05/22 11:19 AM

DKM COLLEGE FOR WOMEN (AUTONOMOUS) VELLORE.
WOMEN DEVELOPMENT CELL
AWARENESS PROGRAMME ON MENSURATION AND PUBERTY
DATED :04.05.2022
VENUE: 'D' BLOCK CONFERENCE HALL

SL NO.	NAMES	CLASS	SIGNATURE
1	AARTHI V	III BBA	V. Arathi
2	ABINAYA. M	III BBA	A. Binaya. M
3	APARNA.G	III BBA	Aparna
4	BATHMAPRIYABALL	III BBA	Bathmapriya Bai. L
5	BHAVATHARANIS	III BBA	Bhavatharani. S
6	BHUVANESHWARIS	III BBA	S. Bhuvaneshwari
7	DIVYA. S	III BBA	Divya. S
8	GAYATHRIA	III BBA	Gayathri. A
9	GOWRI.R	III BBA	Gowri. R
10	HEMA PRIYA.V	III BBA	Hema Priya. V
11	HEMALATHA.S	III BBA	Hemalatha. S
12	INDUMATHI D	III BBA	Indumathi. D
13	JANANI.R	III BBA	Janani. R
14	JANANI.S	III BBA	Janani. S
15	JANCY.T	III BBA	Jancy. T
16	KARTHIKHA VARSHINEE. K	III BBA	Karthika. M
17	KEERTHIKA.M	III BBA	Keerthika. M
18	KOKILA.M	III BBA	Kokila. M
19	LEELAVATHY. B	III BBA	Leelavathy. B
20	MAHALAKSHMI.B	III BBA	Mahalakshmi. B
21	MEERA.S	III BBA	Meera. S
22	MONISHA. C	III BBA	Monisha. C
23	MONISHA.K	III BBA	Monisha. K
24	MONISHA R	III BBA	Monisha. R
25	NIVETHA.D	III BBA	Nivetha. D
26	PAPITHA V	III BBA	Papitha. V
27	PAVITHRA .G	III BBA	Pavithra. G
28	PREETHIKA. B	III BBA	Preethika. B
29	PRIYADHARSHINI. R	III BBA	Priyadharshini. R
30	PRIYADHARSHINI. S	III BBA	Priyadharshini. S
31	RAMYA. A	III BBA	A. Ramya
32	RAMYA.G	III BBA	Ramya. G
33	ROSHINI.G.S	III BBA	Roshini. G. S
34	SARANYA.S	III BBA	S. Saranya
35	SHALINI.V	III BBA	Shalini. V
36	SHARMILA. S	III BBA	S. Sharmila

37	SHAVINI. K	III BBA	K. Shavini
38	SHIVAANIS	III BBA	S. Shivaani
39	SRIMATHI. S	III BBA	Srimathi. S
40	SUBALAKSHMI.S	III BBA	Subalakshmi. S
41	SWATHI.R	III BBA	Swathi R.
42	SWETHA.T	III BBA	S. Swetha
43	THAMIZHARASI.K	III BBA	K. Thamizharasi
44	THANGAM. P	III BBA	Thangam. P.
45	VARSHA. A	III BBA	Varsha
46	DIVYA SHRI. N	III ISM	Divya Shri - N.
47	FATHIMA BEE. S	III ISM	Fathima BEE. S
48	GOWRI. S	III ISM	Gowri - S.
49	GURPREETH. A	III ISM	Gurpreeth. A
50	JEEVITHA. R	III ISM	Jeevitha. R.
51	KOTTESWARI. D	III ISM	Kottesswari - D
52	LOGESHWARI. K	III ISM	Logeshwari. K.
53	LOKESHWARI. B	III ISM	Lokeshwari. B.
54	PRIYANKA. R	III ISM	Priyanka
55	SEVANTHI. R	III ISM	Sevanti. R.
56	THIRISA. A	III ISM	Thirisa. A.
57	BOOMIKA. D	II BBA	D. Boomika.
58	CHAMILI. K	II BBA	Chamili. K.
59	DHANALAKSHMI. P	II BBA	Dhanalakshmi.
60	DHANASRI. S	II BBA	Dhanasri. S.
61	ELAKKIYA. S	II BBA	Elakkiya. S
62	GAYATHRI. K	II BBA	Gayathri. K
63	GEETHALAKSHMI. M	II BBA	Geethalakshmi. M
64	JAYALAKSHMI. K	II BBA	Jayalakshmi. K
65	JAYASHREE. M	II BBA	Jayashree. M.
66	JEEVITHASHREE. S	II BBA	Jeevithashree. S
67	KAVIYA. M	II BBA	Kaviya. M
68	KAVIYA. S	II BBA	Kaviya. S
69	KAVIYA. V	II BBA	Kaviya. V
70	KEERTHIGA. K	II BBA	Keerthiga. K.

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE

WOMEN DEVELOPMENT CELL

FEED BACK

AWARENESS PROGRAMME ON MENSTRUATION AND PUBERTY

4th MAY 2022

VENUE – 'D' BLOCK CONFERENCE HALL

Name of the Student : *V. Arthi*

Class : *III - BBA*

Contact Number : *933926 8873*

Particulars	Yes	No
Does this Programme was useful?	<i>✓</i>	
Does this Programme make aware about Puberty?	<i>✓</i>	
Do you came to know about the problems of the Menstruation ?	<i>✓</i>	
Does the Speaker of this programme cleared your doubts ?	<i>✓</i>	
Any Suggestions	<i>It was informative</i>	

V. Arthi

SIGNATURE OF THE STUDENT

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE

WOMEN DEVELOPMENT CELL

FEED BACK

AWARENESS PROGRAMME ON MENSTRUATION AND PUBERTY

4th MAY 2022

VENUE – 'D' BLOCK CONFERENCE HALL

Name of the Student : MAHALAKSHMI.B

Class : III - BBA

Contact Number : 9789250864

Particulars	Yes	No
Does this Programme was useful?	✓	
Does this Programme make aware about Puberty?	✓	
Do you came to know about the problems of the Menstruation ?	✓	
Does the Speaker of this programme cleared your doubts ?	✓	
Any Suggestions	NO	



SIGNATURE OF THE STUDENT

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE

WOMEN DEVELOPMENT CELL

FEED BACK

AWARENESS PROGRAMME ON MENSTRUATION AND PUBERTY

4th MAY 2022

VENUE – ‘D’ BLOCK CONFERENCE HALL

Name of the Student : *Papitha.V*
Class : *III BBA*
Contact Number : *8870638548*

Particulars	Yes	No
Does this Programme was useful?	<input checked="" type="checkbox"/>	
Does this Programme make aware about Puberty?	<input checked="" type="checkbox"/>	
Do you came to know about the problems of the Menstruation ?	<input checked="" type="checkbox"/>	
Does the Speaker of this programme cleared your doubts ?	<input checked="" type="checkbox"/>	
Any Suggestions	<i>It was useful</i>	

Papitha.V
SIGNATURE OF THE STUDENT

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE

WOMEN DEVELOPMENT CELL

FEED BACK

AWARENESS PROGRAMME ON MENSTRUATION AND PUBERTY

4th MAY 2022

VENUE – 'D' BLOCK CONFERENCE HALL

Name of the Student : *monisha.c*

Class : *BBA III*

Contact Number : *7010423882*

Particulars	Yes	No
Does this Programme was useful?	<input checked="" type="checkbox"/>	
Does this Programme make aware about Puberty?	<input checked="" type="checkbox"/>	
Do you came to know about the problems of the Menstruation ?	<input checked="" type="checkbox"/>	
Does the Speaker of this programme cleared your doubts ?	<input checked="" type="checkbox"/>	
Any Suggestions		<i>No</i>

monisha.c

SIGNATURE OF THE STUDENT

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE

WOMEN DEVELOPMENT CELL

FEED BACK

AWARENESS PROGRAMME ON MENSTRUATION AND PUBERTY

4th MAY 2022

VENUE – ‘D’ BLOCK CONFERENCE HALL

Name of the Student : Monisha.R

Class : III BBA

Contact Number : 9894287827

Particulars	Yes	No
Does this Programme was useful?	✓	
Does this Programme make aware about Puberty?	✓	
Do you came to know about the problems of the Menstruation ?	✓	
Does the Speaker of this programme cleared your doubts ?	✓	
Any Suggestions	Nothing	✓



SIGNATURE OF THE STUDENT