



SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRAKH

A Vidyabharti Trust Institution, Umrakh-Bardoli
Accredited by NBA, New Delhi (B. Pharm course upto June 2027)
(Approved by Pharmacy Council of India – New Delhi, Affiliated to GTU, Ahmedabad)



Awareness Program: Women's Hygiene

Date: 26th September 2024

Venu: Seminar Hall

Participants: 150 girls from B.Pharm and M. Pharm

The awareness program on women's hygiene, organized by the Women development cell of Shree Naranjibhai Lalbhai Patel college of pharmacy on dated 26th September 2024 at seminar, aimed to educate girls about essential hygiene practices, menstrual health, and overall well-being. Recognizing that many women lack access to accurate information and resources, the program sought to empower attendees through knowledge and practical tips. The objectives included increasing awareness of personal hygiene practices, providing information on menstrual health management, dispelling myths and stigma surrounding women's hygiene, and encouraging open discussions about health issues.

The program was started by the introductory speech of Dr. Tanvi H. Desai followed by the speech of speaker. The program featured covering topics such as the importance of daily hygiene practices, understanding menstrual cycles, how to choose sanitary pads and safe disposal of sanitary products. Interactive presentations and Q&A sessions engaged participants effectively. Additionally, practical demonstrations illustrated the correct use of sanitary products and offered tips for maintaining hygiene during menstruation. Guest speakers Roshniben. Resource distribution included handouts summarizing key points and samples of hygiene products like sanitary pads and wipes. At last co-ordinator Dr. Tanvi H. Desai gave vote of thanks to speaker and all the girls participants for their enthusiastic participation. Overall, the women's hygiene awareness program successfully fostered knowledge, empowerment, and community dialogue, laying the groundwork for ongoing efforts to promote sustainable hygiene practices and improve women's health in the community.

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