



**AL JAMIA
ARTS AND SCIENCE COLLEGE
PERINTHALMANNA**

(Affiliated to the University of Calicut)

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Poonpatam, Valambur P.O.

Malappuram Dist., Kerala - India, Pin: 679 325

Ref:

Date: 8/3/2022

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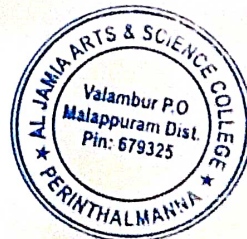
Dear faculties, staff and students

We are pleased to announce that the NSS unit of Al Jamia Arts and Science College will be organizing a comprehensive awareness programme on menstrual hygiene at Sai Snehatheeram on 10th March 2022. This initiative aims to educate the community about the importance and proper use of sanitary pads. Please mark your calendars and join us in supporting this crucial initiative for the betterment of our community.

NSS Coordinator

Principal
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10/03/2022

REPORT

MENSTRUAL HYGIENE AWARENESS CLASS FOR TRIBAL WOMEN

The NSS unit of Al Jamia Arts and Science College organized a comprehensive awareness programme on menstrual hygiene at Sai Snehatheeram on 10th march 2022, aimed at educating the community about the importance and proper use of sanitary pads. Sai Snehatheeram, a non-profit organization dedicated to the upliftment of the Adivasi population in Malappuram district, hosted the event, which saw enthusiastic participation from local residents.

The session, conducted by Ms. Zeenath, a esteemed faculty member of Al Jamia Arts and Science College, provided crucial insights into menstrual health management. Ms. Shahla, the NSS assistant programme officer, played a pivotal role in coordinating and leading the programme, ensuring its smooth execution.

The programme commenced with an introduction to menstrual hygiene, emphasizing its significance in maintaining women's health and well-being. Ms. Zeenath elucidated on the correct usage of sanitary pads, stressing the importance of hygiene practices during menstruation to prevent infections and promote overall health.

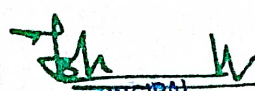
"We aimed to dispel myths and misinformation surrounding menstruation," stated Ms. Zeenath, underscoring the need for open discussions to break societal taboos and empower women with accurate knowledge.

Participants engaged actively in interactive sessions where they could ask questions and clarify doubts. Practical demonstrations on the proper disposal of sanitary pads were also conducted, highlighting the importance of environmental consciousness.

Ms. Shahla expressed her satisfaction with the turnout and the enthusiasm displayed by the audience. "It's heartening to see the community actively participating in such crucial discussions," she remarked, emphasizing NSS's commitment to community welfare and education.

Sai Snehatheeram lauded the initiative, recognizing its role in fostering awareness and promoting health literacy among marginalized communities. "Programmes like these are essential for empowering our women and ensuring their well-being," said Mr. Ravi, a spokesperson from Sai Snehatheeram.

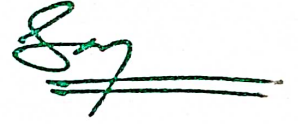
The event concluded with a distribution of informational pamphlets and sanitary pads to all attendees, ensuring they have access to resources to maintain menstrual hygiene effectively.


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Overall, the awareness programme organized by the NSS unit of Al Jamia Arts and Science College at Sai Snehatheeram proved to be a significant step towards promoting menstrual health awareness and empowering women through education and community engagement.



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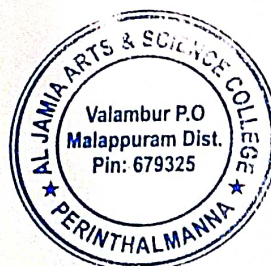
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PARTICIPANTS LIST

EVENT: MENSTRUAL HYGIENE AWARENESS

NO:	NAME	SIGNATURE
1	ADHILA HAMZA O K	Adhila
2	ADILA SHIRIN E P	Adila
3	AFINA NAHAN M	Nahan
4	AKHEELA	Akheela
5	ALI SHADIN K V	ab
6	AMEEKHA N C	Amekha
7	ANEESA A S	ab
8	ASHWIN PRASAD	Prasad
9	AYISHA HUDA K T	Huda
10	DHIYA FAHIM M	ob
11	DILNA JASMINE	Dilna
12	FADIL MOHAMMED	Fadil
13	FATHIMA FARHA KK	Fathima
14	FATHIMA HIBA	Hiba
15	FATHIMA SANIYA C K	Saniya
16	FATHIMA SHIFANATH P	ab
17	FATHIMA SHIYA K H	Shiya
18	FATHIMATH HIBA K	Hiba
19	FATHIMATH RIDHA V P	Ridha
20	FATHIMATHUL FARISA	ob

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AL JAMIA ARTS AND SCIENCE COLLEGE
PERINTHALMANNA

AWARENESS CLASS ON

MENSTRUAL
HYGIENE



SAI SNEHATHEERAM, PERINTHALMANNA



10/03/2022, 10:30 AM



NSS UNIT 099



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