



Malla Reddy College of Engineering



## **A Report on awareness program for I year Girls**

**Organized by Department of Humanities & Sciences**

13/11/25

## Awareness Program for 1st Year Girl Students

**Organized by:** Department of Humanities & Sciences

**In association with:** Women Protection Cell, MRCE

**Date:** 13/11/2025

**Venue:** MRCE Auditorium

**Participants:** 1st Year B. Tech Girl Students

### Program Highlights

**Dr. Sneha Joshi, HoD First Year, MRCE, conducted the awareness session and addressed the students on personal hygiene, menstrual health, and dress code guidelines.**

### Introduction

An Awareness Program for 1st Year Girl Students was organised by the First Year B.Tech Department in collaboration with the Women Protection Cell. The purpose of the program was to sensitise young female students about maintaining personal hygiene and understanding menstrual health. As students transition from school to college, they often experience emotional, physical, and lifestyle changes. This program aimed to support them by promoting healthy habits, correcting misconceptions, and helping them develop confidence in managing their personal well-being.

The initiative also aligned with the institution's commitment to student welfare, health awareness, and women empowerment, ensuring a safe, informed, and supportive campus environment.





The awareness session was conducted by **Dr. Sneha Joshi, HoD First Year, MRCE**, who addressed the students on essential aspects of personal hygiene, menstrual health, and appropriate dress code practices. She explained the importance of maintaining cleanliness, following healthy habits, and adopting responsible hygienic practices. She also highlighted how proper dress code contributes to comfort, safety, and discipline within the campus environment. Her session was interactive and informative, giving students clarity and confidence to follow good hygiene practices in their daily lives.

### 1. Personal and Menstrual Hygiene

Students were educated about:

- Importance of maintaining cleanliness during menstrual cycles
- Daily hygiene practices essential for preventing infections
- Choosing hygienic products and understanding product safety

### 2. Proper Usage and Disposal of Sanitary Pads

Detailed awareness was given on:

- How to correctly use sanitary pads
- Frequency of changing pads to prevent bad odor, rashes, and bacterial growth
- Environmentally safe disposal practices
- Avoiding flushing pads to prevent plumbing blockage
- Correct way of placing and disposing sanitary pads



- Proper wrapping to avoid leakage and odor
- Safe hygiene habits during travel or college hours

### 3. Healthy Diet and Hydration

Students were informed about:

- Foods that help maintain energy levels during menstruation
- Importance of iron-rich foods to avoid anaemia
- Hydration for reducing cramps and fatigue
- Avoiding excessive junk food and caffeine

Students asked questions freely and discussed common issues faced during menstrual cycles, making the session interactive and supportive.



### Conclusion

The Awareness Program for 1st Year Girl Students was highly impactful and achieved its intended objectives. It helped the students gain essential knowledge and confidence to manage menstrual health responsibly. The session reinforced the college's commitment to creating a healthy, safe, and inclusive learning environment for all students. The event concluded with appreciation for the organizing team, Women Protection Cell, and the participants for their active involvement.

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