

**A Report
on
Awareness Program Menstrual & Sanitary Hygiene
(08. November.2025)**

Organized by



Women empowerment cell



MALLAREDDY COLLEGE OF ENGINEERING

Date : 08. November.2025

Time : 02:00PM-04:00PM

Venue: MRCE-Campus

1. Program Title

“Understanding Your Cycle: **Menstrual Health Awareness Program**”

“Period Positivity: Hygiene, Health & Confidence”

“My Body, My Health: Menstrual Wellness Session”

Introduction

An Awareness Program for 1st Year Girl Students was organized by Women Empowerment Cell.

The purpose of the program was to sensitize 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.

Awareness programs on menstrual hygiene and sanitation focus on educating individuals about menstruation as a natural process, promoting good hygiene practices, and dispelling myths and stigma. These initiatives often involve providing access to affordable sanitary products, ensuring safe disposal methods, and creating a supportive environment for menstruating individuals. Programs are run by government bodies, NGOs, and organizations like the Ministry of Health and Family Welfare and the National Health Mission, with specific initiatives like Menstrual Hygiene Day on May 28th and the Swachh Bharat Mission's National MHM Guidelines playing a key role.

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.

2. Objectives of the Program

- To educate first-year girls about the **menstrual cycle** and bodily changes.
- To promote awareness of **proper sanitary hygiene**.
- To empower students with knowledge on **self-care, nutrition, and mental well-being** during periods.
- To encourage students to use **safe and sustainable menstrual products**.



Awareness Session by Dr.Sneha Joshi, Head Dept.of H&S



Awareness session by Dr.Sravanthi, Convenor-WEC

Key objectives of awareness programs

- **Education:** Teaching about menstruation as a normal biological function and providing education on its health aspects.
- **Hygiene practices:** Promoting personal hygiene, such as using clean and safe menstrual products and changing them regularly.

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



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
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- **Hygiene and disposal**
 - Promoting the safe and environmentally friendly disposal of used sanitary napkins.

Conclusion

The Awareness Program on Menstrual and Sanitary Hygiene successfully highlighted the importance of understanding menstruation as a natural and healthy part of life. Through open discussions, demonstrations, and educational sessions, participants gained essential knowledge about maintaining proper hygiene, using safe and effective sanitary products, and overcoming the social stigma often associated with periods.

The program emphasized that increasing awareness not only improves individual health but also promotes dignity, confidence, and equality for all menstruators. By encouraging open dialogue and providing accurate information, we take a strong step toward creating a supportive environment where menstrual health is recognized as an important aspect of overall well-being.

Prepared By

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