



KC GROUP OF RESEARCH & PROFESSIONAL INSTITUTES, PANDOGA, UNA (H.P.)

REPORT ON AWARENESS PROGRAM ON HYGIENIC CONDITIONS FOR WOMEN

Date: 29th December 2021

Venue: Seminar Hall, KC Campus, Pandoga

Organized By: Women Welfare Cell & Department of Applied Sciences

Objective:

The session aimed to create awareness among female faculty, staff, and students about the importance of maintaining personal hygiene, particularly menstrual hygiene, and to promote a healthy and safe environment for women in academic institutions.

Program Details:

- **Session Timing:** 11:00 AM – 12:00 PM
- **Participants:** Female faculty and staff members
- **Key Resource Person:** Senior faculty member and health educator from the Applied Science Department

Topics Covered:

1. **Importance of Personal Hygiene in Women's Health**
2. **Menstrual Health and Hygiene Management**
3. **Preventive Measures against Common Infections**
4. **Use and Disposal of Sanitary Products**
5. **Availability of Hygiene Facilities in Campus Premises**
6. **Mental Well-being and Stress Management for Women**

Highlights:

- The session included an **interactive discussion** where participants shared experiences and cleared doubts related to hygiene practices.
- Demonstration on safe disposal of sanitary waste and use of hygiene kits.

- Faculty emphasized the availability of **sanitary napkin vending machines** and **clean restroom facilities** on campus.
- Suggestions were collected to improve hygiene infrastructure and promote regular sensitization sessions.

Outcomes:

- Improved awareness among staff about maintaining hygiene, especially during menstruation.
- Encouraged open discussion on topics often considered taboo.
- Reinforced the institution's commitment to women's health and well-being.
- Participants recommended organizing similar workshops for female students regularly.

Event Images:





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Conclusion:

The awareness program on hygienic conditions for women was informative and impactful. It fostered a culture of health consciousness and inclusivity within the institute. The Women Welfare Cell will continue to plan such initiatives to ensure a safe and supportive environment for all women at KC Group of Institutions.