



Activity to Report

Academic year 2022-23	
1.Basic details	
Name of the Activity	Menstrual Health and Hygiene
Date	07/08/2023
Time and Venue	12:00 P.M to 1:00 P.M
Mode (Online/Offline)	Offline
Please provide the youtube link (if online)	Nil
Organized by: Name of the Department/Activity Centre	LEO CLUB
Event Coordinator/ Faculty In-charge	Ms. Neha Banu Coordinator
Nature: Academic /Co-curricular/extracurricular/others	Extracurricular
Topic/Activity	Menstrual Health and Hygiene
Resource Person Details (Name, Designation and Organization/Institution)	
Participants	Leo Club Member's
Objectives of the activity	The objective of this activity was to create awareness among the young girls the importance of maintaining and Menstrual Health and Hygiene and overall well-being and health of women. Menstrual hygiene is necessary to maintain cleanliness and prevent infection during the menstrual cycle.
Methodology	The members of the club took the initiative to distribute sanitary pads to the school girls at Anganwadi Government Girl's School 4 T Block and educated and created awareness among them.
Outcome of activity	The Leo Club wanted to convey that Proper menstrual hygiene practices can help reduce the risk of vaginal infections and other health problems related to menstruation. In addition, maintaining good menstrual health and hygiene can also help reduce the stigma around menstruation and increase awareness about it.

Ms. Neha Banu

Convenor



