

THE QUAIDE MILLETH COLLEGE FOR MEN

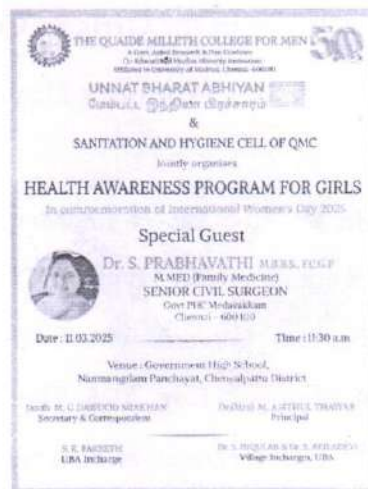
UNNAT BHARAT ABHIYAN

Health Awareness Program for Girls in Commemoration of International Women's Day 2025

On 11th March 2025, The Quaide Milleth College for Men, in collaboration with the Unnat Bharat Abhiyan (UBA) and the Sanitation and Hygiene Cell organized a Health Awareness Program for Girls at Nanmangalam Government High School, held at 12:00 PM in commemoration of International Women's Day 2025. The event aimed to educate students about the importance of good health, hygiene, and overall wellness. With more than 100 students in attendance, the program focused on instilling healthy habits among the participants and raising awareness about common health issues. The Chief Guest, Dr. S. Prabavathi, Senior Civil Surgeon at the Government PHC in Medavakkam, provided valuable insights on women's health and hygiene. Additionally, Nanmangalam Village In charges, Dr. S. Inqulab and Dr. S. Akiladevi, along with UBA Co-ordinator Mr. S. K. Fareeth, were present, and contributing to the event's success. The program not only raised awareness about health practices but also encouraged the students to adopt better hygiene habits for their overall well-being.

Objectives of the Program

1. **Educate students about the importance of good health:** The program aimed to raise awareness among girls about maintaining good health through proper hygiene, nutrition, and physical activity.
2. **Promote health and hygiene practices:** The event sought to instil healthy habits such as regular handwashing, menstrual hygiene, and proper sanitation practices.
3. **Raise awareness about common health issues:** The program focused on informing students about prevalent health issues, especially those affecting women and girls, and how they can prevent and manage them.



Outcome of the Program

1. **Increased awareness among students:** Over 100 students participated in the program, and there was a notable increase in their understanding of the significance of maintaining good health and hygiene.
2. **Improved health practices:** Students were provided with practical tips and tools to adopt better hygiene practices, including proper handwashing techniques and menstrual hygiene management.
3. **Empowered students:** The program motivated many students to take charge of their health, adopt healthier lifestyle choices, and spread awareness among their peers.
4. **Promoted menstrual hygiene awareness:** A major focus of the session was on menstrual hygiene, which is an important topic often overlooked in many communities. The students gained confidence and knowledge on this topic, enabling them to manage their health more effectively.

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Village In-Charges



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PRINCIPAL

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10/8/25