

Report on Women's Day Celebration Activities

Under Unnat Bharat Abhiyan (UBA)

Introduction

On the occasion of Women's Day, a series of awareness and welfare activities were conducted under the Unnat Bharat Abhiyan in five adopted villages. The main objective was to promote women's health, hygiene, empowerment, and awareness about government schemes. These programs aimed to educate women and improve their overall well-being.

Objectives of the Program :-

To spread awareness about menstrual hygiene and health

To educate women about breast and cervical cancer

To promote proper nutrition and healthy lifestyle

To discuss menstrual problems openly

To create awareness about women empowerment and government schemes

Details of Activities Conducted :-

1. Sanitary Pad Distribution & Menstrual Hygiene Awareness

Sanitary pads were distributed among women and adolescent girls. Awareness was created about the importance of menstrual hygiene, proper usage and disposal of sanitary products. Myths and misconceptions were also addressed.

2. Breast and Cervical Cancer Awareness Program

An awareness session was organized to educate women about early signs, symptoms, and prevention of breast and cervical cancer. Importance of regular check-ups and early diagnosis was highlighted.

3. Women Health and Nutrition Awareness

Women were guided about balanced diet, nutritional requirements, and the importance of iron, calcium, and vitamins. Special focus was given to maternal health and anemia prevention.

4. Menstrual Health and Period Related Problems Discussion

An open discussion session was conducted where women shared their menstrual health issues. Guidance was provided on common problems like irregular periods, pain management, and hygiene practices.

5. Women Empowerment and Government Scheme Awareness

Information was provided about various government schemes related to women such as health services, financial support, and education schemes. Women were encouraged to become self-reliant and aware of their rights.

Outcome of the Program

Increased awareness about menstrual hygiene and women's health

Women became more confident in discussing health issues

Improved knowledge about nutrition and disease prevention

Awareness about government schemes increased participation
Positive response and active participation from villagers
Conclusion

The Women's Day celebration under Unnat Bharat Abhiyan was successfully conducted in all five adopted villages. The activities helped in empowering women with knowledge and awareness, contributing towards their health, dignity, and overall development.





Mahim Village, Palghar



Breast Cancer Awareness





