

# **Awareness programme on Health and Hygiene for Girl Students**

## **Objectives:**

- To educate the students the various nuances of health and hygiene
- To raise awareness on the nutritional needs and maintain better health
- To support girls and bring awareness on menstrual and gender related issues

As most of the girl students are hailing from rural background they are vulnerable to various problems such as personal health & hygiene, adolescence related problems, problems with relationships, sexuality and addictions. As a response to meet their needs the counseling centre organizes orientation programmes on Health, Hygiene and Sexuality. Usually the girls from Shift I and Shift II attend a common programme organized by the counseling centre. For such gatherings the girl students welfare committee members are invited and some of the members share their experiences and give the students some tips on health & hygiene. The girls are highly encouraged to interact with the resource persons. The girls are also informed about the counseling facilities available in the college.