



AVIT
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)



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Menstrual Awareness Week and Nutrition Iron Folic Tablet Health Care Awareness Program

The NSS UNIT of AVIT (ISR) conducted Menstrual awareness week and Nutrition Iron folic tablet Health care awareness program on 24.06.2022 at AV Campus. Dr.Baranitharan, DDHS and Dr.Santhana Kumar, MBBS. Block Medical Officer Kelambakkam delivered the Lecture on Nutrition Health Issue to the Girl students under the age 17 to 19 years. Dr.G.Selvakumar, Principal AVIT welcomed the gathering. Prof K.Surendrababu & Prof Leelavathy, NSS Programme Officer, Mr. V.Padmanabhan PRO, AV Campus and along with Mrs. S.Revathi VHN, Mr.G.D.Thiyagarajan, Mr. Harish Kumar and Arjun Health Inspector , primary health Centre Kellambakkam arranged the awareness programme . More than 40 Students 17 to 19 years benefited in this camp.





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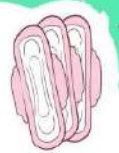
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MENSTRUAL HYGIENE – FOR HEALTH AND DIGNITY



Wash hands with soap before and after changing pad/-cloth/cup



Carry extra pads prior and during menstruation days

Use only plain water to wash vaginal area



Bathe every day during periods



Change sanitary pad/-cloth/cup every 5 to 6 hours to avoid staining and odour

MENSTRUAL
hygiene
Day

28th May, 2022

Remember!

Maintaining good hygiene is your responsibility. Take it seriously!



Menstruation is essential for human existence. Let's make it easy, hygienic and dignified!



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National Health Mission TN

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