




**AVIT**  
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



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



## REPORT ON ADOLESCENT WELL-BEING -AWARENESS



**AVIT**  
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY  
Vinayaka Missions Chennai Campus

DIAMOND

QS I-GAUGE


INDIAN COUNCIL OF RANKINGS

*Cordially invites you all to  
One day Awareness program  
on*


# “ADOLESCENT WELL-BEING”

*Resource Person*

**Ms. R. Seetha Devi**  
Founder and Managing Trustee  
of Street Vision




**24<sup>th</sup> July 2025**





**09.00 a.m.**

*Name of the Adopted Villages*


**Sirudhavor, Arunkundram  
Alathur, Kothimangalam & Naduvakkarai**



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**Organized by  
Institutional Social Responsibility Cell (ISR)  
-Unnat Bharat Abhiyan (UBA)**



As part of its continuous commitment to community development and youth empowerment, the Institutional Social Responsibility Cell (ISR) of Aarupadai Veedu Institute of Technology (AVIT), Chennai, under the Unnat Bharat Abhiyan (UBA) initiative, organized a one-day awareness program on “Adolescent Well-Being” on 24th July 2025. The event featured Ms. R. Seetha Devi, Founder and Managing Trustee of Street Vision, as the chief resource person. The session focused on critical issues affecting adolescents, including emotional health, self-hygiene, menstrual health,

and social awareness. Additionally, expert trainers Ms. Dhanalakshmi.G and Ms. Savitha.R from Sanitation First NGO conducted an interactive training session on menstrual hygiene management and self-care practices, educating adolescent girls from the UBA-adopted villages—Arunkundram, Alathur, Kothimangalam, and Naduvakkarai—on safe and sustainable menstrual practices.

The session emphasized three key topics

- Types of Self-Hygiene Practices Used
- When to Seek Medical Attention During Menstruation
- PMS (Premenstrual Syndrome)

The expert trainers Ms. Dhanalakshmi.G from Sanitation First NGO educated participants on how to identify abnormal menstrual symptoms that may require medical intervention. While mild pain, fatigue, and mood swings are common, certain warning signs should not be ignored. Excessive bleeding defined as soaking through a pad or tampon every hour for several consecutive hours—may indicate a medical condition such as menorrhagia or fibroids. Severe cramps that do not respond to rest or over-the-counter medication may suggest underlying issues like endometriosis.

Infections are another concern. The trainers explained that symptoms such as foul-smelling discharge, persistent itching, or unusual vaginal odour could be signs of a vaginal or urinary tract infection. Fever and dizziness, especially in tampon users, were highlighted as possible indicators of Toxic Shock Syndrome (TSS) a rare but serious condition requiring immediate attention. Additionally, the session covered irregular cycles, including missed periods for several months or unexplained bleeding between cycles, which could be linked to hormonal imbalances or reproductive health issues. Girls were encouraged to break the stigma and seek medical support without hesitation.

The trainers Ms. Savitha.R from Sanitation First NGO demonstrated various menstrual products and hygiene methods to promote safe practices. They discussed the proper use of sanitary pads, the most common product, and stressed the importance of changing them every 4–6 hours to prevent rashes and infections. Tampons were introduced as another option, with warnings about regular changing (every 4–8 hours) to avoid TSS. Reusable menstrual cups were also shown and explained as a sustainable and cost-effective alternative. They must be sterilized before and after use and emptied every 6–12 hours. The use of cloth pads, common in rural areas, was addressed with caution: these should be thoroughly washed with soap and water and dried in direct sunlight before reuse to avoid infections. The trainers also emphasized personal hygiene washing the genital area with plain water (not harsh soaps), washing hands before and after changing products, and wearing

breathable cotton underwear.

The session explained the physical and emotional symptoms that occur before the start of the menstrual period that symptoms like irritability, fatigue, mood swings, breast tenderness, and bloating are common. The trainers encouraged girls to adopt healthy habits like regular physical activity, balanced nutrition (especially rich in iron and magnesium), proper hydration, and adequate sleep to manage PMS symptoms effectively. Relaxation techniques like breathing exercises and journaling were suggested to cope with emotional stress.

The session concluded with an open Q&A, empowering women to speak freely about menstruation and health. The trainers emphasized that menstruation is a normal part of life and maintaining menstrual hygiene is essential for dignity, comfort, and well-being.



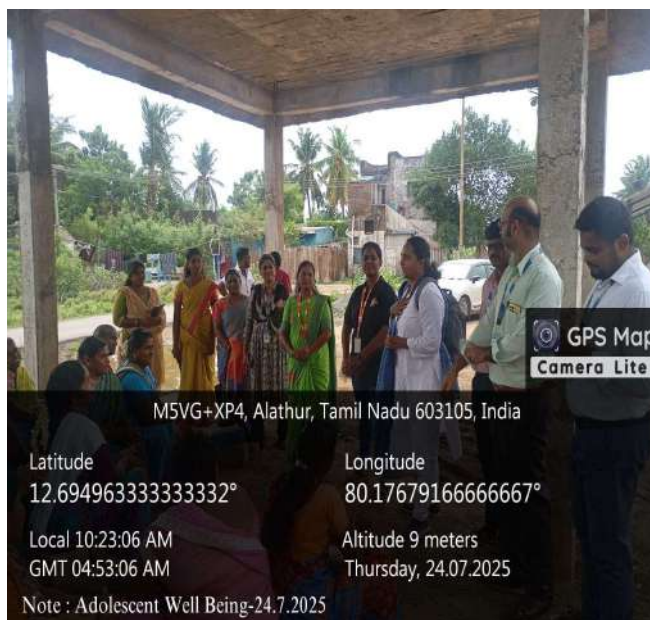
## KOTHIMANGALAM



## ARUNKUNDRAM



## NADUVAKARAI



## ALATHUR

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