

Project 12 11-08-2025

Empowering Women Through Health Education

A comprehensive awareness campaign focused on breastfeeding and menstrual hygiene, empowering young women with essential knowledge for their health and well-being. This project conducted on 11-08-2025 at Sakthikailas women college.

SAKTHIKAILASH



WOMEN'S COLLEGE

ISO 9001-2015 Certified Institution
Matlampatti, Dharmapuri-635205



STALLATION OF ROTARACT CLUB

AN AWARENESS PROGRAM ON MENSTRUAL HYGIENE



Resource Person

Ms. M. Poongodi
Femi 9 Super Stockiest
Dharmapuri



Chief Guest

Er. K. R. Satheesh Kumar
President 2025-26
Rotary Club of Dharmapuri



Mr. S. Thiyagarajan
Secretary



Er. V. Madeshwara
Treasurer

Mr. R. Krishnan
Director - Club Administration

Mr. P. Sivaraman
Director - Rotaract/ Interact

Date: 11.08.2025 | Time: 01.30 pm to 03.30 pm

Participants: All Year Willing Students | Venue: Avvaiyar Seminar Hall

Breaking the Silence on Women's Health

Many young women lack access to accurate information about menstrual hygiene and reproductive health. This knowledge gap can lead to serious health complications, fertility issues, and preventable diseases.

Our mission is to bridge this gap through comprehensive education, creating safe spaces for open dialogue and empowering women to make informed decisions about their health.



The Importance of Menstrual Hygiene Awareness



Disease Prevention

Proper menstrual hygiene prevents infections, UTIs, and reproductive tract diseases that can impact long-term health and fertility.



Overall Wellness

Understanding your menstrual cycle promotes better physical and emotional health, helping you recognize normal vs. concerning changes.



Informed Choices

Education empowers women to choose safe, healthy products and practices that support their reproductive health goals.

Making Healthy Product Choices

Moving Beyond Plastic: Healthier Alternatives

Many conventional menstrual products contain plastic and chemicals that can disrupt your body's natural balance. Our campaign educates women about safer alternatives including organic cotton pads, menstrual cups, and biodegradable options.

→ **Organic Cotton Products**

Chemical-free, breathable, and gentle on sensitive skin

→ **Reusable Menstrual Cups**

Eco-friendly, cost-effective, and safe for up to 12 hours

→ **Cloth Pads**

Washable, comfortable, and free from harmful chemicals



Supporting Breastfeeding Success



Essential Knowledge for New Mothers

Breastfeeding education is crucial for maternal and infant health. Our program covers proper techniques, common challenges, and the incredible benefits of breastfeeding for both mother and baby.

- Proper latching techniques and positioning
- Nutritional benefits for infant development
- Managing common breastfeeding challenges
- Building confidence in new mothers

Meet Our Expert: Mrs. Poongodi

Leading with Expertise and Compassion

Mrs. Poongodi, our guest lecturer and women's health specialist, brought years of experience and deep understanding to our campaign. Her interactive approach created a safe space where students felt comfortable asking questions and sharing concerns.

"Every young woman deserves access to accurate health information. Knowledge is the foundation of empowerment and well-being."



Incredible Student Engagement

150+

Students Participated

Young women actively engaged in learning sessions

85%

Interactive Participation

Students asked questions and shared experiences

95%

Reported Increased Awareness

Students gained valuable health knowledge

The enthusiasm and engagement from participants exceeded our expectations. Students asked thoughtful questions, shared personal experiences, and left feeling more confident about their health decisions.

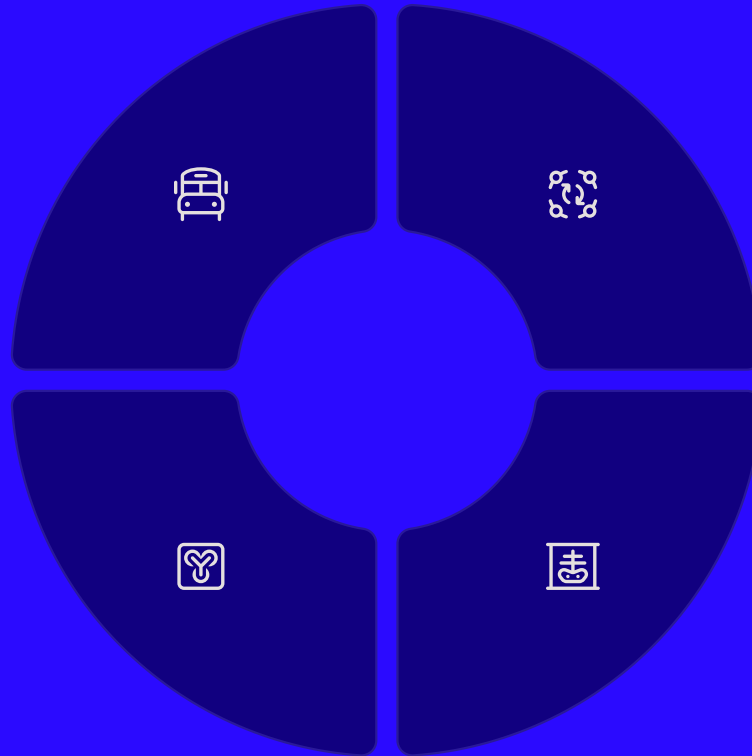
Creating Lasting Impact

Knowledge Gained

Students now have evidence-based information about menstrual hygiene and breastfeeding

Future Wellness

Foundation for lifelong reproductive health and informed motherhood



Community Building

Created networks of support among young women for ongoing health discussions

Healthier Choices

Empowered participants to make informed decisions about products and practices

Together, we're building a future where every woman has the knowledge and confidence to prioritize her health and well-being.