



AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Sponsored by AIMAAN Education & Welfare Society)

Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) & 12(B)

K.Sathanur, Trichy - 620021.

Department of Nutrition & Dietetics

Organizes a Guest lecture
on

General Hygiene & Menstrual Hygiene

Resource Person

MS.HANNEKKE

Student of Applied Health Sciences

Howest University, Belgium.

Internship Trainee - MM Trust, Trichy



Date : 9.04.2022 & 11.4.2022

Time : 10.30 a.m.

Venue : Seminar Hall

Dr. Suhashini Ernest
Principal

Prof. Dr.M.M.Shahul Hameed
Director

Principal 8/4/22
PRINCIPAL

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K.Sathanur, Tiruchirappalli - 620 021.

REPORT

GENERAL HYGIENE AND MENSTRUAL HYGIENE- APRIL 2022

The Department of Nutrition and Dietetics organised guest lectures for all UG students for three days on the topic General hygiene and menstrual hygiene. The Guest speaker was Ms.Hannekke, Student Applied Health Sciences, Howest University Belgium .

On 31st March 2022 the session was organised for II year students and on 9th April 2022 this session went for I year students and concluded with III Year student on 11th April 2022. Mrs Jasmin Uhanitha, Head, Department of Nutrition and Dietetics welcomed the gathering and introduced the guest speaker. And for all three days, she delivered her lectures on General hygiene & Menstrual hygiene with great enthusiasm. She started her sessions with an activity based on the anatomy of female reproductive system. By labelling various parts of female reproductive system students able to gain knowledge with ease. She explained about the safe usage of napkins and tampons. Finally, she gave remedies for the menstrual cramps. On all the three days our students participated very actively and acquired overall knowledge about staying hygienic during menstruation.


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GENERAL HYGIENE AND MENSTRUAL HYGIENE MARCH & APRIL 2022

SESSION I (31st March 2022)



Mrs. Jasmin Uhanitha, Head, Department of Nutrition and Dietetics welcomed the gathering and Introduced the chief guest of the day Ms Hanneke Student Applied Science Howest University, Belgium



Students of II YEAR Department of Nutrition and Dietetics actively participated



Session I got completed successful by the chief of the day Ms Hanneke Student Applied Science Howest University, Belgium

Principal
15/4/22
PRINCIPAL
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SESSION II (9th April 2022)



Students of I YEAR Department of Nutrition and Dietetics actively participated



Session II got completed successful by the chief of the day Ms Hanneke Student Applied Science Howest University,Belgium

SESSION III (11TH April 2022)



Students of III YEAR Department of Nutrition and Dietetics actively participated



Session III got completed successful by the chief of the day Ms Hanneke Student Applied Science Howest University,Belgium

Signature
13/4/22