



GEETHANJALI INSTITUTE OF SCIENCE & TECHNOLOGY

(AUTONOMOUS)

Accredited by NAAC with 'A' Grade, Accredited by NBA (B.Tech., -ECE, EEE & Mech : 2024-2027

(Approved by AICTE & and UGC, New Delhi & Affiliated to JNTUA, Anantapur.)

3rd Mile, Nellore - Bombay Highway, Gangavaram (V), Kovur (M), S.P.S.R. Nellore Dt, Andhra Pradesh - India. 524 137

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INTERNAL COMPLAINT COMMITTEE::2025-26

(WOMEN PROTECTION CELL)

Report on- “One Week Online Webinar on Menstrual Health and Hygiene”

Date: 03-11-2025 to 08-11-25

The Women Protection Cell (ICC) of Geethanjali Institute of Science and Technology organized a **One Week Online Webinar on “Menstrual Health and Hygiene Session”** from **3rd November 2025 to 8th November 2025** in collaboration with the **Global Hunt Foundation**. The main objective of this one-week online programme was to spread awareness and educate female students on the importance of menstrual health and hygiene. The programme aimed to provide scientific understanding, address myths and taboos surrounding menstruation, and promote sustainable hygiene practices for better well-being.

The sessions were successfully organized with the support and encouragement of Prof. G. Subba Rao, Director of the institution and Dr. K. Sravan Kumar, Vice Principal, under the supervision of ICC chairman **Dr.K.Vijaya**. Totally 400 I.B .Tech girl students and 50 women faculty members were participated in this Webinar.

The session was conducted by **Mrs. Fathima Afreena**, Research Associate, who enlightened the participants on topics such as:

- Understanding the menstrual cycle and hormonal changes.
- Importance of personal hygiene during menstruation.
- Use of eco-friendly and safe menstrual products.
- Common menstrual health issues and preventive care.
- Overcoming myths, stigma, and misconceptions related to menstruation.

The sessions were highly informative and interactive, allowing students to clarify doubts and engage in meaningful discussions about menstrual hygiene and health.

Outcome of the Webinar:

Participants gained valuable knowledge about menstrual hygiene management and the importance of maintaining cleanliness and health during menstruation. The programme successfully helped in breaking taboos and encouraged open discussion on menstrual health, fostering confidence among young women to talk freely and seek proper care.

Conclusion:

The one-week online programme on “*Menstrual Health and Hygiene Session*” was highly beneficial and achieved its intended objectives. The Women Protection Cell (ICC) expresses sincere gratitude to **Mrs. Fathima Afreena** and the **Global Hunt Foundation** for their valuable support and contribution. The programme played a vital role in spreading awareness and empowering women with the right knowledge to lead a healthy and confident life.



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FLEX

Geethanjali
Institute of Science and Technology

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Hearty Welcome

A One Week Online Programme
on
Menstrual Health
&
Hygiene Session

Date : 03-11-2025 to 08-11-2025

Mrs. Fathima Afreena
Research Associate

GlobalHunt
FOUNDATION™
Creating Sustainable Solutions

Organised by
Women Protection Cell (ICC)



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Gallery

Name of the Event: "One Week Online Webinar on Menstrual Health and Hygiene" (03-11-2025 to 08-11-25)

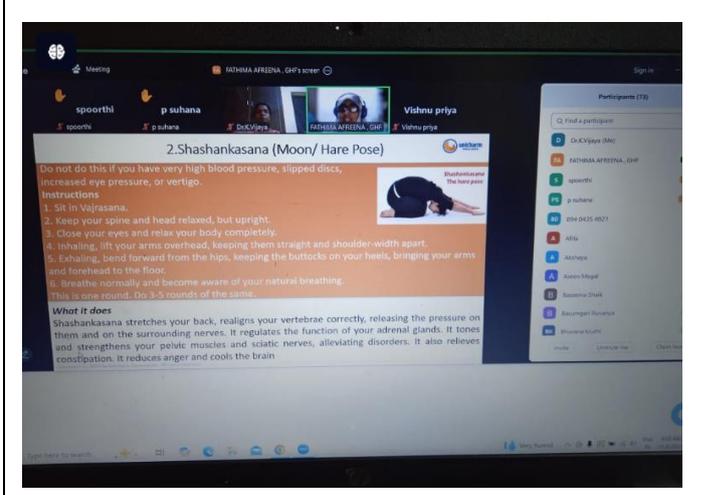
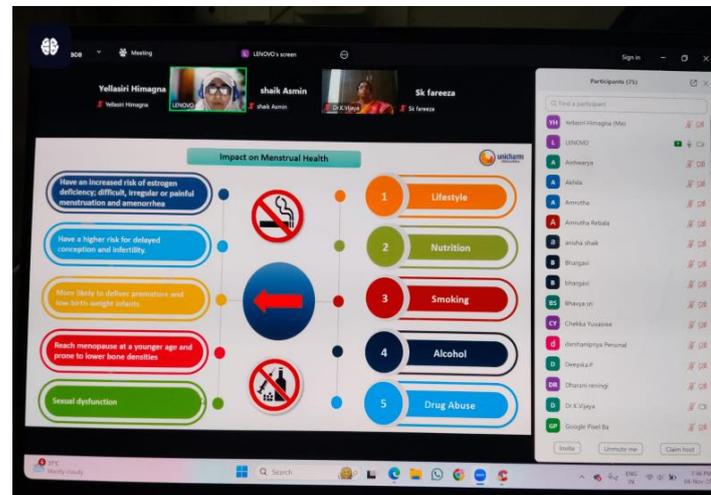
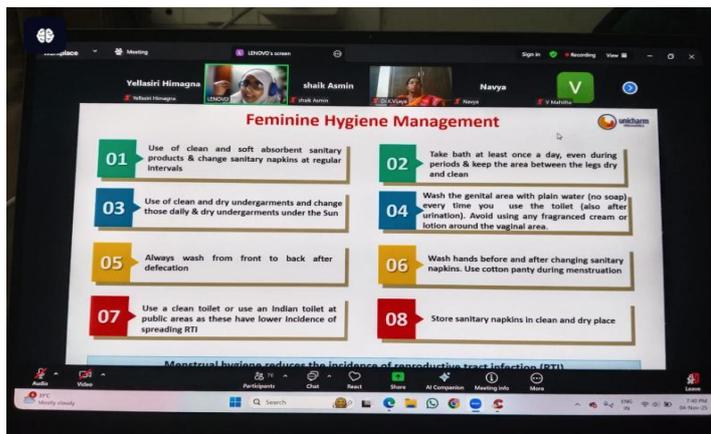


Fig: Screenshots during the sessions conducted by resource person Mrs. Fathima Afreena



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PAPER CLIPPING



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గీతాంజలిలో ఆరోగ్యం, పరిశుభ్రతపై వెబినార్

కోవూరు, నవంబర్ 8 ప్రఖ్యాత వార్త : కోవూరు మండలం గంగవరం గ్రామంలోని గీతాంజలి ఇంజనీరింగ్ కళాశాలలో సోమవారం నుంచి శనివారం వరకు రుతుక్రమ ఆరోగ్యం, పరిశుభ్రతపై వారం రోజుల పాటు వెబినార్ కార్యక్రమాన్ని నిర్వహించినట్లు కళాశాల ఉమెన్ ప్రొటెక్షన్ క్లబ్ సెల్ ఆధ్వర్యంలో జరుగుతుందని కన్వీనర్ కె. విజయ తెలిపారు. ఈ వెబినార్ కు ఫాతిమా ఆఫ్ఝాద్ ఖాన్, హాబ్ ఫౌండేషన్ రీసెర్చ్ అసోసియేట్ ముఖ్య అతిథిగా వ్యవహరిస్తారన్నారు. ఈ వెబినార్ లో కళాశాలకు సంబంధించిన ప్రథమ టీచెక్ బాలికలు 400 మంది పాల్గొన్నారని ఈ సందర్భంగా ఆమె తెలిపారు. ఈ సందర్భంగా కళాశాల డైరెక్టర్ డాక్టర్ జి. సుబ్బారావు మాట్లాడుతూ బాలికలు ఆరోగ్యం పట్ల మరింత శ్రద్ధ చూపాల్సిన అవసరం ఉందన్నారు. బయట లభించే వివిధ రకాల జంక్ ఫుడ్ కు దూరంగా ఉండి ఆరోగ్యం పట్ల పలు జాగ్రత్తలు తీసుకోవాలన్నారు. ఈ వెబినార్ లో కళాశాల వైస్ చీఫ్ ప్రొఫెసర్ కె. శ్రావణ్ కుమార్, ఎన్ఎస్ఎస్ ప్రోగ్రామ్ అధికారి వై. మురళీకృష్ణ, విభాగాధిపతులు, ఉమెన్ అధ్యాపక బృందం పాల్గొన్నారు.



9:25 am