

**2019-20**

### **TALK ON MENSTRUAL HYGIENE MANAGEMENT (MHM)**

The Cell organized an awareness program on Menstrual Hygiene Management (MHM), inaugurated by Principal Dr. Ajithakumari on October 10, 2019. During the program, Dr. Shobha Mathew, the Branch Manager of the Family Planning Association of India, delivered a talk on Menstrual Hygiene Management, sharing her expertise on managing various menstruation-related issues. She also provided insights on improving the physical and mental health of female students. The session was interactive, allowing students to ask questions and clarify information. The program emphasized the importance of personal hygiene. College Union Chairperson Kumari Naadila extended felicitations to the speaker.



*Talk by Dr. Shobha Mathew, Principal and college union chairperson*