



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
**MENTORING & COUNSELING CELL ACTIVITIES**

The College offers support services through mentoring and counselling to ensure the physical and mental well-being of the students. The mentoring model of the college is based on a three-tier mechanism. The first tier is academic mentoring where the class teachers serve as the academic mentor and handle academic difficulties. The second tier is personal mentoring wherein thirty students are assigned to a personal mentor who accompanies the students till their course completion and addresses difficult situations that thwart the functioning of the individual. The third tier is the counseling service anchored by faculty from the Psychology and Social work departments where the student receives individual attention on the problem at hand. An exclusive counseling room is situated in the Psychology Department for the students to pay direct visits or through referral of faculties. Many interpersonal and academic concerns were addressed by the college counselor.

**ACADEMIC MENTORING**  
**Mentor-Mentee Details**  
**Shift I**

**DEPARTMENT OF ENGLISH**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
<b>I UG</b>	D22EL001 - 30	Mr. Prithiviraj Kumar
	D22EL031- 51	Mrs. Gayathri K
<b>II UG</b>	D21EL001 - 39	Mr. Dharmendar A
<b>III UG</b>	112004672 – 96	Ms. Abinaya Devi N
	112004697 - 21	Mrs. Mohana Priya

**DEPARTMENT OF COMMERCE - GENERAL**



<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG A	D22CM001- 35	Dr. Duraiarasan
	D22CM035-71	Dr Krishna M
I UG B	D22CM072-107	Mr. Arunan S
	D22CM107-142	Mr. Mahendran
I UG C	D22CM143-177	Mrs. Sunitha John R
	D22CM178-244	Dr. Vaidegi T
II UG A	D21CM001 - 36	Dr. Purushothaman N
	D21CM037-71	Dr. Jansirani. S.
II UG B	D21CM072 – 108	Dr.A Meera
	D21CM109 -141	Mr.R Yuvanesh Kumar
II UG C	D21CM142-176	Dr.Unika .D
	D21CM177 - 211	Ms Alice P.R.D.
III UG A	D20CM001 - 36	Dr.Vijayganesh. A.
	D20CM037 - 70	Ms.Maria Benita Fernando
III UG B	D20CM071 - 109	Dr.M..Murali
	D20CM110 - 141	Ms.Nivethitha
III UG C	D20CM141 - 176	Dr. Gopinath
	D20CM177 - 213	Dr.C Senthilkumar

**DEPARTMENT OF COMMERCE- ACCOUNTING &  
FINANCE**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
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I UG	D22AF001-30	Dr. Manjusha T. V
	D22AF031-60	Dr. Meenakshi .M
	D22AF060-72	Ms. I. Florence Josephin Punitha
II UG	D21AF001 - 35	Ms. Sowmiya S
	D21AF036 - 70	Dr. Leethiyal Nancy Crocker
III UG	D20AF001 - 28	Mr. Abhishek I Singh
	D20AF029 – 46	Mr. Subramaniam P.K.
	D20AF047 – 76	Dr. Baby M

***DEPARTMENT OF COMMERCE- CORPORATE  
SECRETARYSHIP***

<b><i>CLASS</i></b>	<b><i>NUMBER</i></b>	<b><i>MENTOR</i></b>
I UG	D22CP002-33	Dr. Sreepriya D
	D22CP034-71	Dr. Muthu Kumaravel S
II UG	D21CP001 - 35	Ms. Sneha
	D21CP036 - 70	Dr. Dhananjayan D
III UG	D20CP001 – 35	Ms. Mary Julie A
	D20CP036 - 71	Dr. Sathiya Priya R

***DEPARTMENT OF BUSINESS ADMINISTRATION***

<b><i>CLASS</i></b>	<b><i>NUMBER</i></b>	<b><i>MENTOR</i></b>
I UG	D22BA001-35	Mrs. Mahalakshmi G
	D22BA036-74	Mr. Daniel Felix Joseph Chalke



II UG	D21BA001 - 33	Dr. Raja A
	D21BA034 - 71	Ms. Mary Louisa
III UG	D20BA001 – 16, 24 – 35, 44 – 49	Dr. Sasikala B
	D20BA017 – 23, 36 – 43, 59 - 71	Dr. S. Vijaya Kumari

**DEPARTMENT OF MATHEMATICS**

CLASS	NUMBER	MENTOR
I UG	D22MS001-13	Mr. S. Sriram
III UG	D20MS001 - 15	Mrs. Christy T

**DEPARTMENT OF COMPUTER SCIENCE**

CLASS	NUMBER	MENTOR
I UG	D22CS001-15	Mr. Subramanian
	D22CS016-30	Mrs. Mashiya Afroze
	D22CS030-51	Mr. John Vaseekaran
II UG	D21CS001 - 15	Mr. John Vaseekaran
	D21CS016 - 30	Mrs. Frizilin
	D21CS031 - 38	Mrs. Thasin Fouzia
	D21CS039 – 50	Dr. Rajasekar E
III UG	D20CS001- 10	Mrs. Thasin Fouzia
	D20CS011 - 26	Mrs. Mashiya Afroze
	D20CS027 - 41	Mrs. Frizilin
	D20CS042 – 53	Mr. Subramanian

**DEPARTMENT OF COMPUTER APPLICATIONS**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG A	D22CA001 - 25	Dr. Subbulakshmi B
	D22CA026 - 50	Dr. Anandapriya B
I UG B	D22CA051 - 75	Mrs. Srivaishnavi K R
	D22CA076 - 101	Mrs. Annies Mary Jeyaseeli
II UG A	D21CA001 - 31	Mrs. Sangeetha K
	D21CA032 - 101	Mrs. Josephine Shanthi G
II UG B	D21C051 - 75	Ms. Nivethitha
	D21CA76 - 100	Dr. M. Murali
III UG A	D20CA001 - 11	Ms. Maria Benita Fernando
	D20CA012 - 41	Dr. Vijayganes. A.
	D20CA042 - 50	Ms. Abinaya Devi. N.
III UG B	D20CA051 - 71	Ms. Gayathri. K
	D20CA072- 99	Ms. Alice P.R.D.

**DEPARTMENT OF VISUAL COMMUNICATIONS**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	D22VC002-24	Ms. Pooja Ragothaman
	D22VC025-48	Mrs. Gayathri. C.S.
II UG	D21VC001 – 25	Mr. Martin Baskar
	D21VC026-50	Ms. Rani Preethi
III UG	D20VC001 – 43	Mr. Habeeb Ur. Rahaman S

**DEPARTMENT OF SOCIAL WORK**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	D22SW001 - 20	Mr. Prasanna Chandru
	D22SW021 - 39	Mr. Justus Wallis
II UG	D21SW001 - 23	Ms. Vinola Sharo Bell W
III UG	D20SW001 - 21	Ms. Leanne Maria
	D20SW022 - 42	Ms. Reena Rachel

**DEPARTMENT OF PSYCHOLOGY**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	D22PY002-20	Dr. Josephine Lucy
	D22PY021-41	Ms. Mary Theresa
II UG	D21PY001 - 20	Ms. Rohini
	D21PY021 – 31	Ms. Judy C Karol
III UG	D20PY001 - 20	Ms. K Sadiya Fathima
	D20PY021 – 41	Ms. Nivedha K



**Shift II*****DEPARTMENT OF COMPUTER APPLICATION***

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	E22CA001 - 25	Mrs. Pushpalatha. L.
	E22CA026 - 51	Dr. Meenakshi V
II UG	E21CA001 - 26	Dr. Vijayalakshmi
	E21CA027 - 51	Mrs. Fatima Rumaiza
III UG	E20CA001 - 26	Mr. Dinesh. A.
	E20CA027 – 54	Dr. Devendiran V

***DEPARTMENT OF COMPUTER SCIENCE***

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	E22CS002-26	Mrs. Ajitha Purnima M S
	E22CS027-53	Dr. D, Karthika
II UG	E21CS001 – 25	Dr. Arul R
	E21CS026 - 50	Mr. Dinesh. A.
III UG	E20CS001 - 28	Dr. Elaiyaraja R
	E20CS028 – 50	Dr. Sundaramoorthy S

**DEPARTMENT OF COMMERCE**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	E22CM001 - 35	Prof. Janadaranam
	E22CM036 - 73	Dr. Sweety Regina Mary
II UG	E21CM001 - 35	Mr. Mohammed Ameen
	E21CM036 - 70	Dr. Sweety Regina Mary. S.
III UG	E20CM001 - 35	Mr. Janardanam. P.
	E20CM036 - 73	Mr. Mohammed Ameen

**DEPARTMENT OF COMMERCE – ACCOUNTING & FINANCE**

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	E22AF001-35	Mrs. Rekha Naidu
	E22AF036-71	Mr. S. Nagarajan
II UG	E21AF001 – 34	Mr. Praveen Kumar P
	E21AF035 – 70	Mrs. Rekha Naidu
III UG	E20AF001 – 36	Mr. Praveen Kumar P
	E20AF037 - 73	Mr. S. Nagarajan



***DEPARTMENT OF COMMERCE – CORPORATE  
SECRETARYSHIP***

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	E22CP001-35	Dr. Thenmozhi S.
	E22CP036-74	Mr. Vignesh V.
II UG	E21CP001 – 35	Ms. Jenifer Angelen S
	E21CP036 – 70	Dr. Ayisha Jothi
III UG	E20CP002 – 38	Ms. Jenifer Angelen S.
	E20CP039 – 77	Mr. Vignesh V.

***DEPARTMENT OF ELECTRONIC MEDIA***

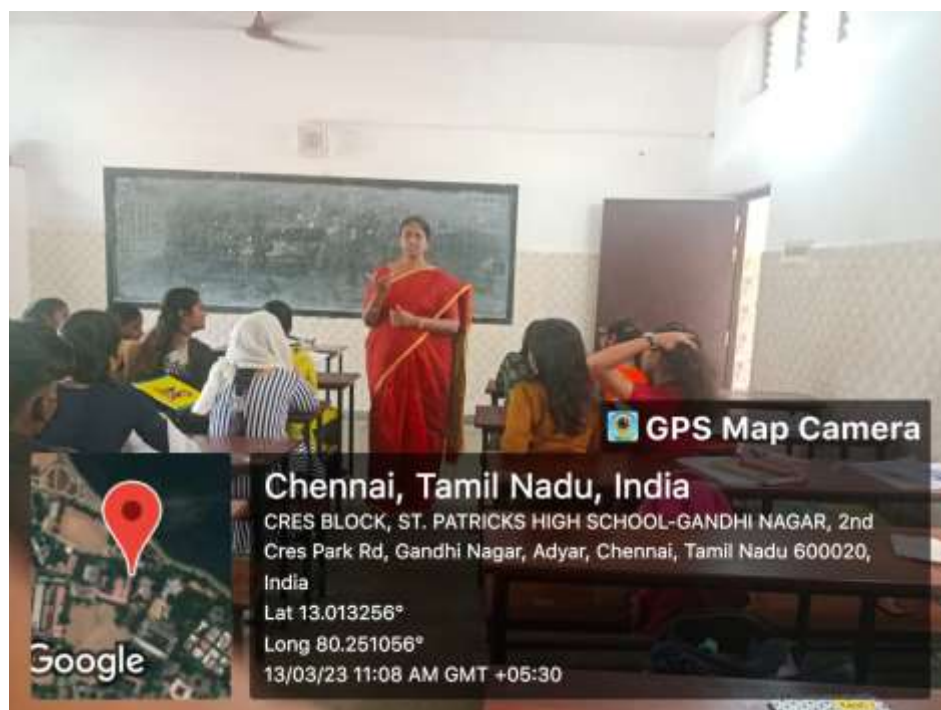
<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR</b>
I UG	E22EM001-21	Dr. S. Mahalakshmi
II UG	-	-
III UG	E20EM001 – 17	Mr. Paulson Santhosh Nithyarajan J. L.

***DEPARTMENT OF JOURNALISM***

<b>CLASS</b>	<b>NUMBER</b>	<b>MENTOR /E</b>
I UG	-	-
II UG	-	-
III UG	E20JM002 - 13	Mr. Ahamed Rasool. S.



### Group Counseling Services







## Personal Counseling

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## Counseling Record



**WOMEN CELL  
PROGRAMS 2022-23**

S.No	Date	Programme Title	Resource Person	No of Beneficiaries
1.	1.10.22	Women wellness Camp By HealthUno	Dr.Priyanka, Dr.Priya Prabhakar Dr.Prabhakar	All female students and female faculty
2.	10.10.22	Menstrual Hygiene Awareness By Global Hunt Foundation	Ms. Roshinee Bhomick and Megha Kaushik	Shift 1 girls and Shift 2 girls
3.	7.11.22	MoU signing with HealthUno	Dr.Ruby and Dr.Parameshwari	For staff and students
4.	7.12.22	Wellness Clinic Inauguration in Campus	Dr.Ruby, Dr.Parameshwari	Clinic for students and Staff
5.	8.3.23	International Women's day on Gynecological Awareness and health check up camp	Dr.Archana and of Kanimozhi Thaimai hospital and Dr.Sai Dakshini co-founder of absolute Ayurveda	For female staff and female students
6.	26.2.23	Reproductive health and wellbeing	Dr.Usha jose , women cell coordinator	For Maega Trust SHG women's group , 35 participants

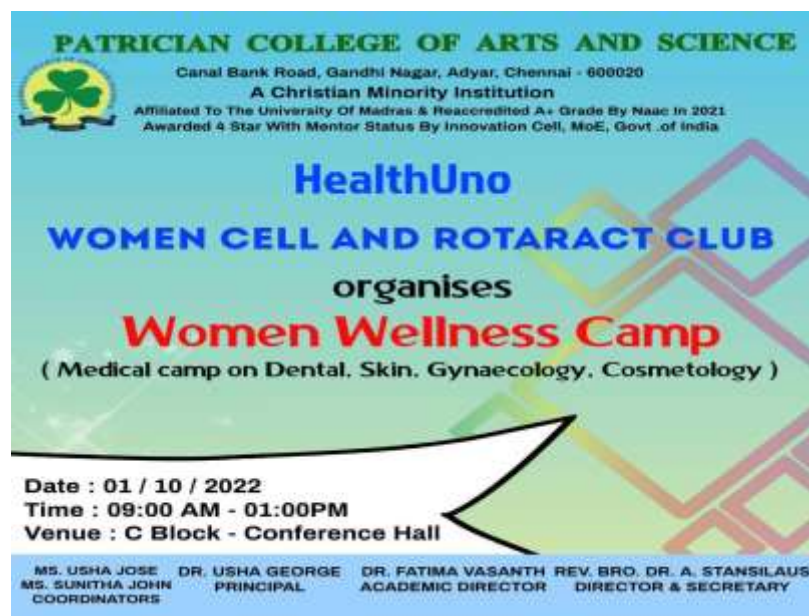


## WOMEN CELL and ROTARACT CLUB

Date 01.10.22

Time 11.30 am to 3.00 pm

Venue: Conference Hall



### Programme Schedule

Sl.No	Programme	Incharge - student
1	WOMEN WELLNESS PROGRAMME	Silent - Prayer Monica - Welcome address and facilitation Aarathi - Introduction of Consultants Shavitha - Vote of thanks

### Report of the programme

Health Uno is a Chennai based online consultation platform aiming to provide world class health care by seamlessly connecting people with the best doctors across India. Currently there are around 2000 doctors and they are facilitating 2500 online doctors for consultation in a day. Their main aim was to grow their network of doctors and hospitals in the coming years.





The Uniqueness of HealthUno is that it is a single platform connecting Allopathy, Ayurveda, Yoga, Naturopathy, Unani, Sidhha and Homeopathy in supporting their vision of strengthening the health care service delivery system in India. They have Holistic Health care for schools and colleges. They do screening, counselling, nutritional diet, health checkups, particularly general health, skin, ENT, Dental, cosmetology and do lot of workshops for students

**Objectives**

1. To bring out wellness in all the female students and once in a year to check their health status.
2. To get treatment if any problems present in the students
3. To understand and improve their health status through women friendly approaches.

**Consultations were given by**

Doctors from HealthUno

Dr. Parameshwari

Dr. Vina skin and Hair

Dr. Priyanka- OSG diagnostic

Dr. Priya Prabhakar - Cosmetology

Dr. Prabhakar Joseph- Endodontist and Conservative Dentist

**Beneficiaries**

Women cell members and female students n Staff

**Outcome of the Programme**

- To bring about health conscious and treatment seeking behaviour
- To create a healthy generation and prevent illness in early stages of the illness
- To clarify the doubts or questions on their health conditions.
- Skin, dental and cosmetology doctors were present and for ailments medicines were prescribed and clarified their doubts

**Report**

Many students benefited from the camp and female faculties were able to discuss their dental and cosmetology issues. There was a need to have a permanent set up in college with the help of HealthUno. The HealthUno team discussed with the management to have health check ups by

various doctors from various hospitals, so that many students and faculties benefit out of this service. The service to our college is free of cost by health Uno.



HealthUNO Team Dr. Ruby, Ms. Monika, Dr. Parameshwari and Ms. Sneha with women cell coordinator Dr. Usha Jose.



Dr. Priya Prabhakar , creating awareness on cosmetology issues



Faculty consulting the doctors in the camp



Dr. Joseph Prabhakar and women cell Coordinator Dr. Usha Jose

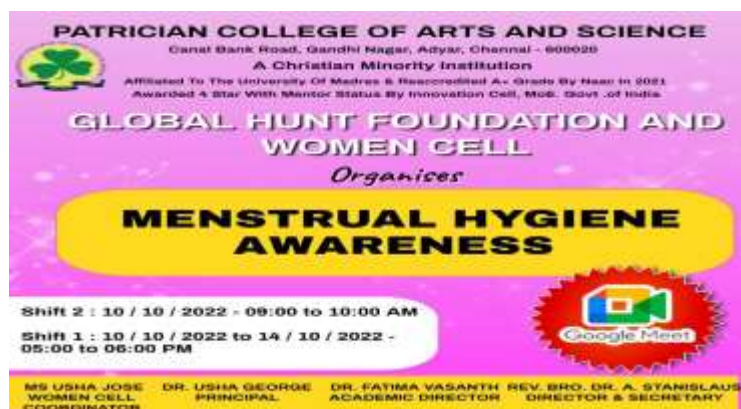


## WOMEN CELL AND GLOBAL HUNT FOUNDATION ON MENSTRUAL HYGIENE AWARENESS

Date : 10.10.22 Shift 1 - 10.00 to 11.00 am

Date : 10.10.22 to 14.10.22 5.00 to 6.00 pm

Online Platform : Google Meet



### PROGRAMME SCHEDULE

Sl. No	Speaker Name	Date	Block and shift	Timings	Google meet link	Staff incharge / student incharge
1	Roshnee Bhomick	10.10.2022 (Monday)	Shift 2 ALL GIRLS	9:00 am - 10:00 am	<a href="https://meet.google.com/vss-kffr-jdx">https://meet.google.com/vss-kffr-jdx</a>	Usha / Monica
2	Megha Kaushik	10.10.2022 (Monday)	A BLOCK SHIFT 1	5:00 pm - 6:00 pm	<a href="https://meet.google.com/pey-jtcp-thw">https://meet.google.com/pey-jtcp-thw</a>	Leanne/ Monica
3	Roshnee Bhomick	11.10.2022 (Tuesday)	B BLOCK SHIFT 1	5:00 pm - 6:00 pm	<a href="https://meet.google.com/jua-aio-bbv">https://meet.google.com/jua-aio-bbv</a>	Sunita John/ Shavitha
4	Roshnee Bhomick	12.10.2022 (Wednesday)	C BLOCK SHIFT 1	5:00 pm - 6:00 pm	<a href="https://meet.google.com/xgx-teuy-ikz">https://meet.google.com/xgx-teuy-ikz</a>	Gayathri V.S/ shavitha
5	Megha Kaushik	13.10.2022 (Thursday)	D BLOCK SHIFT 1	5:00 pm - 6:00 pm	<a href="https://meet.google.com/usy-dcrc-ooq">https://meet.google.com/usy-dcrc-ooq</a>	Dr.Nancy& Dr.Kalaiman i/ monica



6	Megha Kaushik	14.10.2022 (Friday)	E BLCOCK SHIFT 1	5:00 pm - 6:00 pm	<a href="https://meet.google.com/itc-sawb-sdg">https://meet.google.com/itc-sawb-sdg</a>	Dr. Josephine / Monica
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## PROGRAMME REPORT

WOMEN CELL and GLOBAL HUNT FOUNDATION proudly organised Menstrual hygiene training for all female students of our college. Global Hunt Foundation (registered as Section 8 under The Companies Act, 1956) which works with businesses, government, social organizations, Academies, institutions, funders, innovators etc. They believe in developing and implementing sustainable models that are relevant to overcome the disparity of society. In the third phase of their project “My Menstruation My Pride” reached schools & colleges at the Pan India level. This year the sessions other than girls, mothers and teaching faculty included boys and non-teaching staff. More than 30,000 beneficiaries have been covered till date.

The session entails a comprehensive understanding on the what, why and how of menstruation consisting of, meaning of menstruation, develop a biological understanding, talk on related social taboos and aware them on hygiene practices to be maintained during menstruation. It is done Block wise for the benefit of female students.

Online Platform - Google meet (Link is attached and each block each day new link is shared .

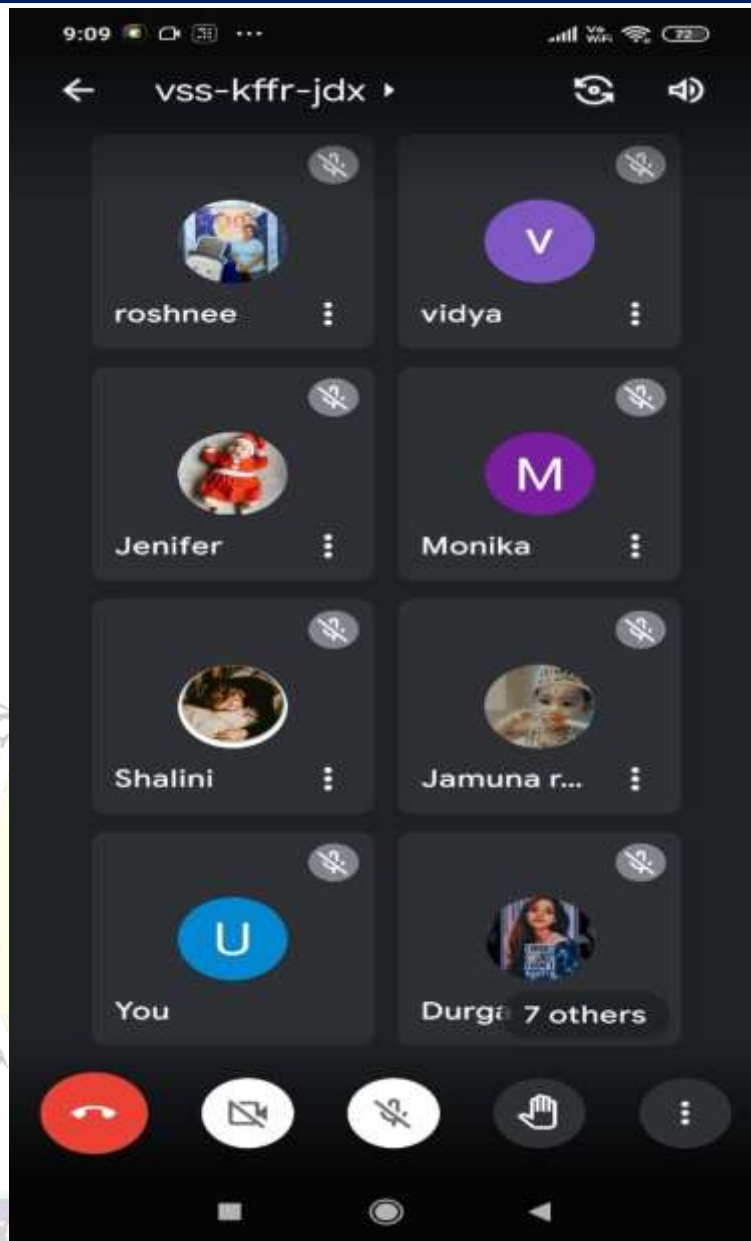
### Beneficiaries

Shift 1 All Female students

Shift 2 All Female students











### **MOU SIGNING CEREMONY PCAS WOMEN CELL and HEALTHUNO**

**DATE:07/11/22 TIME:11.30 am VENUE: PCAS BOARD ROOM**

#### **Summary**

MoU is signed between HealthUno and PCAS Women Cell.

1. The Parties hereby agree that the Privacy policy of the Healthuno Healthcare will form part and parcel of this Agreement.

2. The Healthuno healthcare Pvt Ltd shall provide an Ayurveda physician and a therapist for consultation and treatment. The consultation will be free of charge. Health Uno healthcare Pvt Ltd will provide simple Ayurvedic treatments at a discounted price (See Annexure 1). For extensive treatment, Healthuno Healthcare Pvt Ltd will specify the place of treatment and cost thereof to the patients who request for the same. On receipt of consent from the patients, Healthuno Healthcare will connect patients to the Medical Practitioners specified by a partnered hospital for treatment.

3. Healthuno shall provide the following services for which consultation shall be free of charge

Skin care – We use Herbal powders and Oils for skin nourishment and other treatments which don't cause any harm to the skin.

Hair care – We use Herbal oils for all kinds of hair treatments and Herbal powders for Hair packs which don't cause any harm to the scalp and hair.

The Healthuno healthcare shall provide all kinds of treatments that is required for patients by reputed medical professionals in partnered hospitals of the patient's choice. The Healthuno healthcare Pvt Ltd shall hold health programs once a month or as prescribed by the institution for the benefit of staff and students of the college. In this health programs, family members of the staff and students can also consult. The services that will be provided in the health camps will be as follows-

1. Free consultation (Ayurveda)
2. Health supplements at discounted rates
3. Partial therapies at discounted rates
4. Ayurvedic diet recommendations
5. Stress management
6. Sports injury management
7. Acupuncture
8. Cosmetic treatments

4. It is made clear that HealthUno Healthcare Pvt Ltd will provide only the services mentioned herein in the college clinic. For all other consultations and treatment HealthUno Healthcare Pvt Ltd will facilitate senior consultants as required by the patients.

5. The payment terms between Healthuno healthcare and the college shall be as follows:

(Please see Annexure 1) The Healthuno healthcare shall charge the following for patients at the



clinic as follows: Please see Annexure 1.

Neither party will be liable for any delay or failure to perform its obligations under this agreement as a result of a Force Majeure Event. The party affected by a Force Majeure Event must notify the other party as soon as practicable of any anticipated delay or impact on the delivery of the Services.

6. HealthUno shares with the college

1. Maintenance
2. Electric bill
3. Scholarship
4. Interior design
6. Healthuno Marketing plans
  1. Outlet on all products
  2. Health awareness program
  3. Whatapp- promotional to faculty and students
  4. Healthy Cooking demo on Saturdays





Date: 7.12.22 Time: 11.15 am, Venue OAT



Women Cell and HealthUno jointly organised “Wellness Clinic” in our Campus. Our Wellness clinic was inaugurated by Bro. Stanislaus at 11.15 at OAT. All staff and students were requested to join and various health products, juices were displayed. All were encouraged to visit and avail the Ayurvedic products and information on Therapy facilities were provided at very reasonable rates in our campus. The services are provided in the C Block, 1st Floor for girls and female staff. Ground floor for boys and men. **Therapy facilities in the Patrician campus.**



Therapist doing foot Reflexology therapy for a faculty



**Gynecological health check up camp**

Tuesday, 8th March 2023

Objective: To create gynecological awareness among women students

Schedule for Visit for Girls Student  
Wednesday, 8th March 2023

Time	Block	Student Incharge	Venue
11:00 a.m	E Block Girls	Monika, III BSW	BMS Hall, E Block
11:45 a.m	C & D Block Girls	Shavitha, III BBA	BMS Hall, E Block
12:15 a.m	B Block Girls	Sharmila, III BCOM(A&F)	BMS Hall, E Block
01:00 p.m	A Block Girls	Aarthi, III BSC(CS)	BMS Hall, E Block
01:30 p.m	Shift II Girls	Lydia III BCA(Shift 2)	BMS Hall, E Block

**Duty List**

<b>Sno</b>	<b>Duty List</b>	<b>Faculty Incharge</b>
1	Venue Booking	Mrs. Srivaishnavi
2	Stage Arrangement and Inauguration Overall Incharge	Ms. Leanne Maria & Dr. Leethiyal Nancy Crocker
3	Chief Guest Memento	Mrs. Usha Jose
4	Hospitality	Ms. Palin Jeromina X & Dr. Josephine Lucy A
5	E Block Visit	Dr. Josephine Lucy A Ms. Leanne Maria
6	Attendance & Visitors Book	Dr. V S Gayathri & Mrs. Annies Mary Jeyaseeli
7	C & D Block Visit	Dr. V S Gayathri
8	B Block	Mrs. Sunitha John & Dr. A Meera
9	A Block	Mrs. Annies Mary Jeyaseeli
10	Shift II	Ms.Fathima Rumaiza S M

**Report:**

Patrician Internal Complaints Committee, Women Cell and Health UNO conducted a seminar on Gynaecological Awareness & Health Check- camp.

Monday 8th March 2023 from 10.30 p.m to 2.00 p.m at Delany Hall, E Block. The Inauguation started with Prayer by Mrs.Palin Jeromina X, Assistant Professor. The welcome Address was delivered by Ms.Usha Jose, Women's Cell , Coordinator. The Resource Person Dr. Archana P, Obstetrician & Gynecologist, Dr. Kanimozhi's Thaaimai Hospital, Chennai addressed the students about the gynecological issues followed by Dr. Sai Dakshini, Ayurvedic doctor Co-Founder, of Absolute Ayurveda explained the importance of ayurvedic medicine to the students. Dr. Ruby , Chief Operating Officer, HealthUNO explained about HHealth UNO. Mrs. Srivaishnavi K R, Coordinator delivered the vote of Thanks, ICC. Nearly 200 students Participated in the awareness programme.



Dr. Archana, Dr.Sai Dakshini and Dr.Parameshwari were felicitated and awareness programme on women's health was also done

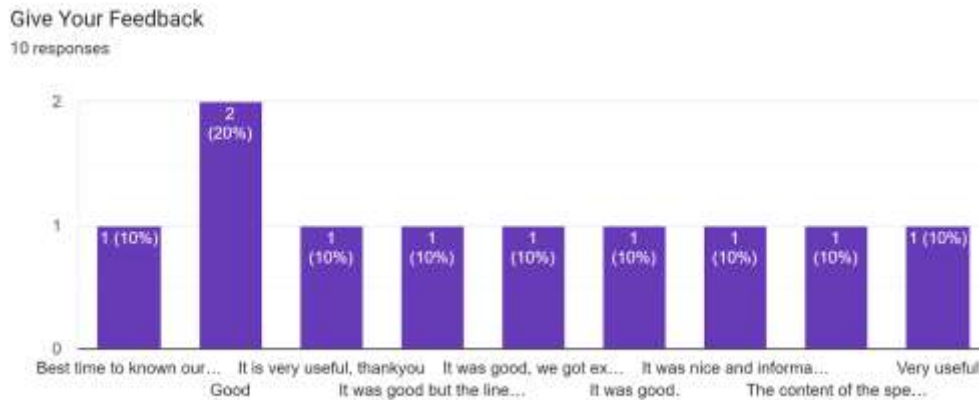


Women cell Coordinator and ICC coordinator felicitating Academic Director on Women's day





Feedback:



## DEPARTMENT OF SOCIAL WORK in association with MAEGA TRUST COMMUNITY ENGAGEMENT PROGRAMME

**Topic : Reproductive Health and Well being among SHG women of MAEGA TRUST, an NGO**

**26<sup>th</sup> February 2022 3.00 P.M to 4.15 P.M**

**Meeting: Google Platform**

Resource Person: Usha Jose K. Associate Professor, Social work Department, Patrician college of Arts and Science

### RATIONALE OF THE PROGRAMME

A woman's reproductive system external icon is a delicate and complex system in the body. It is important to take steps to protect it from infections and injury, and prevent problems including some long-term health problems. Taking care of yourself and making healthy choices can help protect you and your loved ones. Protecting your reproductive system also means having control of your health, if and when you become pregnant. Women's health and women's reproductive health are high priorities for Reproductive Health. Our goal is to improve women's health from menarche through menopause.



## Objectives

- To create awareness on reproductive health among the SHG women and girls in the community
- To impart the safety measures to overcome illness related to reproductive health
- To improve their self image and create self confidence
- To make the women in the community to be aware about the interpersonal relationship and related issues and follow a healthy life pattern with good healthy measures

## Programme Outcomes

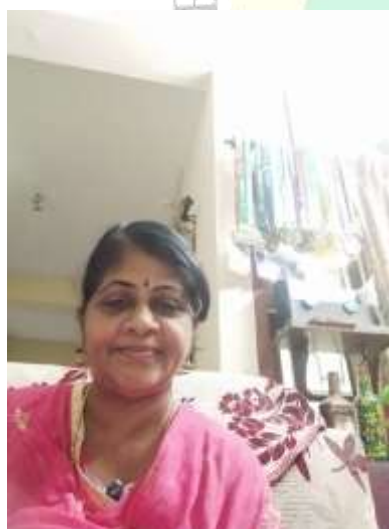
- The women and girls will be aware and be more responsible and health conscious in their day to day life.
- The programme enhances their self image and self confidence
- The girls and women will have a clear picture how to care their bodies and get treatment if any health issues arises
- The girls and women will know what are the Reproductive health issues and identify them in early stages and get treatment appropriately.
- To be health conscious and have a positive life plan.

## Programme summary

A rise in industrialization and environmental pollution, an increase in the use of synthetic chemicals and repeated exposure to hazardous compounds at the workplace and at home adversely affects reproductive health. Infertility, menstrual irregularities, spontaneous abortions, birth defects, endometriosis, stillbirths and breast cancer are some common effects. In some cases, women are at a greater risk than men, especially with the rise in environmental estrogens. There is a need for a greater awareness and vigilance of the effects of reproductive health. A health education programme in a woman-friendly service, while focusing on the immediate needs of maternity and child care, should expand to cover other aspects of reproductive health care of women, including family planning, safe sex, and special needs of the mature woman related to the menopause and early detection of gynecologic malignancies. Services should attend to the health care of all women, married or unmarried. The concept of reproductive health dictates that special attention should be given to the care of the girl child. This is not a female preference but to



compensate for the social disadvantage of being a female in societies that discriminate against girls. It is also a recognition of the impact of the health and nutrition of the female child on the woman's future reproductive health. The reproductive health of women and its implications the women were sensitized about sex and sexuality, various illnesses related to women and how to overcome the problems with proper care and treatment.



Participants : 35 participants



Feedback:

- Good information - shanana
- Very useful for us - Rajani
- Very good information on health - sahayam
- We are hearing all this for the first time - Priya
- We don't know so much happens in our body - Ramaye

