



Government Degree College (M), Srikakulam



Women Empowerment Cell

Minutes of the meeting

Women Empowerment Cell meeting was organised on 14-10-2021 at Zoo lab, chaired by the Women empowerment coordinator to discuss the following agenda.

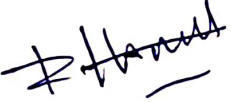
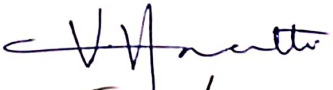


Agenda:

1. To conduct awareness program on "Menstrual Health Care".
2. To discuss about program sheet
3. If any other, with permission from the chair.

After a brief discussion on the agenda the following resolutions have been passed by the committee.

2. To seek permission from the Principal to conduct awareness program on "Menstrual Health Care" at room number 27.
3. To prepare a circular and circulate it among all the classes.
4. To see more number of girls should participate in this program.

Signatures:-


R. Prasad

V. Venkatesh

T. Anurag

N. P.

Request Letter

From

Coordinator,
Women Empowerment Cell,
Govt. Degree College (Men),
Srikakulam.

To

The Principal,
Govt. Degree College (Men),
Srikakulam.

Madam,

The women Empowerment cell in its meeting held on 14-10-2021 at zoology department passed a resolution to organise awareness programme on “Menstrual Health Care” at room number 27 on 15-10-2021. Hence we request you to kindly grant the permission to organise the programme.

Thanking you Madam,

Yours Sincerely,

R. Rammul

*O/o the Principal,
Government Degree College (M),
Srikakulam.*

Circular

This is to inform all the students & staff that the Women Empowerment Cell of Government Degree College (Men), Srikakulam is organising awareness programme on "Menstrual Health Care" on 15-10-2021 at room number 27. So, all the students & staff are informed to attend/participate and make the one month programme successful.


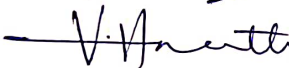


R. Plamud,

Date: 14-10-2021
Station: Srikakulam.


Principal

PRINCIPAL
Govt. Degree College (Men)
SRIKAKULAM

Signatures:



T. 
N. 



Government Degree College (M), Srikakulam



INVITATION



**Women Empowerment Cell,
Government Degree College (M), Srikakulam**

Cordially invite you to awareness program on

"Menstrual Health Care"

On Friday 15th, October, 2021

**In room 27,
Government Degree College (M), Srikakulam.**

Dr. P. Surekha

*Principal
Chief Guest*

Dr. Ch. Shanti Devi

*Lecturer in Microbiology
Special Guest*

Distinguished Guests

Dr. R. Haritha

IQAC Coordinator

Smt. R. Prameela

WEC Coordinator

Will preside over the function



Government Degree College (M), Srikakulam

“Menstrual Health Care” Event Organized Report



2021-2022

Name of Department/ Cell	Women Empowerment Cell
Name of Event Organized	Awareness program
Title of the Event	“ Menstrual Health Care”
Date of Event Organized	15-10-2021
Name of the coordinator of the Event	Dr. R. Prameela
No. of Participant (Student +Staff)	31+6
Name of the Expert with designation	Dr. P. Surekha
Contact number & Address of the Expert	
Objective of the Event	The primary objective of the awareness program was to educate students and faculty about menstrual health care, breaking the taboo surrounding menstruation, and promoting a culture of understanding and support for women's health needs within the college community.
Description of the event	The menstrual health care awareness program was organized at Government Degree College (Men), Srikakulam, under the leadership of Dr. R. Prameela, the Women Empowerment Cell Coordinator. The program commenced with opening remarks by Dr. Prameela, who emphasized the importance of breaking the silence

	<p>surrounding menstruation and promoting a culture of openness and acceptance.</p> <p>Dr. P. Surekha, the Principal, graced the occasion as the chief guest, emphasizing the college's commitment to supporting women's health needs and promoting gender equality. Dr. Ch. Shanti Devi, a lecturer in microbiology, also participated as a chief guest, providing valuable insights into the scientific aspects of menstrual health care.</p> <p>Throughout the program, participants engaged in interactive sessions, discussions, and presentations focused on various aspects of menstrual health care, including hygiene practices, menstrual cycle awareness, and debunking myths and misconceptions. Women faculty actively participated in the discussions, sharing their experiences and insights, and providing guidance to students on menstrual hygiene practices.</p> <p>The program concluded with a commitment to continue promoting menstrual health care awareness within the college community and to provide ongoing support and resources for women's health needs. Overall, the program was a significant step towards creating a more inclusive and supportive environment for women within Government Degree College (Men), Srikakulam.</p>
Outcome of the Event	<p>The program successfully achieved its objectives, leading to increased awareness and understanding of menstrual health care among participants. The outcomes of the program include:</p>

	<p>1. Enhanced Awareness: Participants gained a comprehensive understanding of menstrual health care, including hygiene practices, menstrual cycle awareness, and common myths and misconceptions surrounding menstruation.</p> <p>2. Taboo Reduction: The program contributed to breaking the stigma and taboo associated with menstruation, fostering an environment where open discussions about menstrual health are encouraged and supported.</p> <p>3. Empowerment: Women faculty and students felt empowered to discuss and address menstrual health issues openly, leading to improved access to information and resources related to menstrual hygiene.</p>
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Event Coordinator



IQAC Coordinator



Principal

PRINCIPAL

Govt. Degree College (Men)
SRIRAKULAM



Government Degree College (M), Srikakulam



Event Photo Gallery





Government Degree College (M), Srikakulam



Feedback

Name of the event	Menstrual health care
Department	Women Empowerment Cell
Date	15-10-2021
Name of student	Sk. Tanisha Begum
Class	Bsc (Mees)
Mobile no.	90327 20790

1. Did the event fulfil its objectives?

✓ Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓
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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓
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4. List the key takeaway points from the events.

5. Suggestions if any

Sk. Tanisha
Signature of the Student

Government Degree College (M), Srikakulam



Feedback

Name of the event	Menstrual health care
Department	Women Empowerment Cell
Date	15-10-2021
Name of student	B. Haritha
Class	Bsc(MPIS)
Mobile no.	8179953037

1. Did the event fulfil its objectives?

✓ Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

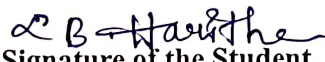
0	1	2	3	4	5 ✓
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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓
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4. List the key takeaway points from the events.

5. Suggestions if any


 Signature of the Student



Government Degree College (M), Srikakulam

Feedback



Name of the event	Menstrual health care
Department	Women Empowerment Cell
Date	15-10-2021
Name of student	T. Ramya
Class	MES
Mobile no.	6302446419

1. Did the event fulfil its objectives?

✓ Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓
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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓
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4. List the key takeaway points from the events.

This programme is useful to me

5. Suggestions if any

T. Ramya
Signature of the Student



Government Degree College (M), Srikakulam



Consolidated Feedback

Total no. of Participants = 36

No of participants from whom feedback is collected = 5

S.No		No. of participants graded "Yes"		No. of participants graded "No"		
1	Did the event fulfil its objectives	5				
2		No. of participants graded - 1	No. of participants graded - 2	No. of participants graded - 3	No. of participants graded - 4	No. of participants graded - 5
3	How useful was the event for you			1	4	
4	Rate the overall success of the event					
5	key takeaway points from the event	<p>1. Education and Awareness: The program emphasized the importance of education and awareness in promoting menstrual health care, highlighting the need for accurate information and access to resources for women's health.</p> <p>2. Taboo Reduction: Participants engaged in discussions aimed at challenging societal taboos and misconceptions surrounding menstruation, promoting a culture of openness and acceptance within the college community.</p> <p>3. Empowerment through Knowledge: By providing information and resources on menstrual health care, the program empowered women to take control of their health and well-being, enabling them to make informed decisions about their menstrual hygiene practices.</p>				


Coordinator

Signature of the participants of the awareness program on "Menstrual health care" at room number 27.

S.No	Name	Group	Signature
1	B. Haritha	MPCS	B. Haritha
2	St. Tanisha	MECS	St. Tanisha
3	V. Thanussi	MPCS	V. Thanussi
4	K. Hemalatha	MPE	K. Hemalatha
5	P. Denika	MPCS	P. Denika
6	B. Vasantha Laxmi	MECS	B. Vasantha Laxmi
7	N. Mamatha	MPCS	N. Mamatha
8	S. Sujatha	MECS	S. Sujatha
9	T. Ramya	MECS	T. Ramya
10	P. Gayatri	MPCS	P. Gayatri
11	S. Divya	MPCS	S. Divya
12	K. Maheswari	MPCS	K. Maheswari
13	T. Sarani	MECS	T. Sarani
14	G. Rajeswari	MPCS	G. Rajeswari
15	L. Sarani Kumari	MECS	L. Sarani Kumari
16	N. Soniya	MPE	N. Soniya
17	P. Manasa	MPCS	P. Manasa
18	K. Mounika	MPCS	K. Mounika
19	P. Kanitha	MECS	P. Kanitha
20	B. Jhansi	MPCS	B. Jhansi
21	P. Neeraga	MPCS	P. Neeraga

22 M. Greethabhavani

23 D. Monikhe

24 M. Jyothi

25 M. Vasanthi

26 K. Yamuna

27 D Chandini

28 B. Jayasri

29 G. Sathi

30 T. Akhila

31 S. Sameera

MCS

MPE

MCIC

MCIC

MCS

MCS

MPE

MCAC

MCIC

MCS

M. Greetha

D. monikhe
M. Jyothi

M. Vasanthi

K. Yamuna

D. Chandini

B. Jayasri

G. Sathi

T. Akhila

S. Sameera

