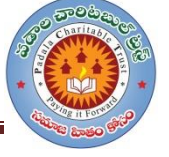




Project Report for SWECHHA Programme
LIONS CLUB- ELITE & PADALA CHARITABLE TRUST



SWECHHA PROGRAMME

(Awareness on Menstrual Hygiene in Adolescent girls)

Date: 27-03-2017

School: ZPHS SARPAVARAM, Kakinada Rural Mandal

Co-ordinator: Anitha

Contact: 99481 22579

Inauguration:

Inauguration Started with the message of Mr Govindh, President, LIONS CLUB- ELITE. He requested the girls to make use of this programme. The District governor Lions Club- Elite Mr. V. S. Nooka raju addressed the girls by explaining the importance of SWECHHA Programme. He also requested the girls to propagate this message to future generations also and he explained the activities of Lions Club International.

SWECHHA Session:

The Session was Started at 02:30 P. M by Swechha team. We conducted an oral survey to know how aware they are about Menstruation hygiene. After that we started the session by explaining the whole process by the animated video (Menstrual Hygiene Video).

After the video SWECHHA team explained the menstrual hygiene practices, how to get rid of period cramps, Healthy food habits, Biology of menstruation etc.

After that we encourage the girls to participate in the discussion. We discussed about various myths of menstruation and clarified their doubts. Girls promised us to will follow the safe methods and hygiene practices.

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Event Pictures

