

# **International women's day March 8, 2023 - School Health Awareness Program**

On account of International women's day March 8, 2023, The department of OBG Nursing along with IV<sup>th</sup> year B.Sc Nursing students of RajaRajeswari College of Nursing, conducted a school health awareness program for the students of classes 5 to 12 on "Menstrual Hygiene at various Schools of Chikkakuntanahalli, Ramanagara on 10/03/2023 between 11.00 to 12.30 pm. The students and teachers were sensitized on the importance of menstrual hygiene, a balanced diet for school-age children, growth and development, and early pubertal changes and care which are essential aspects of SDG goal. Napkins were distributed by doctors of RRMCH.

Mrs Champa Dutta, discussed that menstrual hygiene and the consequences of unhygienic practices on health and study. She also addressed the queries and clarified the doubts of students and school teachers. She also enlightened young minds on balanced diets and highlighted the importance.

The program was concluded with a vote of thanks proposed by Mr. Rithesh, IV<sup>th</sup> year B.Sc Nursing students. Around 15 students including faculty members participated in the program. The faculty members and the students appreciated the program, expressed that it was useful for them, and was well organized.