

FAMIN EDUCATIONAL AND SOCIAL WELFARE TRUST

320, 2-G CROSS, 3RD BLOCK, HRBR EXTN
KAMMANAHALLI, RAMAIAH LAYOUT
BANGALORE 560084



HEALTH AWARENESS PROGRAM

PROJECT SUMMARY

OBJECTIVE	TARGET BENEFICIARIES	RESOURCE TEAM	DATE
To provide awareness training for adolescent girls on: <ul style="list-style-type: none">Personal hygieneNutritionMenstrual hygieneHormonal changesAbuse awareness/reportingUrinary-tract infectionsPreventive practices	Adolescent Girls studying in 6 th to 12 th Standard 158 Girls from Ambur Co-op Sugar Mills Hr. Sec. School, Vadapudupet, Vellore District Tamilnadu	Mrs. D. Pappitha Saravanan, Member of Faculty Along with P.Indira, M.Monisha, R.Nithya, K.Nithya Shalini, P.Sangeetha Students of Arun College of Nursing and Para-Medical Sciences, Vellore.	15 th Feb 2020

PROJECT OVERVIEW

TASK	EXPECTED OUTCOME	RESULT
BMI Check	Advice for needed girls	Girls got awareness
Nutrition awareness	Knowledge on nutrition	Appropriate diet
Role-play	Better understanding	Good learning
Personal hygiene	Awareness on hygiene	Pledged to be healthy
Hormonal changes	Understanding	Able to explain
Abuse awareness/reporting	Awareness on rights	Knowledge on rights
Meditation/Yoga	Stress-busting techniques	Learnt yoga and meditation
Other topics	Better knowledge	Awareness on issues
Health kits distribution	To use items regularly	Pledged to use items

RISK AND ISSUE CATEGORY

ISSUE	CATEGORY	Solution
Underweight, malnutrition	Women/Health	Awareness Training
Personal Hygiene	Women/Health	Awareness Training
Abuse/reporting/rights	Women/Social	Awareness Training and information
Stress/Mood stability/confidence	Women/Psychological	Yoga/Exercise demonstration/Counselling

CONCLUSIONS/RECOMMENDATIONS

- Follow-up, refresher training would be needed.
- School children in other villages also need this kind of training.
- Counselling sessions need to be conducted periodically through a designated staff from school



விடுநர் :

செல் : 94433 93102
M. புருஷோத்தமன், M.Sc., M.Ed., M.Phil.,
தலைமையாசிரியர்,
ஆம்பூர் கூட்டுறவு சர்க்கரை ஆலை
மேல்நிலைப்பள்ளி,
வடபுதுப்பட்டு - 635 812. (வேலூர் மா.)

பெறுநர் :

Mrs. D. Pappitha Saravanan,
Member of Faculty,
Famin Educational and Social Welfare Trust,
Bangalore - 84

ந. க. எண். /.....

தேதி :24/02/2020.....

Respected Madam,

On behalf of our School Management, Staff and children we wish to express our gratitude for the services rendered by you and your efficient team members on 15th Feb at our school premises.

The female children studying at class's 6th to 12th standard around 158 students were benefitted on that day by your wonderful counseling and screening. They gained knowledge and understanding on topics likes *personal hygiene, nutrition, menstruation, hormonal changes, abuse awareness and preventive practices*.

They came forward with their own personal doubts on these topics and were cleared by you. We are also thankful for the *Yoga and Meditation class* taken by your team. We are proudly said the students are following at their home and school.

Last but not least the *Health kit* provided by you has won the hearts of children. We are grateful for the awareness training and the golden time spent by you and your team.

Thanking You!

M. *புருஷோத்தமன்*

With Kind regards, 24/2/2020
Headmaster

The Ambur Co.op. Sugar Mills
Hr. Sec. School,
Vadapudupet- 635 812.. Vlr Dist.