



**GAYATRI VIDYAPARISHAD COLLEGE OF ENGINEERING (A)**  
**CENTER FOR FOSTERING SOCIAL RESPONSIBILITY**  
**EMPATHIZE – ENGAGE - EXECUTE - EXCEL**



**GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING (A)**  
**NATIONAL SERVICE SCHEME**

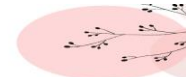
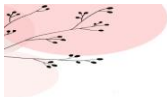
**NSS UNIT 2 – GVPCE (A)**

**In Association With**  
**Team Aashraya**

**In Association With**  
**Women Welfare Committee,**  
**Gayatri Vidya Parishad College of Engineering (Autonomous)**

**MENSTRUAL HYGIENE AWARENESS**

**MARCH 4<sup>TH</sup> 2023**



**PRASHRAYA WELFARE FOUNDATION**  
**(Team Aashraya)**  
*in association with*

**NSS**  
**of**  
**Gayatri Vidya Parishad College of Engineering**  
*Organising*

**Shakti Week 2.0 Drive**



**Zilla Parishad High School**

**Address:** Madurawada Main Road, Near Madhurawada Junction, Chandrampalem, Srinivasa Nagar, Madhurawada, Visakhapatnam, Andhra Pradesh 530048

- **Menstrual Hygiene Awareness Program**
- **Sanitary napkins distribution**
- **Drawing competition**



**4th March (SATURDAY)**

**We can't help everyone, but  
Everyone can help someone**





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On 4<sup>th</sup> march 2023, the NSS UNIT-2 volunteers in association with AASHRAYA NGO successfully conducted a menstrual hygiene program for 8<sup>th</sup> & 9<sup>th</sup> standard students of ZPHS along with a drawing competition for 6<sup>th</sup> & 7<sup>th</sup> standard students on the same day. The main moto of the awareness program is reduce the stigma around periods and promote menstrual hygiene among young girls. And we are glad to say that the awareness program witnessed a great success and we are able fulfil our moto by reaching out to a significant number of students.

|                       |  |
|-----------------------|--|
| Activity Conducted by | 90214320 – Gayatri Vidya Parishad College of Engineering (A)NSS Unit-2, Madhurawada, Vishakhapatnam – 530048 in collaboration with Aashraya NGO.                       |
| Activity Type         | Menstrual Hygiene Awareness  |
| Event Date            | 04-03-2023   |
| Volunteers involved   | 38   |
| Description:          | NSS Unit-2 of GVPCE(A) in collaboration with AASHRAYA NGO conducted a menstrual hygiene awareness program at Zilla Parishad High School , Chandrampalem , Madhurawada. |

At first, we designed a fund raising poster & circulated it in order to buy sanitary napkins for distribution to 8<sup>th</sup> standard girls which is a part of our awareness program.



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Then on 4<sup>th</sup> march i.e event day, all the volunteers & organizers gathered at the ZPH School at around 10:00am and then volunteers divided themselves into 5 groups and started the event.

First part of the program is to conduct drawing competition for 6<sup>th</sup> & 7<sup>th</sup> standard students following with menstrual hygiene awareness session to 8<sup>th</sup> & 9<sup>th</sup> standard students along with distribution of sanitary pads to the girls. The volunteers are given with certain topics for the awareness session like –

1. Menstrual hygiene
2. Menstrual cycle
3. Hygiene remedies, problems
4. Color of blood flow, foods to avoid
5. Cramps exercises
6. Disposal of pads
7. Selfcare

Along with awareness on menstruation we also tried our best to reduce the stigma around periods. And ended the program with our NSS clap. The program lasted till 4:00pm.

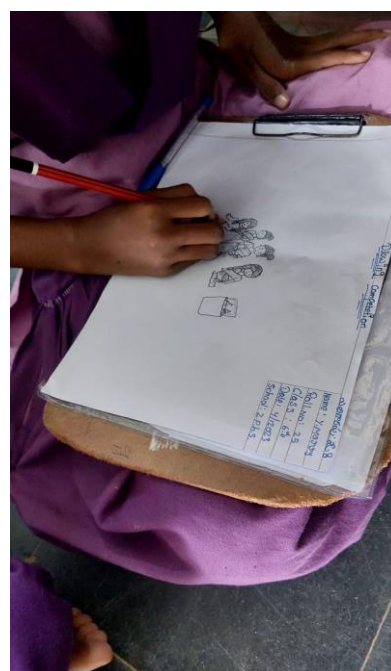


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**DRAWING COMPETITION**

At first, we conducted drawing competition for 6<sup>th</sup> & 7<sup>th</sup> standard students at around 10:00am.



**Number of Participants From 6<sup>th</sup> standard: 46**

**Number of Participants From 7<sup>th</sup> standard: 52**





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### **MENSTRUAL HYGIENE AWARENESS SESSION**

After the completion of drawing competition, without any further delay we started taking menstrual awareness session to the 8<sup>th</sup> & 9<sup>th</sup> students.



**Number of Students Participated: 380**





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**DISTRIBUTION OF SANITARY PADS**

Following the awareness session we distributed sanitary pads to the students.



**Number of Packs Distributed: 380**

**AWARDS TO THE WINNERS OF DRAWING COMPETITION**

As a small token of appreciation for the talent, we had awarded the winners of the drawing competition.







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## LIST OF VOLUNTEERS

| S.NO | Participants         | Roll No.   |
|------|----------------------|------------|
| 1.   | V. Harshini          | 20131A05P1 |
| 2.   | S. L V V Ravikiran   | 22135A0216 |
| 3.   | T. Supriya           | 21131A04P6 |
| 4.   | S. Jhansi            | 21131A04M9 |
| 5.   | P. Hari Krishna      | 21135A0215 |
| 6.   | S. Vanajith Vamsi    | 21131A03B8 |
| 7.   | B. Sai Sandeep Kumar | 22135A5301 |
| 8.   | N. Satya Pranav      | 19131A03C8 |
| 9.   | S. D Imran           | 21131A0394 |
| 10.  | T. Kusuma            | 20131A1256 |
| 11.  | M. Tanoj Reddy       | 21131A0182 |
| 12.  | V. Gayatri           | 21131A0297 |
| 13.  | V. Surya Vamsi       | 20131A0848 |
| 14.  | T. Vijaya Lakshmi    | 21131A02B2 |
| 15.  | P. Nikitha           | 2013105G6  |
| 16.  | K. Harini            | 21131A0135 |
| 17.  | P. Sindhu            | 21131A04J5 |
| 18.  | K. Saiprasad         | 22135A0413 |
| 19.  | SK. Salha            | 22135A0424 |
| 20.  | R. Maheshbabu        | 21131A0195 |
| 21.  | J. Dileep Kumar      | 21131A4255 |
| 22.  | P. Abhishek          | 21131A4231 |
| 23.  | Rahul                | 20131A1252 |
| 24.  | N. Malini            | 21131A0284 |
| 25.  | M. Sree Chandana     | 20131A04D5 |
| 26.  | G. Pradeep           | 21131A0815 |
| 27.  | M. Raviteja          | 20131A04F6 |





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|     |                 |            |
|-----|-----------------|------------|
| 28. | P. Swaroop      | 20131A05H0 |
| 29. | P. V. G. Manasa | 20131A0383 |
| 30. | M. Shreya       | 20131A04N2 |
| 31. | P. Prabhav      | 20131A04P5 |
| 32. | S. Akhila       | 20131A04N6 |
| 33. | T. Deepthi      | 20131A04P0 |
| 34. | R. Kishore      | 19131A03G8 |
| 35. | Sona            | 19131A04M9 |
| 36. | S. A. Naidu     | 20135A0217 |
| 37. | Harsha          | 21135A0524 |
| 38. | M. Seshu        | 20131A0367 |

## CONCLUSION

"We believe that every girl deserves access to menstrual hygiene products and education about menstrual hygiene. It is our responsibility to create awareness and break the stigma around periods. We are proud to have conducted this event and look forward to continuing our efforts to make a positive impact in our community."





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## **SOCIAL MEDIA PLATFORMS:**

### **INSTAGRAM:**

NSS-GVPCE

[https://instagram.com/gvpcenss?utm\\_medium=copy\\_link](https://instagram.com/gvpcenss?utm_medium=copy_link)

### **FACEBOOK:**

[m.facebook.com/Gvpcenss](https://m.facebook.com/Gvpcenss)

### **TWITTER:**

GvpceNss