



DPG DEGREE COLLEGE

(Approved by AICTE & Affiliated to MDU)

Recognized 2(f) by UGC & Accredited with 'A' Grade by NAAC

Sector-34, Near Hero Honda Chowk, Behind Marble Market, Gurugram-122004



WELLNESS SESSION

Woman Cell Committee and NSS Committee collaborated to organise a “session for hygiene” under the guidance of IQAC coordinator Dr. Shalini.

The session was conducted by Mridula Enterprises, an organization dedicated to women's health and wellness programs.

The session was led by the following team members:

Ms. Kritika

Mr. Kunal Sinha

Ms. Babita

Mr. Dinesh Malik

Mr. Akash

Mr. Nischay

Dr. Tanu Srivastava

During the session, students were educated on the importance of hygiene and the differences between normal napkins and organic cotton-based napkins. Students were also educated about cervical cancer, one of the most common cancers affecting women worldwide. The session emphasized how poor menstrual hygiene can contribute to infections, which may increase the risk of cervical cancer.

A key focus was on the use of organic cotton-based napkins, which are a safer alternative to regular sanitary napkins. The benefits include:

Free from harmful chemicals and synthetic materials

Reduced risk of skin irritation and infections

Better breathability, leading to improved hygiene

Environmentally friendly and biodegradable

Mr. Aman Tiwana delivered an insightful speech on the importance of using organic products for menstrual hygiene.



Figure 1: Extension lecture on Health hygiene



Figure 2: Several informative videos were shown to explain the impact of synthetic sanitary products and how organic alternatives contribute to better health.



Figure 3: NSS volunteers, Staff and students listening to the lecture



Figure 4: At the end of the session, Ms. Vinita Tomar (Convenor of the Woman Cell) expressed her gratitude to the Mridul Enterprises team for their valuable insights and

efforts in spreading awareness. She appreciated the team's dedication to educating students



Ms. Vinita Tomar
(Convener, Women Cell)

Principal
(DPG Degree College)

Ms. Sunil Malik
(NSS Committee)