

WOMEN CELL

(Women Protection Cell)

Report on

Awareness Program: “Empowering Girls through Personality Development & Health Hygiene”

The Women’s Cell of Nalla Narasimha Reddy Education Society’s Group of Institutions (NNRESGI) organized an awareness program titled “Empowering Girls through Personality Development & Health Hygiene” on 12th September 2025, at 1:30 PM in the third-floor auditorium, exclusively for newly admitted first-year B.Tech female students.

The keynote speaker for the event was Ms. Nandini A.B., a Physiotherapist, Psychologist, and Youth Wellness Trainer associated with Right Side Story, P&G. Ms. Nandini brings rich experience in designing and delivering workshops, counseling sessions, and wellness programs. She is highly skilled in promoting positive behavioral changes and offering holistic guidance aimed at youth development and overall well-being.

Ms. Nandini is also a Consultant Physiotherapist at QI Spine Clinic and Ashray Akruti, an NGO. Her diverse professional journey has given her valuable insights into innovation, healthcare, and youth empowerment, which she is keen to integrate into forward-thinking solutions for societal benefit.

During her session, Ms. Nandini addressed key topics such as personal health, grooming, and scientific understanding of menstrual hygiene, challenging age-old beliefs and encouraging an informed approach. She emphasized that personality development is not limited to external attributes, but is deeply rooted in self-awareness, personal values, and the continuous journey of self-improvement.

The session also highlighted the importance of menstrual hygiene and the need to break the silence surrounding this natural biological process. Promoting open dialogue is crucial in building a supportive and understanding community for young women.

This program served as an important platform to raise awareness about human values, personal development, and menstrual health among the female students of NNRESGI. It is envisioned as a stepping stone toward their personal and professional growth, empowerment, and the creation of a more enlightened and inclusive society.

At the end of the session, gift hampers sponsored by Whisper were distributed to all the participants to support and encourage menstrual hygiene practices.

420 girls attended the program & 700 goodies distributed to all girl students of NNRESGI

NALLA NARASIMHA REDDY
Education Society's Group of Institutions-Integrated Campus
UGC AUTONOMOUS INSTITUTION

SCHOOL OF ENGINEERING
Women Cell
in association with IIC & IIIC NNRG

Welcomes
First Year Students to an
awareness program on
**EMPOWERING GIRLS THROUGH PERSONALITY
DEVELOPMENT & HEALTH HYGIENE**
(Youth Wellness Campaign Right Side Story of P&G)

Ms. NANDINI AB
Physiotherapist, Psychologist
&
Youth Wellness Trainer,
Right Side Story - P&G

12th September 2025



Dr. Rashmi Trivedi, Convener Women Cell
,Interacting with the first year girl students



Ms. Nandino AB delivering her talk to the first year girl students



Ms. Nandino AB ,Youth Wellness Trainer interacting with first year girl students



Distribution of Goodies



Memento presented to Ms. Nandino AB as a token of appreciation

I extend my heartfelt gratitude to **Dr. C.V. Krishna Reddy**, Director - NNRG, for giving me the opportunity and placing his confidence in me as an organizer.

I sincerely thank **Dr. J.G. Janardhana Raju**, Dean - School of Engineering, **Dr. Krishna Mohan Chinnalla**, Dean - School of Pharmacy, and **Dr. Ravindra Reddy**, Dean - School of Management Sciences as well as the Heads of the Departments of **ECE, Civil, CSE, CSE-AIML, CSE-DS & H&S** for their support and cooperation.

A special thanks to **Mr. E. Chandrashekar**, HOD - H&S, for his unwavering support and encouragement throughout the program.

I am also deeply thankful to all the **Women Cell Members** and the **Faculty of the H&S Department** for their valuable cooperation.

Dr. Rashmi Trivedi
Convener, Women Cell,
NNRESGI

