

## **REPORT on “Personality development & Menstrual Hygiene”**

A Awareness Program on “**Personality development & Menstrual Hygiene**” was conducted for B.Tech students on 28.12.23 in the Auditorium (Third Floor) from 1 pm to 2 pm. at NNRESGI. Around 300 students of ECE, CSE, EEE, MECH & CIVIL branches attended the lecture with great enthusiasm. The lecture was delivered by Ms. **Razinder Kaur** a **certified trainer & psychologist, Hyderabad**.

Personality development is not just about external attributes but on exploration of one's strengths, Values and Continuous journey towards becoming the best Version of Our self.

Simultaneously we recognize the Significance of Menstrual hygiene in the lives of women breaking of Silence around this natural biological Process is essential for fostering a supportive and Understanding Community.

It helped to raise awareness about human values and personality development and Menstrual hygiene among the female student of NNRESGI. This seminar may be a Stepping Stone towards professional and personal life, growth, empowerment & building a more enlightened Society. At the end of this program gift hamper were distributed to all girls to maintain the menstrual hygiene by Whisper brand.

I am Grateful to Dr. C.V. Krishna Reddy, Director - NNRG, Dr. J.G. Janardhan Raju, Dean - School of Engineering, Mr. E. Chandrasekhar, HOD, H&S for giving me the opportunity and investing their confidence in me as organizer.



Dr. Rashmi Trivedi Convener,

Women Cell, NNRESGI

