



5A


## St. Xavier's College of Education (Autonomous)

[Re-accredited (3<sup>rd</sup> Cycle) at 'A' Grade by NAAC with CGPA: 3.67]  
Palayamkottai, Tirunelveli – 627002.

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### HEALTH AWARENESS PROGRAMME FOR WOMEN

The health awareness programme for women was organised in our college on 27 November, 2017. The programme started with the prayer song at 3.30 p.m. Ms. M. Priyatharshini I B.Ed Student welcomed the gathering and Mrs. A. Metilda Jasmine Shanthi, Assistant Professor our college honoured the chief guest with a shawl. Rev. Dr. D. Thomas Alexander S.J, Principal of our college felicitated the gathering and introduced the resource person. Rev.Sr. Mary Leena Vasanthi, Mother Hospital, Tirunelveli, the resource person of the programme shared ideas related to the importance of breakfast in our day today life. If we omit our breakfast, it leads to heavy weight of the body. She advised our students that not to avoid their breakfast. It will lead many problems. Then she told about the menstruation problem by showing the periodic structure of menstruation. She gave some tips to our student to overcome the stomach pain during the menstruation. Then she gave some tips about the food which should be taken during the menstruation period. And she showed many slides about the period of menstruation. She clarified the doubts of student about breakfast as well as menstruation. Ms. T. Essakiammal, I B.Ed. proposed vote of thanks. The programme came to an end at 4.30 p.m. the programme was coordinated by Dr. A. Punitha Mary.

  
**PRINCIPAL**  
Principal  
St. Xavier's College of Education  
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