



**V.V.VANNIAPERUMAL COLLEGE FOR WOMEN**  
(Belonging to Virudhunagar Hindu Nadars)  
An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai  
*Re-accredited with 'A' Grade (3<sup>rd</sup> Cycle) by NAAC*  
**VIRUDHUNAGAR**



## **Internal Quality Assurance Cell**



# **Awareness Programme**

**for Residential students**

# **Promoting Personal Hygiene through Herbal Napkins**

<b>Resource Person</b>	<b>:</b>	<b>Mrs. R. Valarmathi, Sales Promoter, Femi Health Care, Erode</b>
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<b>Date &amp; Time</b>	<b>:</b>	<b>18.09.2021 &amp; 02.00 p.m.</b>
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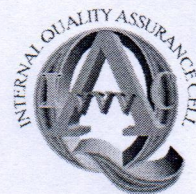
**Dr. R. Barani**  
**IQAC Coordinator**

**Dr. S.M. Meena Rani**  
**Principal**





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Virudhunagar-626 001  
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## **INTERNAL QUALITY ASSURANCE CELL**

18.09.2021

### **CIRCULAR**

The Internal Quality Assurance Cell organizes an Awareness Programme for Residential students on 18.09.2021.

Resource Person : **Mrs. R. Valarmathi,**  
Sales Promoter,  
Femi Health Care,  
Erode.

Topic : Promoting Personal Hygiene through Herbal Napkins

Time : 2.00 p.m

*R. Valarmathi*  
18/09/2021  
**IQAC Coordinator**

*S. H. Chenna Rani*  
**Principal**





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**VIRUDHUNAGAR**



**Report**  
**Awareness Programme**  
**Promoting Personal Hygiene through Herbal Napkins**  
**18.09.2021**

Internal Quality Assurance Cell of our college organized an **Awareness Programme on Promoting Personal Hygiene through Herbal Napkins** for the hostel students of our college on 18.09.2021. Dr. Mrs. P. Malarvizhi, Assistant Professor of History and Deputy Warden, V.V.Vanniaperumal College for Women, Virudhunagar welcomed the gathering and introduced the guest speaker Mrs. R. Valarmathi, Sales Promoter, Femi Health Care, Erode. About 1153 students participated. The guest speaker interacted with the students, explained the importance of personal hygiene, and elaborated her tips on do's and don'ts during the menstrual cycle. She shared the process of making the 'plastic filled cheap quality napkins' and its side effects such as irregular periods, cancer, PCOS/PCOD. So she insisted the students to become aware of selecting the healthy sanitary napkins. Also, she distinguished between the Femi herbal napkins and other plastic filled napkins through demonstrations. She listed out the organic raw materials of the Femi napkins and their benefits. Furthermore, she offered the students nearly 10 sample herbal napkins.

**Organiser**

**IQAC Coordinator**





# Internal Quality Assurance Cell

## Promoting Personal Hygiene through Herbal Napkins

Date : 18.09.2021

Time : 02.00 p.m.

Place : Hostel Meeting Hall

Resource Person :

Trnky. R. Valaxumathi,

Fem Health Care, Erode.

Participants : 1153 Residential Students.

Visitor's Impression :

மிக மிக சிறுவன். சந்திரியர்க்கும்  
2011-2012-க்குக் கிடைக்க தான், மகன் 2-வருவது  
2-வருவது. மிக மிக சிறுவன்.

R. வனம்சுந்தரத்தினகிரிமார்  
சிறுவர்களுக்காக

R.   
20/9/2021  
IQAC Coordinator

J. P. Meena Parin  
PRINCIPAL 20.9.21