



Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women(Autonomous) Chrompet, Chennai 600 044



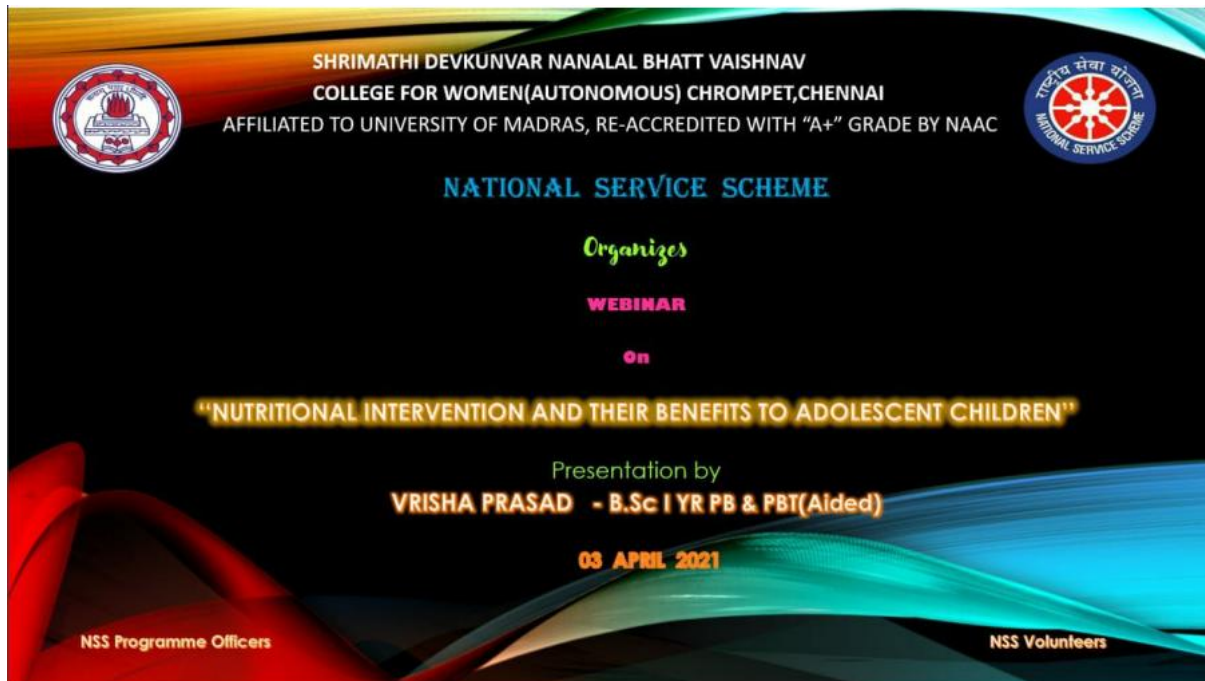
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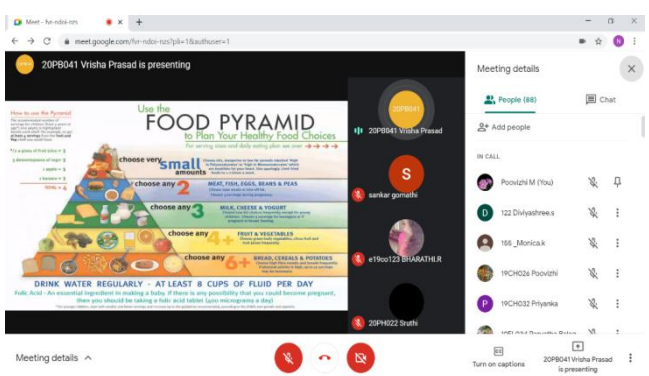
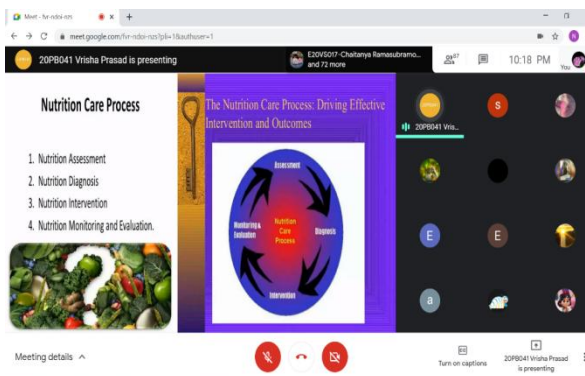
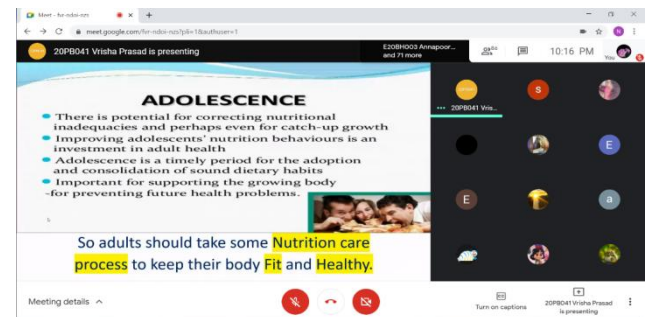
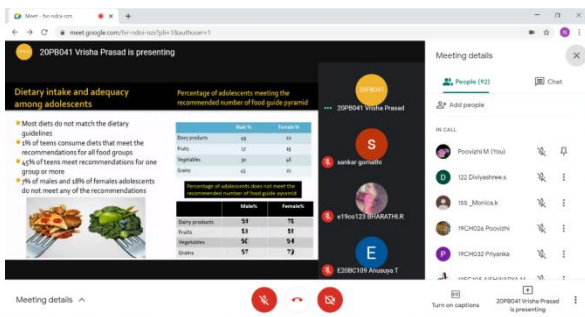
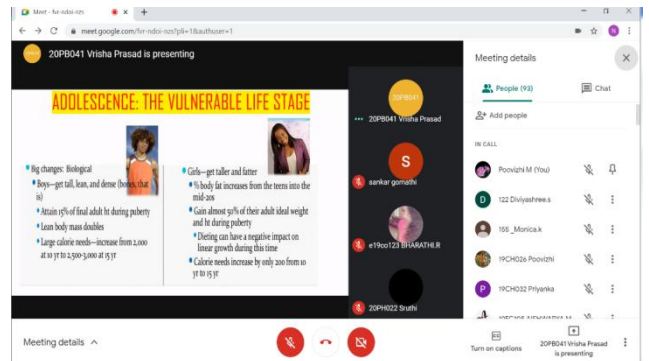
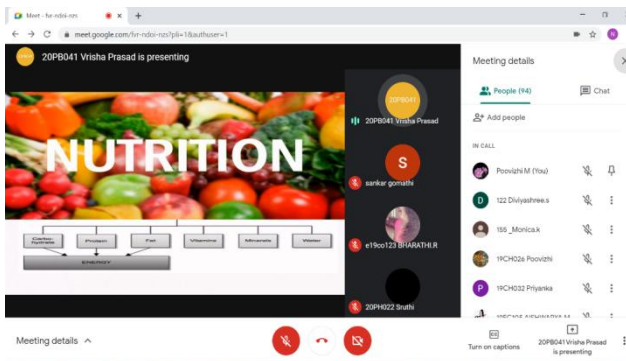
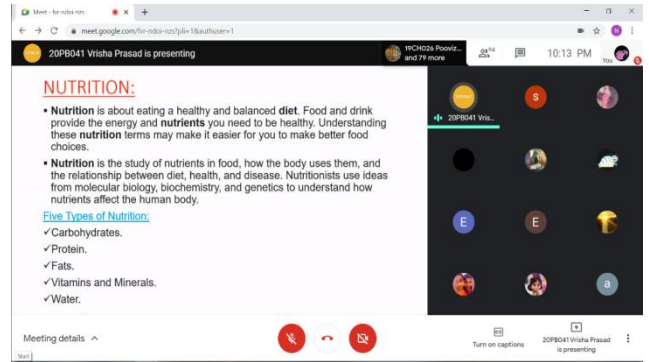
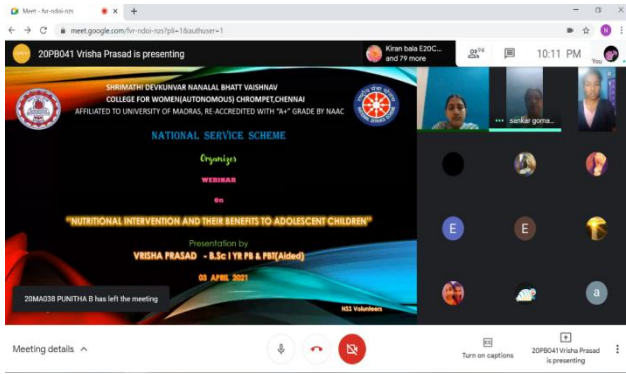
POSHAN PAKHWADA 2021

The NSS Units of SDNB Vaishnav College for Women observed POSHAN PAKHWADA from 15th March 2021- 31st March 2021. This program is an initiative in response to the pressing concern of malnutrition, anemia, low birth weight and other nutrition related problems with an aim to raising awareness to improve nutritional index of women and children across the country. In order to observe the same our NSS Units made posters, conducted a webinar and also conducted home visit to spread the message.

1) WEBINAR:

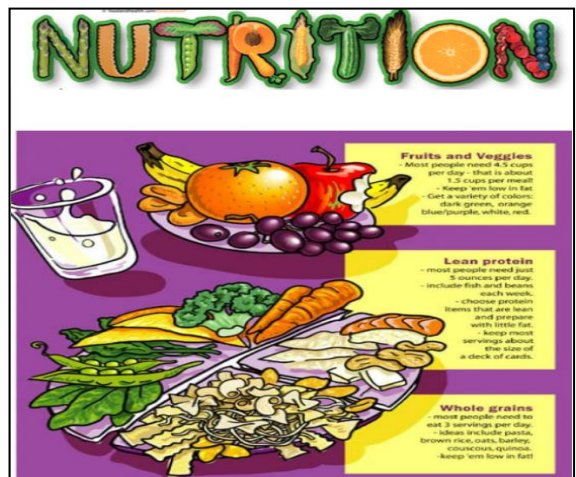
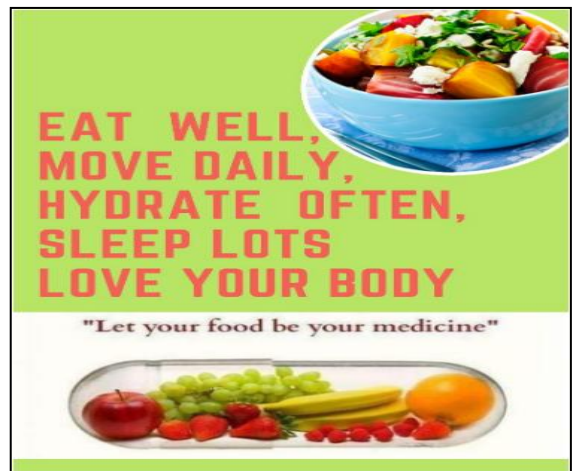
Our NSS units of SDNB Vaishnav college for women conducted a webinar on the topic "NUTRITIONAL INTERVENTION AND THEIR BENEFITS TO ADLOSCENT CHILDREN" on 3rd April 2021. Nearly 95 -100 volunteers participated in this webinar. This webinar made our NSS volunteers learn the importance of nutrition in adolescent children.





2) POSTER MAKING COMPETITION:

Our NSS Units too conducted poster making competition on the topic “NUTRITION” on 31.03.2021. Many students took part in it and the winners were recognized with E-certificates. Some of the posters are attached below.



3) HOME VISIT:

Our NSS units conducted home visit on 29th March 2021 to spread the message regarding Health and Hygiene. They visited neighbouring houses and distributed the pamphlets with all safety measures portraying the importance of women health and menstrual hygiene.



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NATIONAL SERVICE SCHEME
organizes

POSHAN PAKHWADA - 2021

Awareness on Women Health
Traditional Food Methods

COMMUNITIES AND COUNTRIES AND ULTIMATELY THE WORLD ARE ONLY AS STRONG AS THE HEALTH OF THEIR WOMEN.

Poshan Pakhwada awareness mentioned here bears a ultimate nutrients that are required for females of all age groups.




POSHAN PAKHWADA





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POSHAN PAKHWADA - 2021

Awareness on Menstrual Hygiene



POSHAN PAKHWADA




AWARENESS TO CREATE A WORLD WHERE EVERY GIRL AND WOMAN MANAGES HER MENSTRUAL HYGIENE WITHOUT AN IOTA OF SHAME.

Menstrual Hygiene

 Change sanitary napkin every 4-6 hours

 Wash your undergarments properly

 Keep yourself clean

 Discard used sanitary napkin properly

 Wear clean & dry undergarments

- *Do not use pads or tampons for long.
- *Keep the pubic area clean.
- *Dispose used pads safely.
- *Stay away from vaginal cleansers and douches.
- *Rest and catch up on sleep.

