

# **Shree Naranjibhai Lalbhai Patel College of Pharmacy, Umrah**

## **A Report on Female Awareness About Menstrual Problems**

Date: 30/08/2021

No of girl students attended: 55

As every year, the College had organized a Awareness Program for female Students. Owing to the stressful and unhealthy lifestyle, these days many women and girls suffer from many diseases like PCOS and other menstrual problems. So we had invited Mrs Nayanaben Patel from Surat who is an activist and a social worker in this field. She and her assistant demonstrated the use of biodegradable sanitary pads and also stressed on the physical and mental well being of the girls and women. It was much appreciated by the girls students and the female faculty who took the benefit of this program.

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