

FATIMA COLLEGE (AUTONOMOUS), MADURAI

WOMEN CELL

AWARENESS PROGRAMME ON PCOD

Title : Reproductive Health- PCOD
Date : 14.09.2023
Resource Person : Mrs.A.Amirtham, Alternative Medicine
Practitioner, YACT Trust, Madurai-18.
Venue : Smart Room
No. of Participants : 119

An awareness programme on Reproductive Health was organized by Women Empowerment Cell and AICUF Unit (Shift I) on Thursday 14th September 2023 at San Jose Seminar hall. The programme started with the divine Prayer and formal events by welcoming the chief guest Ms.Amirtham, Alternative Medicine Practitioner by Ms. Srimathi. An elaborate explanation was given by Ms.Amirtham about the importance of women's reproductive health, and the issues such as PCOD, PCOS and its hygiene.

An awareness pamphlet was distributed by the resource person among students along with a questionnaire. It developed a great general idea about PCOD and how to prevent it through healthy diet, exercise and good routine practices. She shared the preparation of "5 minute health drink" to improve the health of girls Uterus which was beneficial to the students. Finally students shared their experiences and questions about the health issues they are facing.

All good things come to an end. So the programme was ended with a great awareness to the students.



S.NO	NAME
1.	V. M. Jeevadarshini
2.	B. Neha
3.	P. Krishna Priya
4.	K. Kushi
5.	V. Nugathini
6.	R. Sumathi
7.	A. Thansika
8.	R. Deepa
9.	S. Sathiya Sahana
10.	S. Swetha
11.	S. Akshaya Varthini
12.	V. Amirthalakshmi
13.	M. Annapoorani
14.	T. Backiya Lakshmi
15.	P. R. Kaavyashri
16.	M. Meharunnisha
17.	J. Shaniyha
18.	Deepmala Xaxa
19.	R. Varshini
20.	M. Afra

21.	A. Cathrin Kiruba
22.	R. Dharani
23.	J. Jenisha Sweetline
24.	L. N. Jerusha
25.	Nandhini
26.	J. J. Priyadharshini
27.	A. Rahmathun Nisha
28.	S. Rajeshwari
29.	K. Saranaya Devi
30.	C. Sivaranjani
31.	R. Dheva Dharshna
32.	M. Archana

33.	P. Deepika
34.	P. Janani
35.	R. Mrudhula Gayathri
36.	E. Roseni Jomitha
37.	S. Sabrina Fathima
38.	S. Sobana Priya
39.	P. Thylasree
40.	M. Nabitha
41.	A. Angelin Jenisha
42.	W. Shahin Begam
43.	S.H. Fathima Nasim
44.	M. Noor Nisha
45.	K. Abarna



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S.NO	NAME
1.	ANURAHINI D
2.	GOPIKA J
3.	HEMA SREE R
4.	MONIKADEVI V
5.	SANGEETHA S
6.	DILRAZ A
7.	HAJIRA H
8.	SHOBANA R
9.	THAHIUNISHA A
10.	SHALIHA S
11.	Naino toppo
12.	MERLIN VINNARASI
13.	MIRACLIN CHELLA VAILANKANNI
14.	ANNIE METILDA J
15.	MARY JESLI A.S
16.	SHANMUGA SARANYA P
17.	IDHAYA FRANKLINA A
18.	KRISHNA RANJINI M
19.	PREETHI A
20.	SHIFA FATHIMA S
21.	YOGESWARI K
22.	YUVA LAKSHIMI S
23.	DIVYA DHARSHIN
24.	JAYA HARITHA J



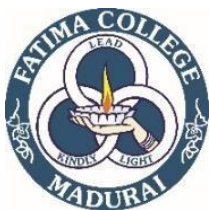
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25.	KUNTHAVAI T
26.	RATSAKA G.R.
27.	SASI RUBIYA B
28.	SOMU SUNDARI M
29.	AZHAGU SABARI BALA
30.	HANIFA FATHIMA A
31.	HEPZIBAH ANGELIN R
32.	JEMIMA A
33.	JOSELYN RATCHIGA P
34.	KEERTHANA V
35.	KIRUBA L
36.	MYTHILI N.S
37.	SANTHIA S
38.	AISWARYA S
39.	DIVYA K
40.	IMMACULATE RATSINGA A
41.	HINASNI A
42.	SELVARANI R
43.	SRIMATHI V
44.	DULAITTA MARY T
45.	LOGESHWARI S
46.	SHARMILA P
47.	SRI MEENAKSHI K.S
48.	ABIRAMI R
49.	OVIYA S
50.	FATHIMA R
51.	JERLIN REEGA Y
52.	JOSEPHINE TERESA X



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53.	MARIA FENISIYA P
54.	ABITHA A
55.	TANSILA A
56.	VARSHINI S
57.	AKSHAYA V
58.	BALASUBETHA R
59.	DENITA VINISH RADAN S R
60.	DHANUSRI S
61.	DHANUSHA R
62.	KAYAL VIZHI M
63.	MADHUMITHA S
64.	MERFIN L
65.	MINIPRIYA M
66.	SOORYA PREETHI C
67.	ANGEL PRIYA V
68.	FATHIMA BADHAR NISA M
69.	HUMNNA A. H
70.	JESSICA ANGELIN A
71.	LALITHA M
72.	LAVANYA DEVI K. R
73.	RESHMAA M.J
74.	SHERLYN LOURDU MARY W

Signature of Co ordinator