



# P.K.R.ARTS COLLEGE FOR WOMEN

Gobichettipalayam | Erode  
Bharathiar University | UGC Approved  
AICTE Approved | 'A' Grade | Autonomous



## Department of English

Organizes

Out Reach Programme

on

Menstrual Health and Hygiene

**18 FEBRUARY 2025**

A Visit to KVK Myrada, Udayarpalayam  
&

Tibetan Settlement, Modahalli





**P.K.R. ARTS COLLEGE FOR WOMEN, GOBICHETTIPALAYAM**

Re-Accredited with 'A' Grade by NAAC  
Autonomous Institution - Affiliated to Bharathiar University

**REPORT**

**Name of the Programme:** Outreach Programme on Menstrual Health and Hygiene

**Date:** 18.02.2025

**Venue:** KVK Myrada, Udayarpalayam & Tibetan Settlement, Modahalli

**Time:** Full-day Visit

**Objective of the Programme:**

To educate tribal women about Menstrual Health and Hygiene.

**Content:**

The faculty and students of the Department of English, P.K.R. Arts College for Women, visited the mountain community near Udayarpalayam, and conducted an interactive session with local women. The students interacted with tribal women in order to bridge the knowledge gap regarding hygiene and sanitation practices, focusing on the personal cleanliness, menstrual hygiene and overall well-being. To make the session more engaging and impactful, students performed a short drama highlighting the importance of menstrual hygiene, dispelling superstitions, and promoting the use of sanitary napkins.

Sanitary napkins, provided by the government, were distributed to the attendees to ensure access to proper menstrual hygiene products. The programme concluded successfully with positive feedback from the community and students, reinforcing the importance of menstrual health awareness and social engagement.

Following the outreach programme, the students and faculty visited the Tibetan Temple in Modahalli, where they explored the cultural heritage of the Tibetan community.

**Outcome of the Programme:**

- Tribal women benefited from the awareness session and received sanitary napkins.
- Students actively engaged in the programme, enhancing their community service experience.
- The drama performance effectively conveyed important messages about menstrual health.
- The visit to the Tibetan Temple provided a refreshing and enriching experience for students.

**No. of Beneficiaries:** 15 tribal women

**Participants:** 30 students and 3 faculty members

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