

**Observation of National Girl child day**  
**Extension activity on menstrual hygiene awareness series with Distribution of ecofriendly Napkins**

Department of OBG Nursing, Red Ribbon Club, Yenepoya Nursing College in collaboration with Kalpa Trust, Mangaluru observed National girl child day as a part of Azadi Ka Amrit Mahotsav on 28<sup>th</sup> March 2022 by organizing an extension activity on “Menstrual Hygiene awareness series with distribution of Eco-friendly Napkins” at Government Minorities Morarji Desai Girls, PU Residential College, Deralakatte, Mangaluru. The inaugural started with prayer. Ms. Navya, Red Ribbon Club coordinator, YNC welcomed the gathering. Mr. Naga Prasad Reddy, Principal, Government Minorities Morarji Desai Girls PU Residential College addressed the gathering. The resource person Mrs. Prameela Rao, Founder of Kalpa Trust, Asst. Prof and Head of Political Science Department, First Grade Government College, Kavour, Mangalore delivered a talk on “menstrual hygiene awareness” followed by distribution of ecofriendly napkins to the college students. The resource person also stressed on how to handle the eco-friendly cloth napkins, its usage and hygienic measures. Competitions like essay writing and painting were conducted and winners were awarded with the prizes. A total of 58 students from Morarji Desai Residential College benefitted from the program. Dr. Padma Priya S, HOD, Dept of OBG Nursing appreciated the initiative of the department and support of the college. As a token of gratitude Mrs. Janet Miranda, Vice Principal, offered a memento to the resource person. The program ended with thanks giving by Ms. Vinitha Dsouza, Asst. Professor, Dept. of OBG (N). The programme was compered by Ms. Daisy DSouza, Lecturer, YNC. Five faculty and 2 Post graduate students (Ms. Megha and Ms. Kasthuri) from Yenepoya Nursing College participated in the program. Feedback was collected. Beneficiaries appreciated the program. Programme ended with distribution of refreshments.



Figure 1: Inauguration of program



Figure 2: Seminar on menstrual hygiene



Figure 3: Distribution of eco-friendly napkins by Mrs. Prameela Rao



Figure 4: Presenting the memento by Vice principal Mrs. Janet