

On 11-05-2022, under the joint aegis of 'Entrepreneurship for Girls' and Women's Cell, a Counseling And Awareness Session on 'Health and Hygiene' was organized in Aggarwal College, Ballabgarh Under the able guidance of Principal Dr. Krishan Kant Gupta, Many programs are organized in the college for the intellectual, physical and emotional development of the students. This session was organized for the purpose of how women should keep their health good and give importance to cleanliness during menstrual cycle. Dr. Nidhi Aggarwal (President Rotary Club Faridabad Tulip), Ms. Sonia Rai and Ms. Poonam Mittal were present as the keynote speaker (resource person) in the program. . Dr. Nidhi Aggarwal presented thoughts on the problems like declining health, hormone imbalance and health problems due to irregularity of eating in daily life and also told their solutions. The second speaker, Ms. Sonia Rai, gave important information related to menstrual problems, cleanliness and food during menstruation. Ms. Poonam Mittal emphasized on bust the myths related to menstrual cycle. In this counseling session, 141 the students attended and got benefitted and resolved their queries through questions. Free pads were also distributed to the girl students during this counseling session. With the help of program Convener Dr. Geeta Gupta, Dr. Dimple, coordinator Dr. Rekha Sain, Dr. Renu Maheshwari, this session proved fruitful and successful.