

REPORT ON WELLNESS PROGRAM – “HEALTHY CYCLES: THE ORGANIC CHOICE FOR WOMEN’S CARE”

The **J.B. Institute of Engineering and Technology** organized a wellness awareness program titled “**Healthy Cycles: The Organic Choice for Women’s Care**” on **22nd October 2025** at **3:00 p.m.** in the **M.N.R. Auditorium**. The program was initiated by **Dr. J. Kartigeyan, Dean of Student Affairs**, and coordinated by **Mrs. Tasleem Sultana, Asst. Professor, Dept. of H&S** under the guidance of **Dr. P. C. Krishnamachary, Principal**, and **Dr. I. Sudarsan Kumar, Dean of College Development**. The event was conducted to create awareness among girl students and women faculty members about women’s health, menstrual hygiene, and the benefits of using organic sanitary products for a healthy and sustainable lifestyle.

The resource person for the session was **Ms. Nama Vanaja** from **Dayjoy Pvt. Limited**. The session began with a formal welcome to the guest speaker and a brief introduction to the objectives of the program. Ms. Vanaja then delivered an insightful talk on the importance of understanding the menstrual cycle and maintaining personal hygiene. She explained in detail how the use of conventional synthetic sanitary products that contain plastic layers, bleaches, and chemical fragrances can cause irritation, allergies, and long-term health problems.

Ms. Vanaja highlighted the advantages of switching to **organic and biodegradable sanitary products**, which are made from **natural fibers such as organic cotton and are free from harmful chemicals**. Through a detailed presentation, she described how these organic products not only protect women’s health but also **safeguard the environment by reducing non-biodegradable waste**. She demonstrated various products from Dayjoy Pvt. Ltd. and elaborated on their design, comfort, and eco-friendly nature. The resource person also emphasized the importance of **safe disposal methods** and the contribution of sustainable choices to environmental conservation.

The session was highly interactive and educational. Students eagerly participated by asking questions related to menstrual health, hygiene practices, and lifestyle habits that influence hormonal balance. Ms. Vanaja responded with scientific clarity and shared several useful health tips, including **nutritional guidance and hygiene routines** for maintaining well-being during menstrual cycles. The students found the session engaging, informative, and relevant to their everyday lives.

A total of **180 girl students and several women faculty members participated** in the program and gave very positive feedback. All expressed that the program helped them understand the importance of adopting organic products and maintaining good hygiene practices. The event created an open and comfortable atmosphere for discussing important health topics and encouraged participants to make informed decisions that benefit both personal health and environmental sustainability.

The program concluded with a vote of thanks delivered by the organizing team. Heartfelt gratitude was extended to **Sri. J. V. Krishna Rao, Secretary, JBES**, for his continuous support; to **Dr. J. Kartigeyan, Dean of Student Affairs**, for initiating the program; to **Mrs. Tasleem Sultana, Asst. Professor, Dept. of H&S** for her dedicated coordination;

and to **Dr. P. C. Krishnamachary, Principal**, along with **Dr. I. Sudarsan Kumar, Dean of College Development**, for their valuable guidance and encouragement.

Overall, the wellness program “Healthy Cycles: The Organic Choice for Women’s Care” was a great success. It enhanced awareness on menstrual hygiene, women’s health, and sustainable practices, aligning with **JBLET’s vision of** nurturing a healthy, informed, and **socially responsible student community**. The initiative stands as a reflection of the institution’s continuous efforts to promote physical and emotional well-being among its students and faculty members.



Figure 1: Audience comprising girl students and women faculty members during the wellness awareness program.



Figure 2: The resource person, Ms. Nama Vanaja from Dayjoy Pvt. Ltd., explaining the importance of organic sanitary products.



Figure 3: Group selfie with the resource person, faculty members, and participants after the successful completion of the session.

DEAN OF STUDENT AFFAIRS