

Report on Awareness Program on Usage of Organic Pad

Presently the whole world is heading towards the usage of organic products. The concern for women health has increased multifold in the recent times. There has been an increase in the diseases which have been attributed to the recent lifestyle changes of today's woman. As JSS Institute of Naturopathy and Yogic Sciences have majority of female students, their health and hygiene is always a consideration. By following preventive measures like using cold pressed oil in the hostel, avoiding the usage of refined sugars, restricting outside food, etc., we have reduced the prevalence of all female related disease conditions such as PCOS in the college. Along with these measures feminine hygiene during menstruation is an essentiality to maintain good health among adolescent females. JSSINYS organized an exceptional program for educating the students regarding menstrual hygiene on 19.2.2021. Representatives namely Mrs. Anandhi, Mrs. Kokilavani and Mrs. Manimegalai from NATURO HEALTH ORGANIC ENTERPRICES have explained the health benefits of using organic pads in detail along with the simple demo.

