



# MCE NEWSLETTER

MUSLIM COLLEGE OF EDUCATION

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## AWARENESS PROGRAMME ON WOMEN'S HEALTH AND HYGIENE 05/02/2022

Muslim College of Education organised Awareness Programme Women's Health and Hygiene on 5th March 2022 at Conference Hall under the theme Menstrual Cycle. The resource person for the programme was Dr. Divya Renjith, MBBS, M.D., F.R.M consultant in Gynaecologist. Follow in Reproductive Medicine.

A health camp was organized in our college for all the students and staff to spread awareness about period health check-up and for maintaining a healthy life. The programme was launched with a prayer song of the students. Principal Dr. V. S. Pramod, Muslim College of Education welcomed the chief guests. Lion Dr. H. Mohamed Ali, Secretary honoured the chief guest. Dr. Divya Renjith started the class about 10.30 and lasted till 12.30 pm.

During this session Dr. Divya Renjith described about menstrual hygiene in detail. The discussion on menstrual hygiene included reproductive system, menstrual cycle, and importance of sanitary napkins and safety measures. She also explained about symptoms of

premenstrual syndrome and also about the problems due to irregular menstruation. Finally, she concluded with suggestions to overcome irregular menstruation.

The programme concluded with vote of thanks by Mrs. Merline Jeya, Assistant Professor in Education.







## VISIT TO TEACHER EDUCATION INSTITUTION BY M.Ed. SCHOLARS ON 12/02/2022

On 12/02/2022, M.Ed. scholars visited Gnanammal College of Education, Madathattuvelai and Pope John Paul II College of Education, Mulagumoodu