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**A BRIEF REPORT ON AWARENESS PROGRAMME ON “FEMALE HEALTH AND HYGIENE”  
ORGANIZED BY DEPARTMENT OF BIOENGINEERING IN COLLABORATION WITH  
CAREFREE 24 MARCH 2022**

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Communication Cell IUL <communications@iul.ac.in>  
Bcc: iu@iul.ac.in

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ORGANIZED BY  
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IN COLLABORATION WITH  
CAREFREE  
24 MARCH 2022**

Dear All,

It's a matter of pleasure to inform you all that the Department of Bioengineering, Integral University, Lucknow in collaboration with "CAREFREE" had organized an Awareness Programme on FEMALE HEALTH AND HYGIENE under the supervision of Dr. Alvina Farooqui Associate Professor & Head, Department of Bioengineering on 24th March 2022.

The programme started with the welcome address delivered by Dr. Alvina Farooqui Head, Department of Bioengineering. She spoke on the occasion stating that our society has progressed a lot in the context of female Hygiene and that we need to keep working in the same direction. She boosted the morale of the Faculty coordinator of this event (Ms. Sufia Aziz Siddiqui) and volunteers further with encouragement and motivation to work towards the upliftment of the underprivileged women in terms of their hygiene and good health. Besides, menstrual waste disposal concern was also discussed by. Sanitary napkins and tampons require timely disposal. Proper disposal of sanitary products will help to decrease the health and environmental hazards. To dispose of sanitary products, waste organizations can implement incinerators that enable the burning of sanitary waste at high temperatures. This practice may help in the reduction of waste load and the spread of infections.

The event encompassed free distribution of sanitary napkins to university female peons as well 50% discount to the Faculty employee of Integral University by "CAREFREE" to ensure that women are not deprived of basic amenities at the stall being put in fiesta from 24 March 2022 to 26 March 2022.

The awareness program also included enlightening the underprivileged females at Paikaramau village about the hygienic practices that need to be followed for overall well being and good health followed by free distribution of sanitary pads with a firm believe that we need to help break the silence, raise awareness and change negative social norms surrounding menstrual hygiene around the world, so that women and girls feel empowered to manage their periods safely, hygienically, with confidence and without embarrassment.

**AWARENESS PROGRAM  
ON  
FEMALE HEALTH AND HYGIENE  
Organized on 24 March, 2022**

Sl. No.	VOLUNTEER'S NAME
1	SHWETA MEHTA
2	IFRAH ANSARI
3	SONU KUMAR SINGH
4	MANISH MISHRA
5	HADIYA HABIB ALVI
6	DIVYANSHI SRIVASTAVA

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Warm Regards

Dr. (Er.) Alvina Farooqui  
Associate Professor and Head  
Department of Bioengineering,  
Faculty of Engineering  
Integral University  
Dasauli, P.O. Basha, Kursi Road  
Lucknow, U.P, India-226026  
Phone:-0522-2890730,2890812  
Fax:-0522-2890812  
Mob No :-09044020079  
E.Mail :- [alvina@iul.ac.in](mailto:alvina@iul.ac.in)  
[farooqui.alvina@gmail.com](mailto:farooqui.alvina@gmail.com)  
[alvinafarooqui@yahoo.co.in](mailto:alvinafarooqui@yahoo.co.in)

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"The harder you work, the luckier you get"  
"Hard work betrays none"