

## **Enhancing Women's Hygiene: An In-Depth Conversation**

On September 6th, 2023, Staff Welfare Association (SWA) had the privilege of hosting a significant program focusing on a matter of paramount importance - women's hygiene. This event was graced by the presence of our esteemed chief guest, Mrs. Sumita Sushil, who expressed heartfelt appreciation for the warm welcome and the opportunity to partake in this vital conversation regarding the enhancement of women's hygiene.

Mrs. Sumita Sushil eloquently articulated her sentiment, remarking that it was genuinely heartwarming to witness a community uniting to prioritize such a pivotal facet of women's well-being. She emphasized that women's hygiene transcends the realm of physical health; it stands as a cornerstone of their overall confidence, dignity, and empowerment. With conviction, she underscored that this subject often resides in the shadows, overshadowed by other pressing issues. However, she stated firmly that today, we have brought it into the spotlight, where it rightfully belongs.



Mrs. Sumita Sushil conveyed that the objective of our discussion was to dispel myths, offer practical guidance, and cultivate a safe and open forum for dialogue. She stressed the importance of dismantling barriers and nurturing an environment in which every woman feels well-informed and empowered to take charge of her health and hygiene. She urged all present to actively engage, ask questions, and share their experiences, emphasizing that it is through such discussions that we can genuinely effect change and drive positive transformation. She reminded us that knowledge is the first step toward empowerment.

The Chief guest invited everyone to embark on this journey together, united by the shared goal of enhancing women's hygiene and, consequently, their lives. She extended her heartfelt gratitude to all and the expert Ms Pragathi Badarinath for being a part of this essential conversation.

The expert Ms Pragathi Badarinath informative session that followed delivered invaluable insights, practical tips, and knowledge, equipping everyone with the tools to prioritize their health and hygiene effectively.

This event not only served as a platform for disseminating knowledge but also underscored our unwavering dedication to the overall well-being of our female workforce. It marked a significant stride in ensuring that women's health and hygiene remain at the forefront of our organizational priorities. We owe this successful program to the dedication and hard work of Mrs. Uma Ravi, Mrs. Naziya Anjum, Ms. Sanjeevani, Mr. Ravindran. R, Mr. Maruthi Mehanth, Dr. B. Gotyal, and Dr. Deepa Bhagat, all esteemed members of the SWA team. The SWA eagerly anticipates continuing such initiatives that contribute to the personal and professional growth of our entire female workforce.