

Hygiene Awareness Session - Event Report

Date: 28.07.2025

Time: 2:30 PM to 4:30 PM

Venue: Lect. Hall 6 (2nd floor), SRM Trichy Medical College Hospital and Research Centre

To commemorate **International Self-Care Day**, the **College of Allied Health Sciences** at SRMIST, Tiruchirappalli organized a special event focusing on “**Shine from Within – A Guide to Personal Hygiene**” with an emphasis on hygiene awareness for our female students.

The event featured with the following esteemed speakers who provided valuable insights on the importance of self-care and personal hygiene:

- **Dr. N. Balasubramanian, Deputy Director SRM-Trichy Campus / President, IMA-Irungalur Branch**, addressed the gathering and highlighted the institutional commitment to student well-being, emphasizing the broader role of self-care in holistic health. He has explained many common skin related issues and their causes which are manageable with proper care and also tips for healthy skin.
- **Dr. Divya, Secretary of IMA – SRM Irungalur Branch and Professor, Department of Physiology**, delivered an informative and engaging session on personal hygiene tailored specifically to female students. Her session titled “*Shine from Within*” focused on maintaining physical hygiene, menstrual hygiene, and mental wellness as essential aspects of self-care.

The event witnessed active participation of more than 250 students from various programs under the College of Allied Health Sciences. The speakers encouraged an interactive session where students raised queries and shared their thoughts, making the event more dynamic and impactful.

The awareness session aimed to empower young women with knowledge and habits that promote lifelong well-being, aligning with the objectives of both **Self-Care Day** and **Hygiene Awareness initiatives**.

The program concluded with a vote of thanks which showed a positive response from participants, who appreciated the informative and approachable nature of the session.



