



# **Hajee Karutha Rowther Howdia College**

**An Autonomous Institution Affiliated to Madurai Kamaraj  
University**

**(Re-Accredited with "A++" Grade by NAAC)**

**Uthamapalayam – 625533, Theni District**



## **Women's Forum**



**Organizes**

**One Day Awareness Program on**

# **Menstrual Hygiene Management - A Mental Health Perspective**

**Resource Person**

**Ms. Gowrimala**

**District Resource Person**

**Block Mission**

**Tamilnadu Women Development**

**Date: 06.01.2026**

**Time: 02.30pm - 4.00 pm**

**Venue: Seminar Hall**

**Dr. M. FATHIMA PARVEEN**  
**Coordinator**

**Dr. H. MOHAMED MEERAN**  
**Principal**



