



NAAC Accredited Institution
KINGS
COLLEGE OF ENGINEERING
AUTONOMOUS



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"Vital Women Vibrant Future for Girls Volunteers"

REPORT

17.02.2026

The **Kings Youth Club, NSS Units I & II, Citizen Club, and IEEE Student Branch of Kings College of Engineering (Autonomous)** jointly organized an awareness programme titled **"Vital Women, Vibrant Futures – Your Health, Our Power, Our Movement"** on **16 February 2026** at **2:00 p.m. in Chera Hall.**

The programme was conducted with the objective of promoting awareness about women's health, emphasizing preventive healthcare, menstrual hygiene, reproductive health, nutrition, mental well-being, and the importance of adopting a healthy lifestyle. The resource person for the session was **Dr. Steffi Kiran Pandian, MBBS, M.S. (OG), Consultant Obstetrician & Gynaecologist, RIO Hospital, Thanjavur.**

Dr. Steffi Kiran Pandian delivered an informative and engaging lecture on various aspects of **women's health, including menstrual health, hormonal changes, reproductive care, nutrition, lifestyle disorders, and the significance of regular health check-ups.** She highlighted the importance of early diagnosis and timely medical consultation for preventing health complications.

The speaker also encouraged students to **maintain physical fitness, practice good hygiene, manage stress effectively, and break the stigma surrounding women's health issues.** An interactive question-and-answer session enabled participants to clarify their doubts and gain practical insights from the expert.

The programme witnessed **220 active participations from students and faculty members.** The session created a positive learning environment and motivated participants to prioritize their health and spread awareness within their families and communities. The event was successfully coordinated by **Mr. S. Ambalatharasu, Dr. P. Saravanan, Dr. K. Sooryakala, and Dr.M.Pugazhenth**i under the guidance of **Dr. J. Arputha Vijaya Selvi, Principal, and Dr.R.Rajendran, Secretary.**

Outcome of the Programme

The programme significantly enhanced participants' awareness of women's health, preventive healthcare, menstrual hygiene, reproductive wellness, nutrition, and mental well-being. Students gained valuable knowledge about the importance of regular health check-ups, maintaining a healthy lifestyle, and seeking timely medical consultation. The interactive session helped dispel common myths related to women's health, encouraged open discussions on sensitive health issues, and inspired participants to make informed health decisions. Overall, the programme empowered students to adopt healthier practices and motivated them to promote women's health awareness within their families and communities.

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GLIMPSES OF THE EVENT



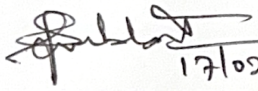
Felicitation of the Resource Person during the Women's Health Awareness Programme.



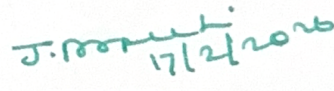
Participants attending the Women's Health Awareness Programme at Chera Hall



Dr. Steffi Kiran Pandian delivering the keynote address during the Women's Health Awareness Programme


17/02/2026
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