



ST. ALOYSIUS COLLEGE (AUTONOMOUS), JABALPUR

DEPARTMENT OF MANAGEMENT

REPORT ON COMMUNITY SERVICE ACTIVITY- DAY 2

As a part of the 75th Jubilee Celebration

Theme: “ Samaj ke sang, seva ke rang”

Date	12 th August 2026
Venue	Government School, Mehgawa, Dumna
Participation	20 women
Organising department	Department of Management
Activity	Community Service Day 2

Introduction

As a part of the 75th Jubilee Celebration of St. Aloysius College (Autonomous), Jabalpur, the Department of Management continued its Community Service Activity at the Government School in Mehgawa, Dumna, under the theme “Samaj Ke Sang, Seva Ke Rang.” The session focused on Hygiene and Women’s Health, with the objective of creating awareness among women about common health concerns, menstrual health, nutrition, hygiene, and the importance of maintaining a healthy lifestyle.

Resource person

The resource person for the session was Dr. Sonal Richhariya, Consultant at Matram and Shalby Hospital. She is a gynecologist specialising in high-risk pregnancy care and has around 16 years of experience in her field. The session was also made possible with the support of Parshad Rishi Pandey, who helped co-ordinate the programme.



The programme included the felicitation of the guests. **Dr. Sonal Richhariya** was felicitated by **Dr. Chitranshi Verma**, while **Parshad Rishi Pandey** was felicitated by **Dr. Shraddha Shrivastava** as a token of appreciation for their valuable contribution and support the college in conducting the programme at the village.

About the session

During the awareness session, Dr. Sonal Richhariya discussed several important aspects of women's health. She explained the possible reasons for severe period cramps and highlighted the importance of not ignoring unusual or persistent menstrual problems. She encouraged the women to maintain a proper and well-balanced diet, including nutritious food and seasonal vegetables. She also emphasised the importance of regular exercise, adequate

sleep, reduced mobile phone usage at night, and maintaining a proper routine for meals.

Dr. Sonal also addressed concerns related to white discharge. She explained that while some discharge can be normal, certain changes or symptoms may indicate an underlying problem and should be medically checked. She also briefly discussed PCOD, helping the participants understand the importance of being aware of changes in their health and seeking professional advice when required.



Interaction with the audience

An important part of the programme was the interactive discussion with the women present at the session. Dr. Sonal interacted with several participants, listened to their concerns, answered their questions, and provided appropriate health-related guidance. This made the session more engaging and allowed the participants to openly discuss issues related to women's health.



Saree Distribution

At the end of the programme, sarees and sanitary napkins were distributed among the women in the audience. The distribution aimed to support menstrual hygiene and provide useful essentials to the participants.



Conclusion

Overall, the session was an informative and meaningful initiative by St. Aloysius College as part of its 75-year journey. The programme successfully created awareness about women's health and hygiene and encouraged the participants to adopt healthier habits, seek timely medical advice, and take greater care of their well-being. The interaction with Dr. Sonal Richhariya and the distribution of essential hygiene products made the event both educational and socially impactful.

