



OFFICE OF BLOCK EDUCATION OFFICER, KASHIPUR, US NAGAR, UTTARAKHAND

Letter of Appreciation

This is to certify that **Mrs. Namita Gupta, Co-founder and Managing Trustee of Aan Charitable Trust, Kashipur, US Nagar District** has played a commendable role in supporting the District administration in their COVID relief efforts especially amongst the adolescent school going girls of vulnerable communities. It is my pleasure to strongly recommend her for working tirelessly in these extraordinary times committed to health and well-being of common people.

In response to COVID-19 pandemic outbreak, Aan team under her able guidance launched response efforts, distributing personal hygiene kits, dry ration kits, face masks, sanitizers, dignity kits (menstrual Hygiene kits), spreading awareness on the urgent need to focus on appropriate Covid-19 safety protocols to stop the spread of disease.

She envisioned and implemented several Projects – *Prioritizing Menstrual hygiene in Udham Singh Nagar District - Periods don't stop for pandemics*, 'No Shame in Mensuration', Period Lesson and Donate a pad' in over 22 rural girls high schools and middle schools. Through this effort over 2000 adolescent girls and their care givers were sensitized.

Prioritising Menstrual Hygiene in US Nagar - No shame in Menstruation activity incorporated -

1. A brief interactive awareness workshop to break the silence and taboo associated with Menstruation.
2. Distribution of Dignity Kits – Eco-friendly Oxy Biodegradable Menstrual hygiene kits - Suvidha sanitary napkins.
3. Adolescent girls were sensitised about the importance of Balanced diet in their food, incorporate Iron rich foods to prevent anaemia. Iron and Folic acid supplements were distributed free of cost.
4. Awareness on sustainable methods of managing menstruation and proper disposal of waste.
5. Brief counselling session on Covid-19 safety protocol- WHO guidelines for protection from corona virus infection, Distribution of reusable cotton face masks.

I, Block Education Officer, Kashipur Block express my deep appreciation for her exemplary commitment and dedication for partnering with the Block education department and help combat the Corona crisis in Kashipur, especially the rural villages.

I wish her good luck and success for all her future endeavors.

खण्ड शिक्षा (R.S. Negi)
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