



HEALTH AWARENESS TALK ON CLEAN, CONFIDENT, AND CAREFUL: A GUIDE TO MENSTRUAL HYGIENE

16TH APRIL 2025 | 02.00 PM to 5.00 PM
MBA auditorium, AIT, Acharya Campus



About the Program

This event will provide valuable information on menstrual hygiene, promote confidence in managing menstrual health, and emphasize the importance of maintaining hygiene throughout the menstrual cycle. The aim is to equip the students with knowledge to take better care of their health, foster an open environment for discussion, and break down societal taboos surrounding menstruation.

Objectives of the Program

- To educate students about the biological aspects of menstruation, its cycles, and the significance of menstrual hygiene.
- To highlight the importance of using safe, clean, and hygienic methods during menstruation, including the proper use and disposal of sanitary products.

Expected outcomes of the programme

- Students will gain a clear understanding of menstrual health, its biological processes, and the importance of maintaining hygiene during menstruation.
- Students will cultivate a compassionate and supportive attitude toward peers who menstruate, contributing to a more inclusive and empathetic campus environment.

Important Dates

Event Details	Dates
Important Dates	16 th April 2025
Time	02.00 PM to 05.00 PM
Target Audience	Female Students of AIT
Type of program	Offline
Venue	MBA auditorium, AIT

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Committee Members

ADVISORY COMMITTEE

- Dr. C. K. Marigowda, Principal, AIT
- Dr. Rajanna K R, Dean- Students Affairs, AIT
- Dr. Renukadevi, Chairperson Women Cell/CICC, AIT
- Dr. Mahesh S.S, First Year Coordinator Physics cycle, AIT
- Dr. Satish K, Head, Dept of Chemistry & First Year Coordinator, AIT
- Dr. T Rami Reddy, Head, Dept of Mathematics, AIT
- Dr. Sanman Shivakumar, NSS Programme Officer, AIT

CONVENER

- Dr. Kavyashree D, Head, Dept of Physics, AIT
- Dr Nagapuspha. K.P, Member Secretary Women Cell/CICC, AIT

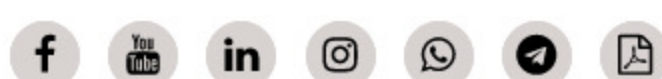
COORDINATORS

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Resource Person Details



Dr. S. Sridhya,
Professor & Head, Department of Sports &
Exercise, REVA University



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[LOCATE US](#)

Event Coordinator

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