



HEALTH FOR WOMEN'S AWARENESS PROGRAM ON MENSTRUAL HYGIENE

09th July 2025 | 10:00 am to 11:30 am
MBA Auditorium, Acharya Campus



About the Program

The Health for Women's: Awareness Program on Menstrual Health is a dedicated initiative aimed at educating and empowering women and young girls about menstrual hygiene, reproductive health, and breaking the stigma surrounding menstruation. This awareness program focuses on promoting accurate knowledge about the menstrual cycle, the importance of proper hygiene practices, and addressing the myths, taboos, and social barriers that often surround this natural biological process.

Objectives of the Program

- To understand the safety and health implications of using commercially available sanitary napkins by presenting research.
- To educate participants on the scientific aspects of menstrual health, including the impact of oxidative stress on the menstrual cycle and the causes of PCOD, PCOS, infertility, and endometriosis.
- To promote awareness of holistic menstrual hygiene practices - beyond just product use, including lifestyle, diet, and stress management.
- To engage students and female staff in meaningful dialogue to understand their perceptions, challenges, and ideas around menstruation and menstrual health management.

Expected Outcomes of the Program

- Participants will gain clarity on the safety, benefits, and risks of sanitary pad usage in India, based on updated research and health guidelines.
- Increased awareness about underlying medical conditions such as PCOD, PCOS, endometriosis, and how lifestyle factors contribute to or worsen these conditions.
- Enhanced menstrual hygiene practices among students and staff, with an emphasis on sustainable and health-conscious solutions.
- Collection of valuable insights from participants on menstrual challenges and crowd-sourced solutions, which can guide future institutional health programs or campaigns.

Target Audience: Female Students and Staff of ANRIPT

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Committee Members

ADVISORY COMMITTEE

- Dr. Mallikarjunaiah HS, Principal, Acharya's NR Institute of Physiotherapy

CONVENER

- Women's Cell, ANRIPT

COORDINATORS

- Mrs. Alisha Fernandes, Mobile: 78759 66621
- Ms. Rajameena R, Mobile: 90940 13301

Resource Person Details



Mrs. Vedashree R S, BBM

Designation : Speaker at Health For Women's



Acharya's NR Institute of Physiotherapy

Acharya Dr. S. Radhakrishnan Road, Acharya P.O
Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

Event Coordinator

Mrs. Alisha Fernandes
Mobile: 78759 66621