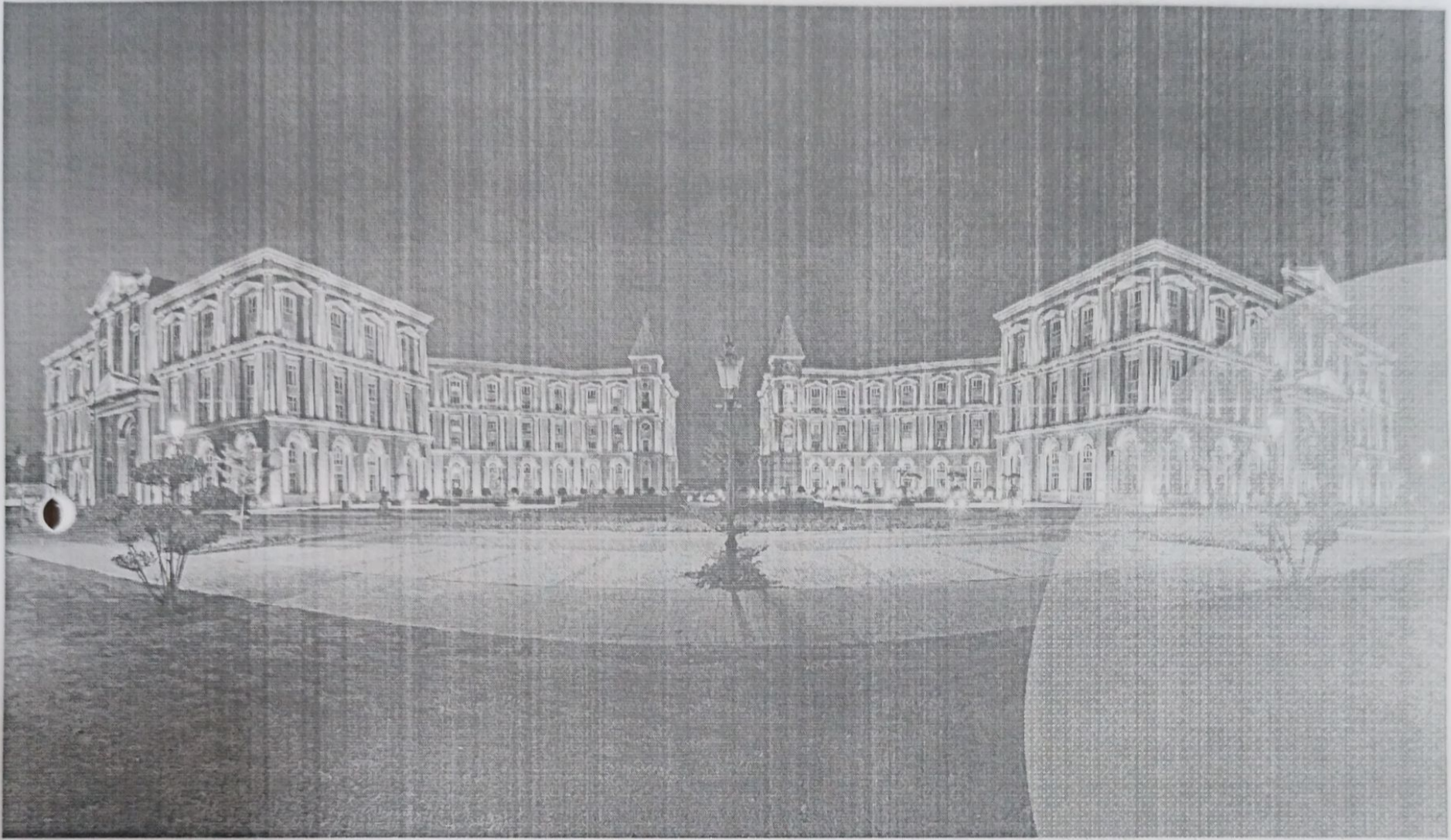




DAYANANDA SAGAR  
UNIVERSITY



Menstrual Wellness: Hygiene Practices and  
Nutritional Support

SCHOOL OF HEALTH SCIENCE  
COLLEGE OF PHYSIOTHERAPY

COORDINATOR OF EVENT: Dr. Jagruthi and Dr Feba Roy

(19/12/2025)

4 QUALITY  
EDUCATION



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## 1. Introduction of the Event

On 19th December, the College of Physiotherapy (COPT) and the College of Allied Health Sciences, Dayananda Sagar University (DSU), jointly organized a Menstrual Wellness: Hygiene Practices and Nutritional Support at a Girls High School, Kanakapura.

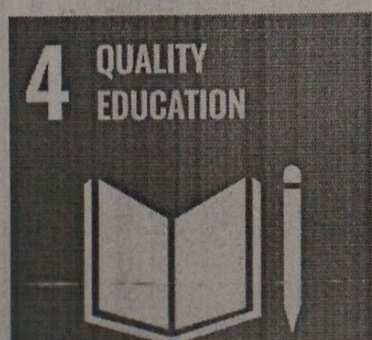
The program was conducted as part of the university's community outreach initiative with a focus on improving awareness and promoting healthy lifestyle practices among adolescent girls.

## 2. Objective of the Event

- To create awareness about menstrual hygiene and address myths and taboos related to menstruation.
- To educate adolescent girls on the importance of physical activity during puberty.
- To highlight the role of balanced nutrition in growth, hormonal health, and overall well-being.
- To encourage open discussion and improve health literacy among school-going girls.

## 3. Beneficiaries of the Event

- Students from 6th to 10th standard of the Girls High School, Kanakapura.
- Teaching and non-teaching staff of the school who participated in the sessions.
- Undergraduate students of Physiotherapy and Allied Health Sciences, who gained hands-on experience in community health education.



#### 4. Brief Description of the event

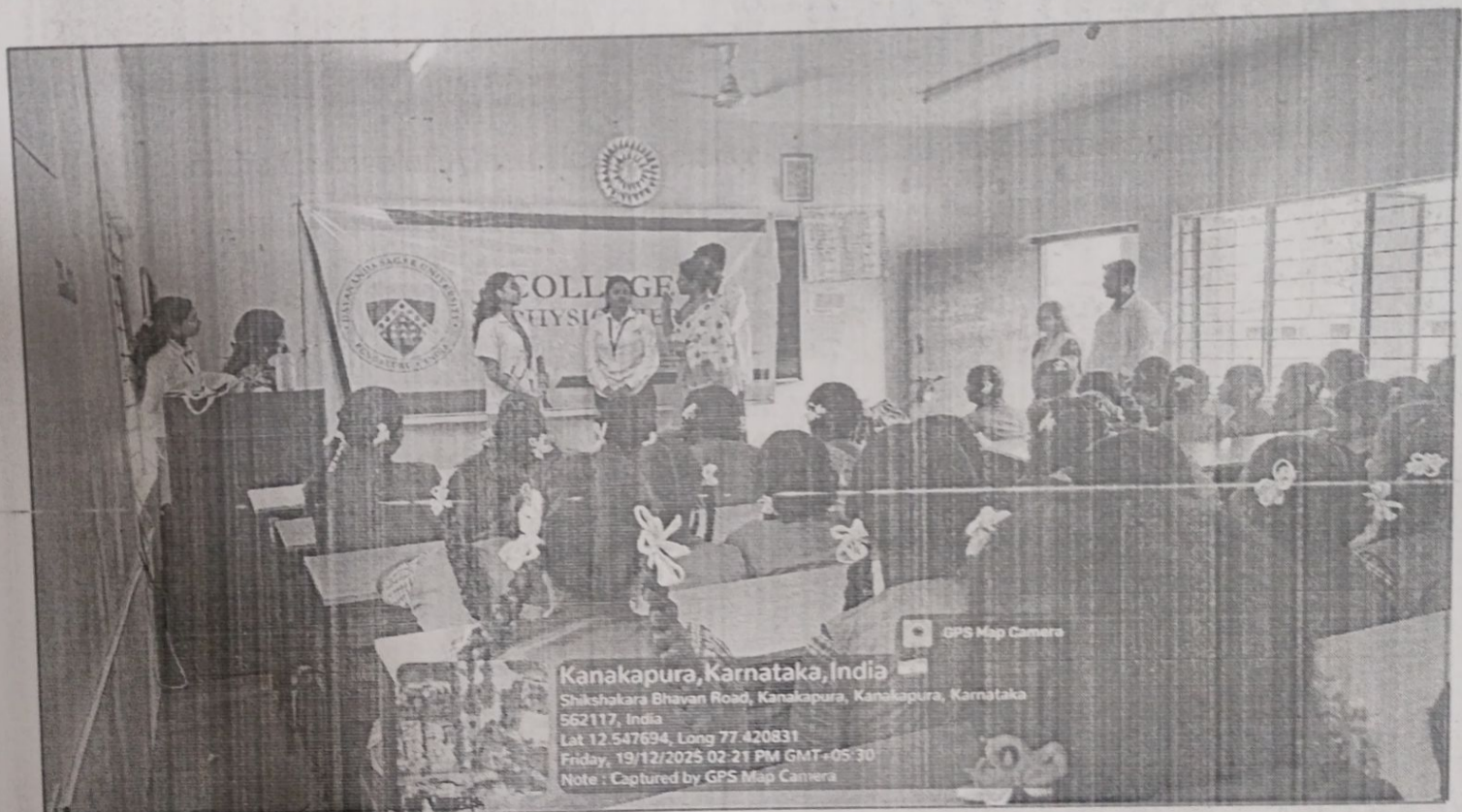
The awareness program was conducted in an interactive and engaging manner.

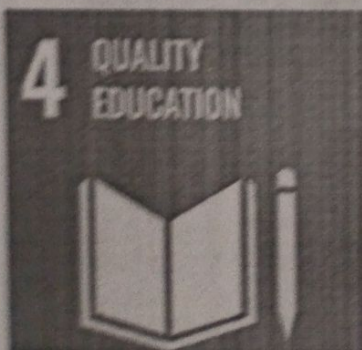
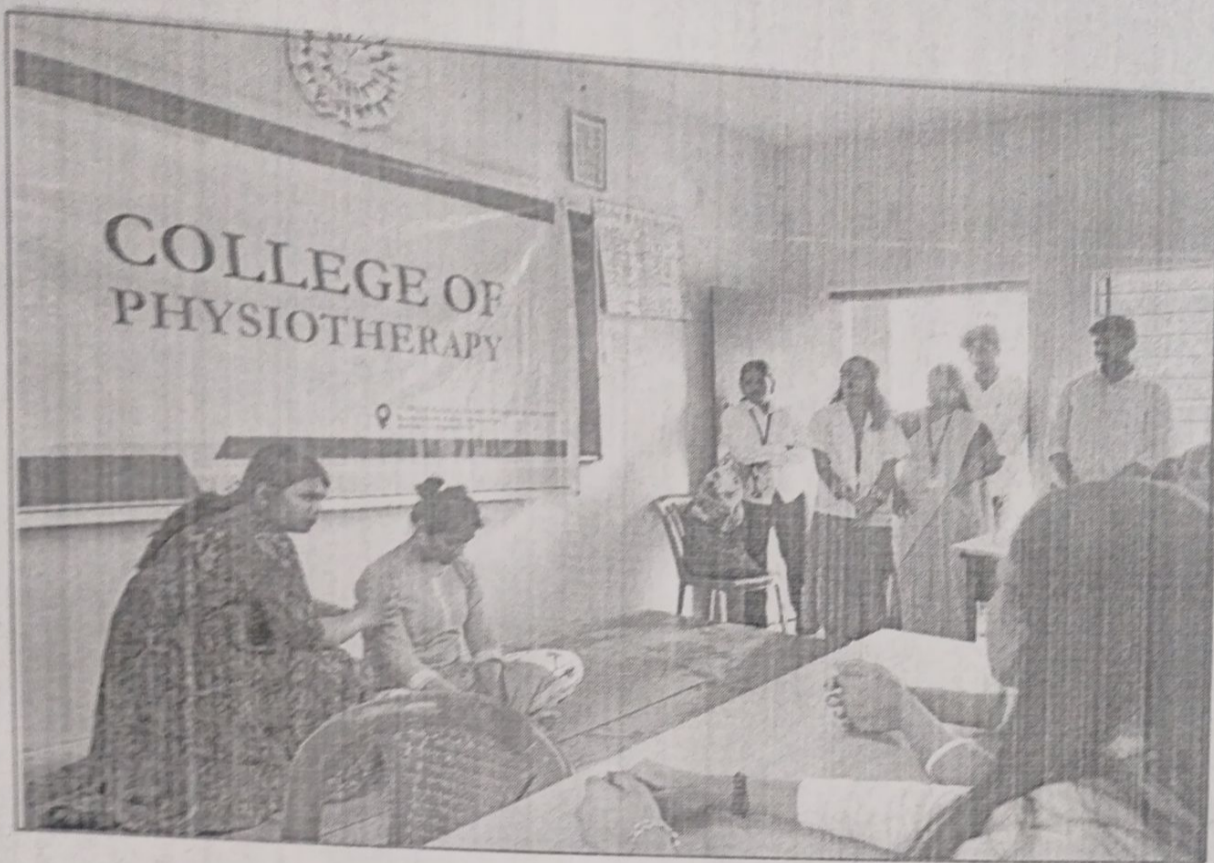
Students from the College of Physiotherapy performed a skit focusing on menstrual awareness, emphasizing the importance of breaking social stigma and encouraging healthy menstrual practices.

Students from the College of Allied Health Sciences conducted poster presentations on topics related to menstrual hygiene, nutrition during adolescence, and the importance of regular exercise.

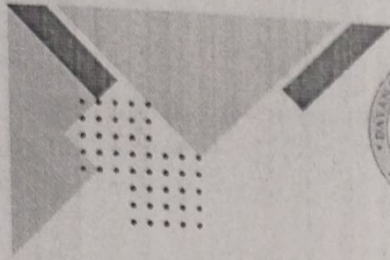
The session included active interaction with school students, where they asked questions and clarified doubts. A short quiz was conducted to reinforce learning and encourage participation. The students and staff of the school showed great enthusiasm and engagement throughout the event.

#### 5. Photographs

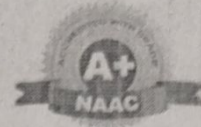




6. Brochure or creative of the event



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COLLEGE OF PHYSIOTHERAPY  
&  
COLLEGE OF ALLIED HEALTH SCIENCES

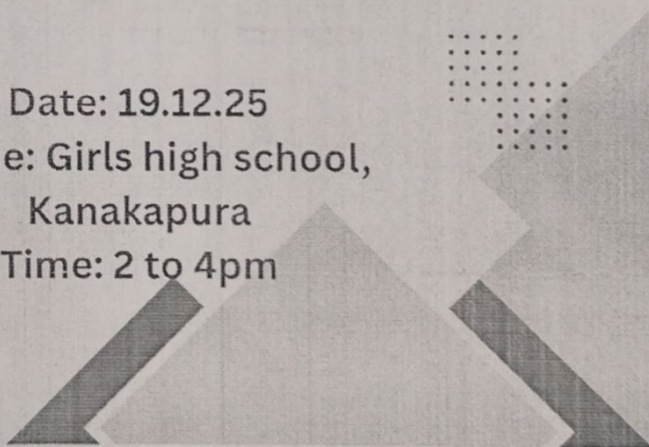


*Menstrual Wellness: Hygiene Practices  
and  
Nutritional Support*

Date: 19.12.25

Venue: Girls high school,  
Kanakapura

Time: 2 to 4pm

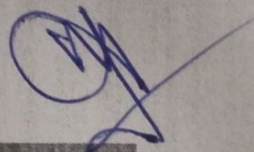


## 7. Schedule of the Event

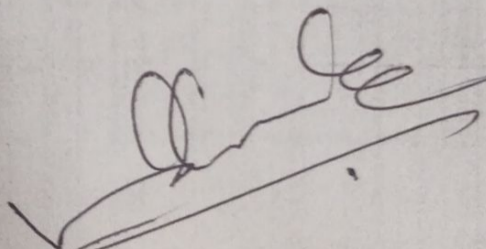
Time	Activity
2:30:00 PM – 2:45PM	Introduction & Welcome
2:46 PM – 3:00 PM	Awareness Talk on Menstrual Hygiene
3:01 PM – 3:20 PM	Skit on Menstrual Awareness
3:21 PM – 3:45M	Poster Presentation
3: 46 PM – 3:50 PM	Interactive Session & Quiz
3: 51PM – 4:00 PM	Conclusion & Vote of Thanks

## 8. Attendance of the Event

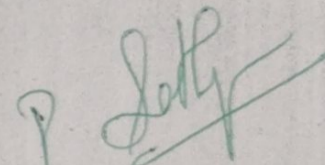
Attendance has been attached separately



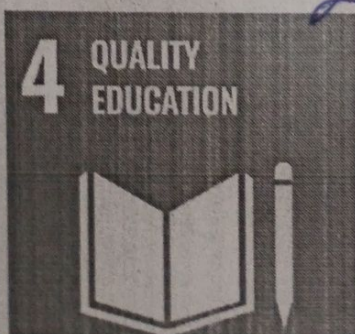
ator



Signature of IQAC coordinator



Signature of principal



IQAC CELL  
COLLEGE OF PHYSIOTHERAPY  
RAYANANDA SAGAR UNIVERSITY