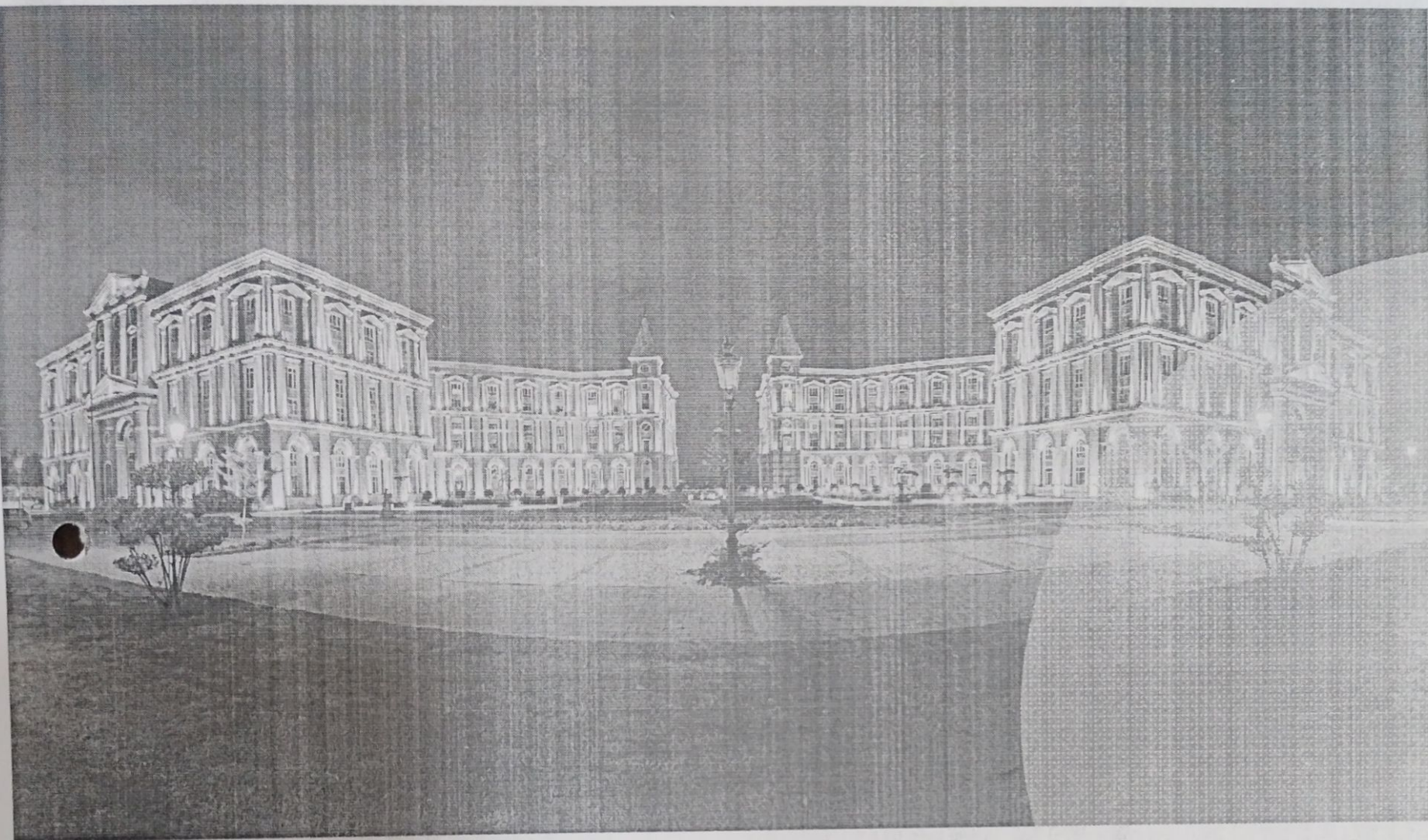




DAYANANDA SAGAR
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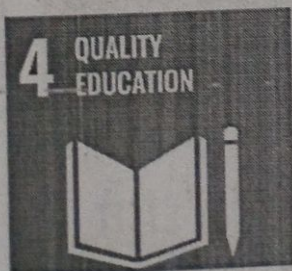
Nurturing Wellness: Menstrual Hygiene and Nutrition
for Women and the Importance of Exercise and
Nutrition for Menopausal Well-being"

SCHOOL OF HEALTH SCIENCE

COLLEGE OF PHYSIOTHERAPY

COORDINATOR OF EVENT: Dr. Jagruthi and Dr Feba Roy

(29/09/2025)



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1. Introduction of the Event

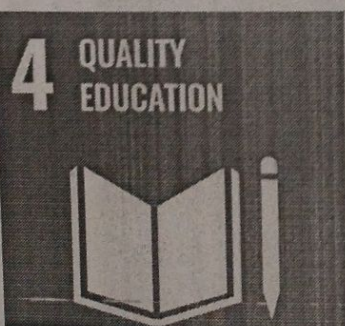
Health awareness programmes play a crucial role in promoting preventive healthcare and improving quality of life. With this objective, the students of the College of Physiotherapy (COPT) and Allied Health Sciences (AHS) organized an awareness programme titled "Nurturing Wellness: Menstrual Hygiene and Nutrition for Women and the Importance of Exercise and Nutrition for Menopausal Well-being" on 29th September 2025 at the Seminar Hall, Dayananda Sagar University (DSU). The programme focused on empowering women with knowledge related to menstrual hygiene, nutrition, physical activity, and menopausal health.

2. Objective of the Event

- To create awareness about proper menstrual hygiene practices among women.
- To educate participants on the importance of balanced nutrition for women's health.
- To highlight the role of exercise and nutrition in maintaining physical and mental well-being during menopause.
- To dispel common myths and misconceptions related to menstruation and menopause.
- To promote a holistic approach to women's health and wellness.

3. Beneficiaries of the Event

- Faculty staff members of Dayananda Sagar University.
- Women participants who gained awareness regarding menstrual hygiene and menopausal well-being.
- Students of COPT and AHS, who developed skills in health education and community outreach.



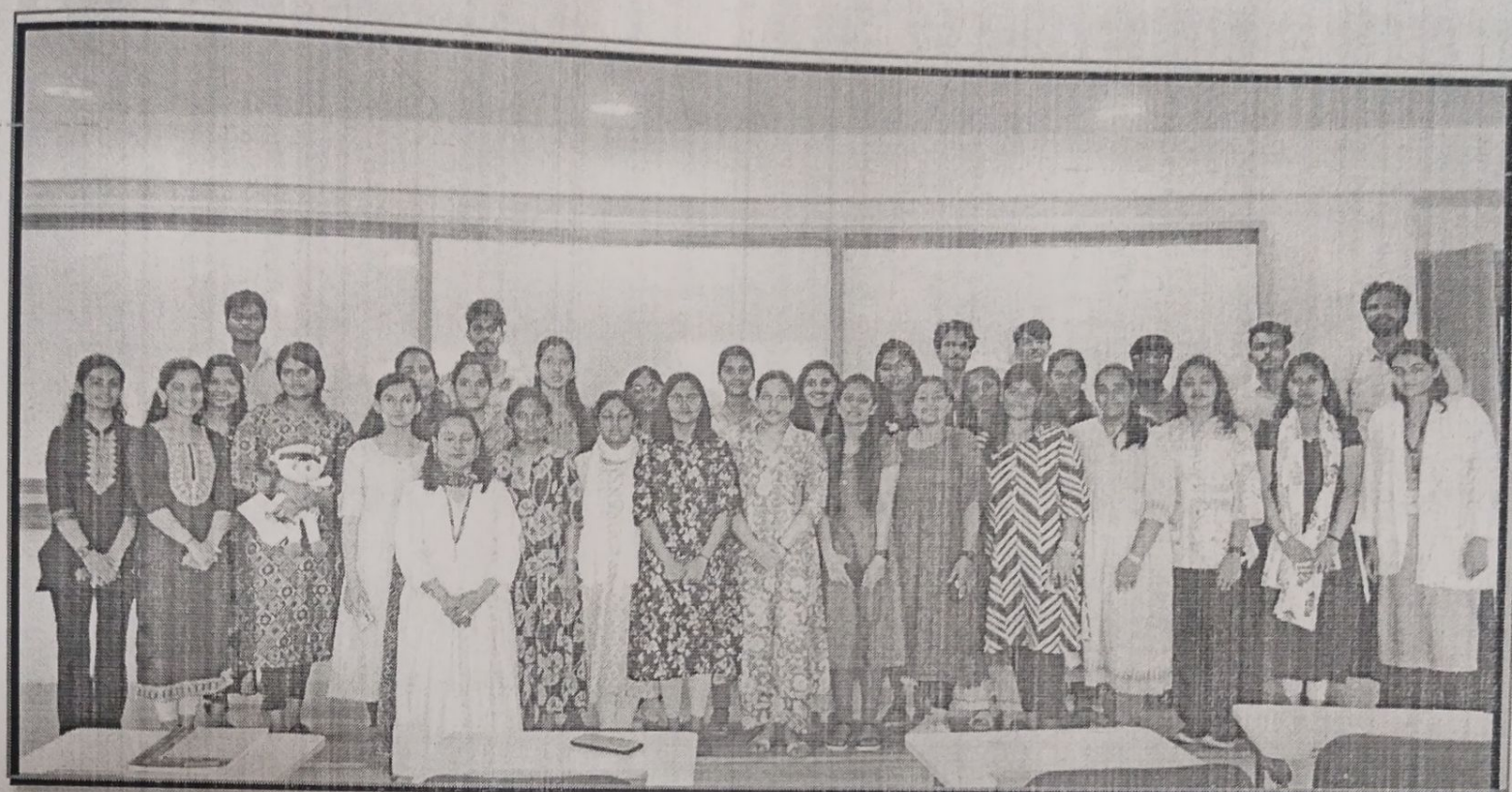
4. Brief Description of the event

The awareness programme was conducted on 29th September 2025 and was attended by 65 facility staff members. The event included an engaging skit performance by students, which addressed menstrual hygiene practices and aimed at breaking common myths and taboos associated with menstruation. The skit effectively conveyed key messages in a simple and relatable manner.

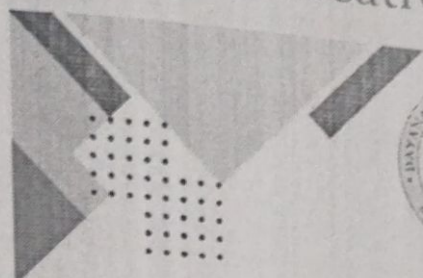
In addition, a poster presentation was organized highlighting the importance of proper nutrition for women's health, along with the role of regular exercise and balanced diet in managing menopausal changes. The interactive nature of the programme encouraged participation and helped reinforce the importance of adopting healthy lifestyle practice.

5. Photographs





6. Brochure or creative of the event

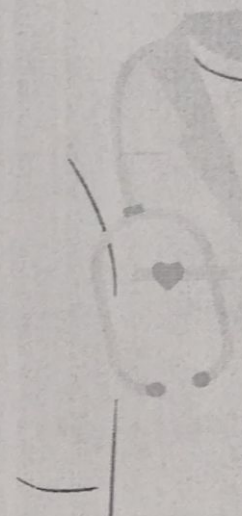
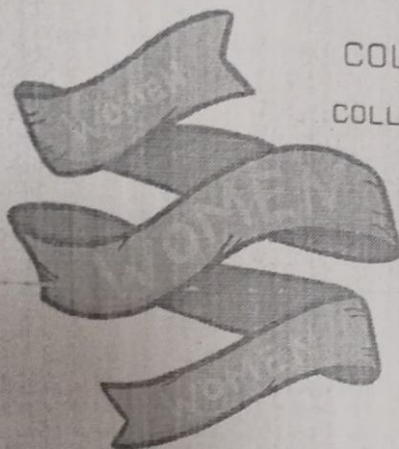


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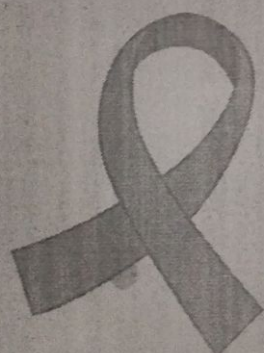


SCHOOL OF HEALTH SCIENCES

COLLEGE OF PHYSIOTHERAPY
&
COLLEGE OF ALLIED HEALTH SCIENCES



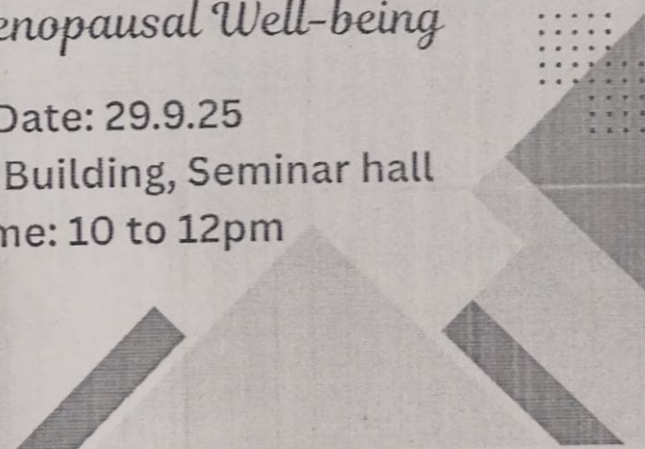
*Nurturing Wellness: Menstrual Hygiene and Nutrition
for Women and the Importance of Exercise and
Nutrition for Menopausal Well-being*



Date: 29.9.25

Venue: HS Building, Seminar hall

Time: 10 to 12pm



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7. Schedule of the Event

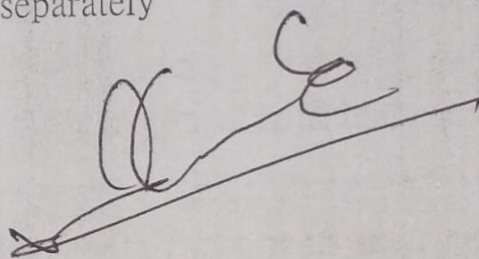
Time	Activity
10:00 AM – 10:15 AM	Introduction & Welcome
10:15 AM – 10:45 AM	Skit on menstrual hygiene and myth-busting
10:45 AM – 11:30 AM	Poster presentation on nutrition, exercise, and menopausal well-being
11:30 AM – 11:45 AM	Interaction with participants and concluding remarks
11:45 AM – 12:00 PM	Conclusion & Vote of Thanks

8. Attendance of the Event

Attendance has been attached separately

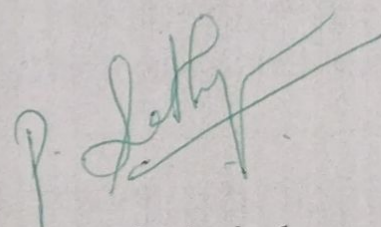


Signature of coordinator



Signature of IQAC coordinator

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Signature of principal

