



DE PAUL COLLEGE

(Affiliated to Mandya University)

Report on Awareness Program on Menstrual Health for Girls

Date: 7th October 2024

Venue: Deaudi, De Paul College

Organized by: Women's Forum, De Paul College

Resource Person: Ms. Christine Noela Rani, Vice President, Sneha Kiran of Mysore Spastic Society (Bogadi)

Participants: Girls from various departments

Introduction

The Women's Forum of De Paul College, Deaudi, organized an awareness program on menstrual health for girls on 7th October 2024. The session was graced by Ms. Christine Noela Rani, Vice President of Sneha Kiran of Mysore Spastic Society, Bogadi, who is recognized for her dedicated work in the field of health and social welfare.

Program Highlights

- **Welcome Address:**
The event began with a warm welcome by the Women's Forum coordinator, who introduced the resource person and highlighted the importance of menstrual health awareness among young women.
- **Interactive Session by Ms. Christine Noela Rani:**
Ms. Christine Noela Rani delivered an engaging and informative talk on menstrual health. She covered key topics including:
 - **Understanding Menstruation:**
Explanation of the biological process, its significance, and common myths and misconceptions.
 - **Menstrual Hygiene:**
Guidance on maintaining hygiene, use of sanitary products, and safe practices to prevent infections.
 - **Breaking the Stigma:**
Encouragement to openly discuss menstruation, address taboos, and foster a supportive environment.
 - **Health and Well-being:**
Importance of nutrition, mental health, and seeking medical advice for menstrual disorders.
- **Q&A and Discussion:**
An interactive question-and-answer session allowed participants to seek clarifications and share experiences, making the session more relatable and impactful.
- **Distribution of Educational Materials:**
Pamphlets and informative handouts on menstrual health were distributed to all attendees for future reference.

Conclusion

The awareness program was well-received by the participants, who appreciated the open and informative discussion on a topic of vital importance. Ms. Christine Noela Rani's expertise and compassionate approach made the session both educational and empowering. The Women's Forum successfully created a platform for girls to gain knowledge, dispel myths, and build confidence regarding their health and well-being.



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