

**Centre for Menstrual Hygiene Management
Centre for Sustainable Development Goals
National Cadet Corps & National Service Scheme
of**

**Karpagam Academy of Higher Education
(KAHE)**

&

**Karupa Institute of Development Initiatives
(KIDI)**

Jointly organized

Menstrual Hygiene Day Events on 28-05-2025

Awareness Lecture on Menstrual Hygiene Management for Pharmacy Students:
A Multidimensional Approach Aligned with the Sustainable Development Goals
(SDGs)

Agenda

- Welcome Address
- General discussion
- Quiz (Online Based)
- Vote of Thanks

EVENT POSTER



The **Center for Menstrual Hygiene Management (MHM)**, **Center for Sustainable Development Goals**, **National Cadet Corps (NCC)**, and **National Service Scheme (NSS)** of **Karpagam Academy of Higher Education (KAHE)**, in collaboration with the **Karupa Institute of Development Initiatives (KIDI)**, Unit of **Karupa Foundation** jointly organized **Menstrual Hygiene Day Events** on **28th May 2025** at **2:30 p.m.**, under the theme *"Menstrual Hygiene Management for Pharmacy Students: A Multidimensional Approach Aligned with the Sustainable Development Goals (SDGs)."*

Agenda and Proceedings:

1. **Welcome Address:** The session commenced with a warm welcome address by Dr. A. Dharmaraj, Director of the Extension Programme, highlighting the importance of menstrual hygiene and its intersection with health, education, and gender equality.

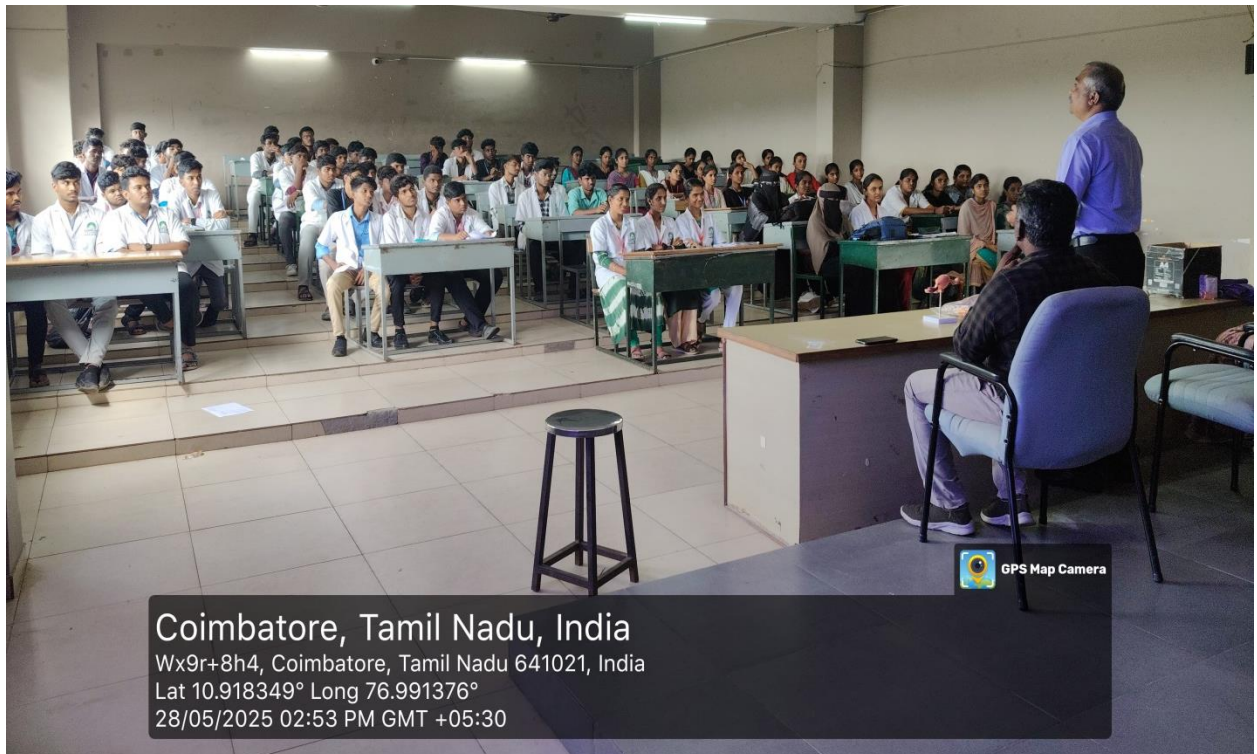
2. **General Discussion:** A participatory discussion followed, where students shared their thoughts, questions, and concerns related to menstrual health. Faculty members addressed key issues, debunked myths, and emphasized the need for inclusive and stigma-free conversations around menstruation.
3. **Awareness Lecture:** Capt. Dr. K.P. Sridhar, Head of CFIR, delivered an insightful lecture focusing on a multidimensional approach to menstrual hygiene management, linking it with various Sustainable Development Goals including SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 6 (Clean Water and Sanitation).
4. **Online Quiz:** An interactive online quiz was conducted to assess and enhance students' awareness of menstrual hygiene. The quiz covered basic biological, social, and environmental aspects of menstruation and its management.
5. **Vote of Thanks:** Lt. S. Nithya, NCC Officer, delivered the vote of thanks, expressing gratitude to all dignitaries, organizers, and participants for making the event a success. Special thanks were extended to the organizing institutions for their commitment to women's health and empowerment.

Outcomes:

- Enhanced awareness among pharmacy students regarding menstrual hygiene.
- Strengthened interdisciplinary learning through the SDG framework.
- Promoted open dialogue and broke taboos associated with menstruation.



"Empowered Women Begin with Education – A Step towards Menstrual Dignity"





Capt. Dr. K. P. Sridhar, Managing Director, Karupa Foundation, addressed the
students

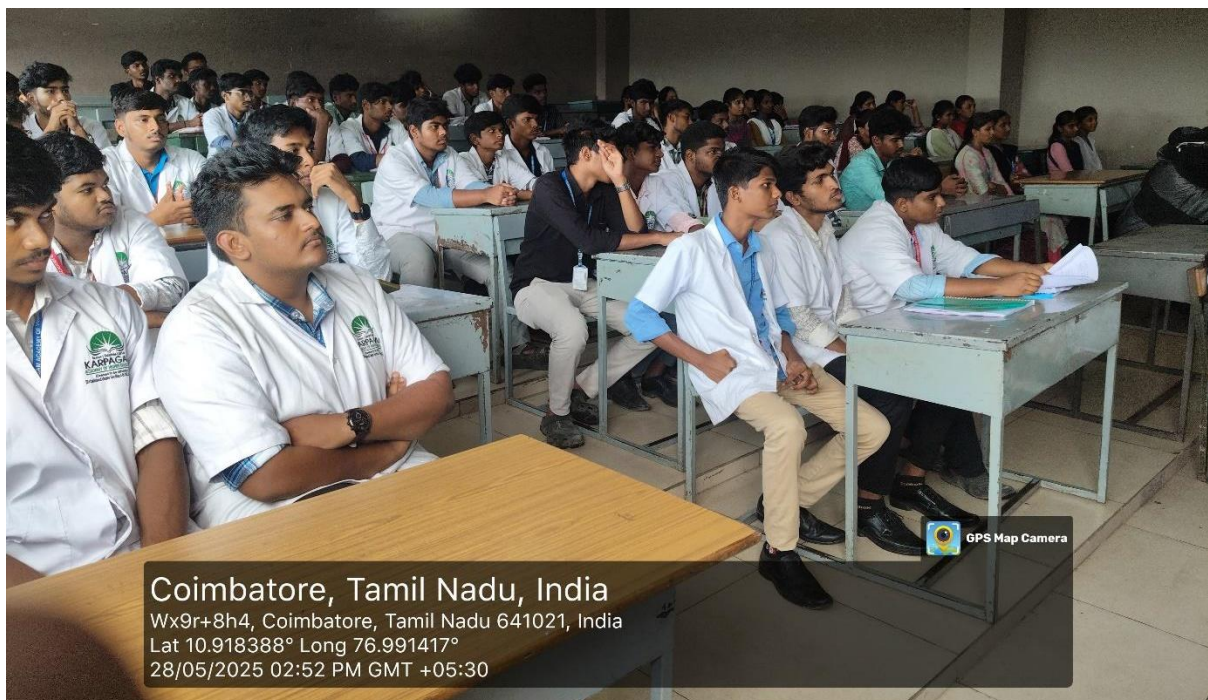
on Menstrual Hygiene on 28-05-2025



Spreading Awareness, Breaking Stigma – Menstrual Hygiene Day 2025



"From Silence to Strength – Awareness Programme on Menstrual Health"



"Knowledge is Power"

– Students Engaged in Learning About Menstrual Hygiene"

Quiz Link

