



HEALTH AWARENESS SESSION ON

“Menstruation & Adolescent Health – My Health My Priority”

Organized by

Anti Sexual Harassment Cell

in association with



Date: 15 November 2025

The Anti Sexual Harassment Cell of K.S. Institute of Technology, in collaboration with Institution Innovation Council and Zymus Hospital, conducted an extensive awareness session addressing critical aspects of menstrual health and adolescent well-being. The session aimed to break societal taboos, provide scientific understanding, and empower students to prioritize their health with knowledge-based decisions. The talk was part of the institution’s continuous efforts toward promoting student health, safety, and holistic development.

Introduction: The awareness session was specifically designed for young students to help them understand the physiological, emotional, and social aspects of puberty and menstruation. Menstruation, though a natural biological process, is often surrounded by myths, cultural restrictions, and misinformation. This session aimed to present factual, unbiased, and medically accurate information so that students can adopt healthier lifestyle choices.

Resource Person:



The session was delivered by **Dr. Namrata Sugandhi**, Consultant Obstetrician & Gynecologist, Zymus Hospital, Bengaluru. With her extensive clinical experience, she provided practical insights and scientific explanations tailored to adolescent understanding. She addressed a wide range of topics—from basic anatomy to advanced menstrual hygiene practices.

Objectives:

1. To educate students on the physiological processes of puberty and menstruation with scientifically accurate information.
2. To create awareness about menstrual hygiene and safe health practices among adolescent learners.
3. To break societal myths and taboos associated with menstruation and promote positive health-seeking behavior.
4. To enhance emotional and psychosocial understanding among students regarding changes during adolescence.



K.S. INSTITUTE OF TECHNOLOGY

An Autonomous Institution under VTU, Approved by AICTE
Accredited by NBA (CSE & ECE), NAAC with A+ & QS 1-GAUGE (GOLD)
No.14, Raghuvanahalli, Kanakapura Road, Bengaluru - 560109



MENSTRUATION & ADOLESCENT HEALTH MY HEALTH MY PRIORITY!

Organised by Anti Sexual Harassment Cell
in association with Zymus Hospital



AN EXCLUSIVE HEALTH AWARENESS SESSION FOR STUDENTS

- ✓ Understanding puberty and menstrual health
- ✓ Importance of self-care and early awareness
- ✓ Myths vs Facts about menstruation
- ✓ Choosing the right hygiene practices
- ✓ Say NO to self-medication and online misinformation



SPEAKER

Dr. Namrata Sugandhi
Consultant Obstetrician & Gynecologist
Zymus Hospital, Raghuvanahalli, Bengaluru

SAVE THE DATE



SATURDAY
15 November, 2025



START AT
11:30AM - 12:30 PM



KSIT COLLEGE
Raghuvanahalli, Bengaluru City,
Karnataka & Manipal University,
Benguru



Key Topics Covered During the Session:

The following essential points were discussed in detail:

Understanding Puberty – Physical, hormonal, and emotional changes during adolescence.

Female Reproductive System – Structure and function of the uterus, ovaries, fallopian tubes, and vagina.

Menstrual Cycle Physiology – Explanation of cycle length, hormonal regulation, ovulation, and flow duration.

Normal Parameters of Menstruation – Typical cycle duration flow characteristics, and normal symptoms.

Menstrual Hygiene Management – Use of sanitary pads, tampons, menstrual cups, and period panties. Importance of regular cleaning and safe disposal practices.

Health Risks & Warning Signs – Identifying infections, abnormal bleeding, excessive pain, and when to seek medical help.

Myths vs. Facts – Correcting false beliefs such as dietary restrictions, participation in activities, and misconceptions around physical contact.

Mental and Emotional Health – Managing mood swings, stress, and emotional sensitivity during menstruation.

Breast Self-Examination – Method and importance of early detection.


Vaccination Awareness – Information on HPV vaccination and its importance in preventing cervical cancer.

Say NO to Google Self-Diagnosis – Dangers of self-medication and misinformation from unverified sources.

Student Engagement and Interaction:

The session was interactive, with students showing great enthusiasm in asking questions related to their health concerns, menstrual pain, use of menstrual cups, hygiene routines, and emotional changes. Dr. Namrata clarified doubts patiently and encouraged students to speak openly about menstrual issues without hesitation.



Bengaluru, Karnataka, India 
Vghw+r48, Raghuvanahalli, Bangalore City Municipal Corporation Layout, Bengaluru, Karnataka 560109, India
Lat 12.879476° Long 77.544912°
Saturday, 15/11/2025 11:32 AM GMT +05:30



Bengaluru, Karnataka, India 
Manjunath Nilayam, Raghuvanahalli, Bangalore City Municipal Corporation Layout, Bengaluru, Karnataka 560109, India
Lat 12.879122° Long 77.544759°
15/11/2025 11:41 AM GMT +05:30



Outcomes of the Awareness Session:

After the completion of the session, students were able to:

1. Demonstrate a clear understanding of biological changes during puberty and identify misconceptions related to menstruation.
2. Apply correct menstrual hygiene practices and recognize the importance of maintaining personal health.
3. Communicate more openly and confidently about menstrual and reproductive health without stigma.
4. Develop emotional awareness and coping strategies to handle physical and psychological changes during adolescence.

Mapping with PO'S and PSO'S :

Program	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2
Health Awareness Session	2	-	-	-	-	-	3	-	3	3	-	-	-	-

Conclusion

The Health Awareness Session on Menstruation and Adolescent Health proved to be an insightful and enriching event. It equipped students with essential knowledge, promoted healthy habits, and created a supportive atmosphere for discussing women's health topics. The institution extends its heartfelt thanks to Dr. Namrata Sugandhi and Zymus Hospital for delivering an impactful and meaningful session.


Signature of Coordinator


Signature of Principal
PRINCIPAL
K.S. INSTITUTE OF TECHNOLOGY
BENGALURU - 560 109.