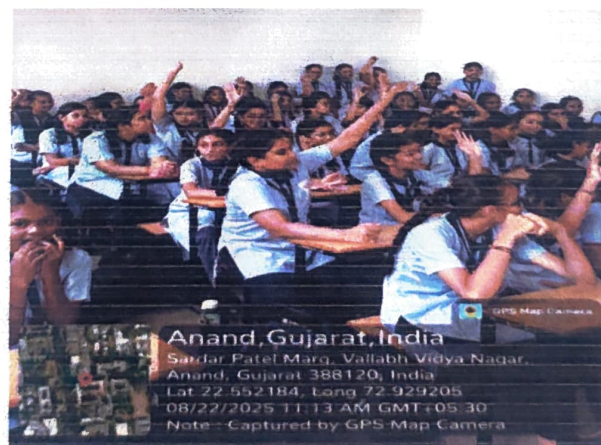
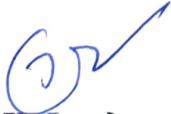


MENSTRUAL HYGIENE AWARENESS TALK REPORT

Name of College: K.M. Patel Institute of Physiotherapy
Name of Department: Physiotherapy
Name of the Session: Awareness session on menstrual hygiene and importance of physical activity
Date of Event: 22/8/25
Venue of Event: M. S. Mistry Bilingual School, Vallabh Vidhyanagar
Brief summary of the Event:
An awareness session was conducted at M. S. Mistry Bilingual school on menstrual hygiene and importance of physical activity by Dr. Nancy Pandya and residents Dr. Unnati R2, Dr. Dhruva R2 & Dr. Devanshi R1 from K. M. Patel Institute Of Physiotherapy. There were total 85 female students from standard 6 to 12. After formal introduction and interaction regarding their knowledge and understanding about menstrual cycle, a well-crafted video presentation was done which addressed key aspects of menstrual health covering basic hygiene, nourishing dietary habits, and the benefits of staying physically active. They then took time to thoughtfully unpack prevalent myths surrounding menstruation, clearly differentiating them from the factual, and reinforcing accurate knowledge in an accessible manner. Main emphasis was given on disposal and use of sanitary napkins. Next, we introduced the concept of vending machines what they are, how they work, and their relevance in contexts like schools or healthcare to spark interest and broaden awareness beyond menstrual health alone. To deepen engagement and reinforce learning, we hosted a playful quiz that encouraged participation and turned the session into a fun, yet educational experience. The students truly enjoyed this interactive session. Finally, we wrapped up with a dynamic physical activity routine—lasting around 10 to 12 minutes that the students joined with enthusiasm and impressive commitment.
Total Participants: 85
Brief summary of Participant Feedback on the Organization and Impact of the Activities conducted to celebrate the day.
Over all it was very informative and interactive session which successfully achieved its purpose of spreading awareness & breaking hesitation regarding menstruation.




RIE In-charge




Principal
PRINCIPAL
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