



NOIDA INTERNATIONAL UNIVERSITY

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NOIDA INTERNATIONAL UNIVERSITY

SCHOOL OF NURSING

EVENT REPORT

ON

Menstrual Hygiene Awareness Program with Distribution of Sanitary Pads and Demonstration of Proper Use & Disposal

Theme:

“Healthy Menstruation, Healthy Life”

Event Details:

- **Date:** 5 February 2020
- **Time:** 10:00 AM – 12:00 PM
- **Venue:** Community, Khelri Bhao
- **Programme Coordinators:** Ms. Shikha Gupta

Event Overview:

The School of Nursing, Noida International University, organized a community outreach programme on **Menstrual Hygiene Awareness** at Madanpur Bangarh on 5 February from 10:00 AM to 12:00 PM. The programme aimed to educate adolescent girls and women about menstrual health, hygienic practices, and the correct use and disposal of sanitary pads.

The event was conducted through interactive teaching, practical demonstrations, and distribution of sanitary pads to promote healthy menstrual practices and reduce stigma associated with menstruation.

Objectives of the Programme:

- To create awareness regarding menstrual hygiene and women's health
- To educate participants about correct use of sanitary pads
- To demonstrate safe and hygienic disposal practices
- To prevent infections related to poor menstrual hygiene



Patrons and Organizing Team

Patrons

- **Chief Patron:** Dr. Devash Karan Singh, Hon'ble Chancellor, Noida International University
- **Patron:** Prof. (Dr.) Vikram Singh, Vice Chancellor, Noida International University
- **Patron:** Dr. Uma Bharadwaj, Pro Vice Chancellor, Noida International University

Organizing Secretary

- **Prof. (Dr.) Dinesh** Dean, School of Nursing, Noida International University, who provided guidance and encouragement throughout the programme.

Organisers and Resource Persons

- **Ms. Shikha Gupta** School of Nursing, NIU
- **Ms. Yuri Verma**, School of Nursing, NIU

Programme Highlights:

The programme focused on simple and practical learning appropriate for community women and adolescent girls. Major highlights included:

- Awareness session on menstruation and menstrual hygiene
- Demonstration of correct use of sanitary pads
- Education on frequency of pad change and hand hygiene
- Step-by-step guidance on safe disposal methods
- Distribution of sanitary pads to all participants
- Interactive discussion to clear myths and misconceptions

Participation:

The programme received active participation from adolescent girls and women of Makanpur Bangarh community. Participants showed enthusiasm, interacted openly, and expressed appreciation for the awareness session and demonstrations.

Outcomes of the Programme:

The programme successfully achieved its objectives, leading to:

- Improved knowledge regarding menstrual hygiene
- Better understanding of proper use and disposal of sanitary pads
- Increased confidence among participants in managing menstruation hygienically
- Reduction in myths and social stigma related to menstruation



Conclusion:

The Menstrual Hygiene Awareness Programme conducted by the School of Nursing, Noida International University, at Makanpur Bangarh was a successful community health initiative. The programme empowered women and adolescent girls with essential knowledge and practical skills to maintain menstrual hygiene, reflecting the university's commitment to community health promotion and social responsibility.

GLIMPSES OF EVENT -x



