

Report on Debunking Menstrual myths and Taboos

Date: SEPTEMBER 26, 2025

Place: MG Hall

Report on the Women Wellness Programme

Title: Debunking Menstrual Myths and Taboos

The School of Management Studies and Women Development Cell of Karpagam College of Engineering jointly organized a Women Wellness programme on 26/09/2025 (Friday). The objective of the programme was to create awareness among young women about menstrual health, break the silence surrounding menstruation, and eradicate the age-old misconceptions associated with it.

The event began with a warm welcome address by Dr. C. Meera HOD school of management studies, and felicitation address proposed by Dr. Sophia Dean academics followed by an introduction of the distinguished guests proposed by MBA students. The **first guest speaker**, **Ms. S. Vijayalakshmi**, a renowned **social activist**, delivered an insightful and thought-provoking session on the existing myths and taboos related to menstruation. She emphasized the importance of treating menstruation as a natural biological process rather than a topic of shame or secrecy. Through real-life examples and engaging interaction, she encouraged participants to embrace menstrual hygiene practices confidently and challenge societal stigmas.

The **second session** was conducted by **Dr. Nisha Priya, Managing Director of S.R. Diabetic Care, Kanchipuram**, who spoke on the topic “**Be Still and Know Your Health.**” Dr. Nisha focused on the importance of physical and mental well-being, emphasizing the connection between menstrual health and overall women’s health. She provided valuable insights into nutrition, lifestyle management, and stress control, offering practical tips to maintain hormonal balance and prevent menstrual-related health issues.

Both sessions were highly informative and interactive, creating an open platform for students to express their doubts and experiences freely. The resource persons addressed several questions from the audience, helping to normalize conversations around menstruation.

The programme concluded with a **vote of thanks** proposed by I MBA student Devdharshini expressing gratitude to the speakers for their inspiring and enlightening sessions. The event proved to be a great success by promoting menstrual awareness, health education, and empowerment among young women.

Objective

- To educate participants on menstrual health and hygiene.
- To break social stigmas and myths associated with menstruation.
- To promote physical and emotional well-being among women.

Outcome

The programme successfully created awareness and fostered an open mindset toward menstrual health, empowering students to advocate for equality, health, and dignity.





Coordinator

HoD/SoMS