

‘Sabhya Nari, Sabhya Samaj

Project Number: 03

Date: 16th August, 2026

Time: 9:00 PM – 10:30 PM

Venue: Shree Jana kalyan Secondary School, Mahankal

Specified Committee: Community Service

Area of Focus : Menstrual health and women well-being

About ‘Sabhya Nari, Sabhya Samaj’

Introduction

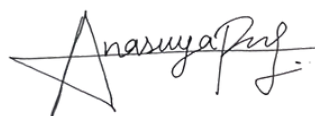
The Menstrual Health Awareness Program was organized with the objective of promoting awareness about menstrual health, PCOS, and proper menstrual hygiene practices. The initiative aimed to provide participants with accurate and useful information about menstruation, encourage open conversations about menstrual health, and emphasize the importance of seeking medical advice when necessary. By addressing these topics in an informative and supportive environment, the project encouraged participants to be more confident and responsible in understanding and managing their menstrual health.

Itr. Anasuya Paudel
President RY(2026/27)

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Jorpati, Atterkhel,

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986-1288650



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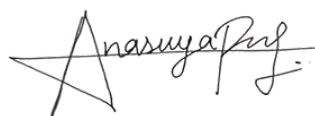


Project Summary

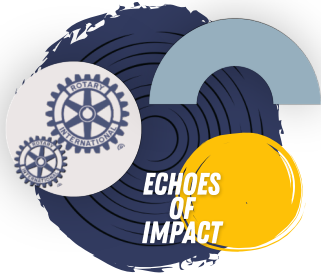
The program focused on raising awareness about menstrual health, PCOS, and proper menstrual hygiene practices. Itr. Reshwina Basnet explained the different stages of periods and discussed what may be considered abnormal, encouraging participants not to feel shy and to seek medical advice when necessary. Itr. Samaira Seth provided information about PCOS, explaining its nature and reassuring participants that there was no need to be scared of the condition. She also discussed its common symptoms. The program concluded with a demonstration by Itr. Reshwina on the safe disposal of used sanitary pads, emphasizing the importance of maintaining proper hygiene and responsible waste disposal.



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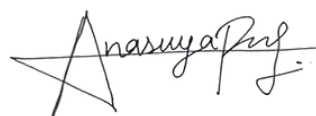
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