

Build,Bond & Blossom

Itr.Prishma Nyaupane
President (RY.2026-27)
Interact Club of Ullens IBDP
Zone 8, District 3292

Email: interact@ullens.edu.np
Phone: 977+9709189731

Understanding Menopause

Project Number: 6
Date: October 3, 2026
Venue: Patan
Collaboration: Rotaract Club of Jawalakhel Manjushree
Guest Speaker: Dr. Pariksha Shrestha
Project Category: Health Awareness / Community Service

Introduction:

On October 3, 2026, we conducted an insightful awareness session titled "Understanding Menopause" in Patan, with the valuable guidance of Dr. Pariksha Shrestha, in collaboration with the Rotaract Club of Jawalakhel Manjushree. The session aimed to raise awareness about menopause, encourage open and meaningful conversations, and promote a better understanding of women's health.

Project Summary

With guidance from Dr. Pariksha Shrestha, the session provided an opportunity to learn about menopause and recognize the importance of addressing women's health concerns with knowledge, sensitivity, and understanding.

The primary objective of the session was to spread awareness about menopause and help reduce the stigma and misconceptions surrounding it. The event also aimed to encourage open discussions about women's health and highlight the importance of education and community support. The event was organized in collaboration with the Rotaract Club of Jawalakhel Manjushree. The collaboration helped bring people together to address an important health topic and promote awareness within the community. The session contributed to promoting awareness and encouraging conversations about menopause and women's health. It highlighted the importance of creating an environment where people feel comfortable discussing health-related topics and seeking reliable information.

Feedback:

This project helped me understand the importance of discussing health topics that are often overlooked or surrounded by stigma. Menopause is a natural stage of life, yet many people lack adequate information about it. Through this session, I recognized how awareness campaigns and expert-led discussions can help challenge misconceptions, encourage understanding, and contribute to a more informed and supportive community.



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