Care N Safe – Care for Her, Care for Health

Menstrual Awareness Programme

P G Department of Social Work

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Date of Event : 20.02.2026

Faculty-in-Charge : Ms. Reni V. Kalayil,

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
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Pongam, Koratty East
Thrissur District
Kerala-680 308

No: NIMIT/NSW/AWP/02/2025-2026 **Date: 20th February 2026**

Circular

Subject: Care N Safe – Care for Her, Care for Health: Menstrual Awareness Programme

The P.G. Department of Social Work, in association with the Women Cell and Sahrudaya Welfare Services, is organising a Menstrual Awareness Programme titled "Care N Safe – Care for Her, Care for Health" on 20th February 2026 from 2.15 p.m. to 3.15 p.m. at Nivedika, Main Block Seminar Hall.

The programme aims to promote awareness regarding menstrual health and hygiene, encourage informed practices, and break myths and misconceptions related to menstruation. The session will focus on menstrual hygiene management, safe use of sanitary products, personal hygiene practices, and reproductive health awareness.

The resource person for the session will be Ms. Rejitha Justin, who will deliver an informative and interactive expert talk on menstrual health and hygiene practices.The programme will help participants gain a better understanding of menstrual health and encourage healthy and confident living.
All female students are expected to participate in this awareness programme without fail.

Fr. Dr. Paulachan K.J

(Principal)

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REPORT

The Menstrual Awareness Programme titled "Care N Safe – Care for Her, Care for Health" was organised as a community initiative by the PG Department of Social Work in association with the Women Cell of Naipunnya Institute of Management and Information Technology (Autonomous) and Sahrudaya Welfare Services on 20th February, 2026, at Nivedika, Main Block Seminar Hall. The programme aimed to promote awareness about menstrual health and hygiene, encourage informed practices, and foster open discussions to break myths and misconceptions related to menstruation.

The programme commenced at 2:15 p.m. with a prayer rendered by the students of the Women Cell, creating a positive and respectful atmosphere. The Master of Ceremony, Aiswarya S Nair (I MSW), efficiently coordinated the session and ensured the smooth flow of the programme. The welcome address was delivered by Alpha T George (I MSW), who emphasized the importance of menstrual health as a vital component of overall well-being and highlighted the relevance of such community-oriented initiatives.

The programme was inaugurated by Ms. Teressa Parakkal, Vice Principal (Academics), whose presence added significance to the occasion. In her inaugural address, she stressed the importance of awareness, breaking social taboos, and creating a supportive environment for women's health issues. The felicitation was delivered by Ms. Namitha M, Assistant Professor, Department of Social Work, who appreciated the efforts of the student coordinators and encouraged active participation in health awareness programmes.

The highlight of the programme was the expert talk by Ms. Rejitha Justin, Zonal Manager of Care N Safe. She delivered an informative and engaging session on menstrual hygiene management, the safe use of sanitary products, personal hygiene practices, and the importance of maintaining reproductive health. The resource person also promoted the importance of Care N Safe sanitary pads through a practical demonstration and comparison with other sanitary pads, helping students clearly understand the differences in quality, absorption capacity, comfort, and safety. The session addressed common myths and misconceptions surrounding menstruation and promoted healthy and confident living.

An interaction and Q&A session followed, during which students actively participated, shared their perspectives, and clarified their doubts. The programme was highly informative and well-received by the participants.

The session concluded with a vote of thanks delivered by Ms. Aiswarya S Nair (I MSW), expressing sincere appreciation to the respected Vice Principal, faculty members, resource person, collaborating organisations, Women Cell members, and all participants for their valuable presence and cooperation. Overall, the programme was conducted successfully in a systematic and meaningful manner, reflecting the institution's commitment to community engagement, women empowerment, and holistic student development.

Prepared by:	Verified by:	Approved by:
Ms. Reni V. Kalayil	**Ms. Joyshree Mondal**	**Fr. Dr. Paulachan K J**
Asst. Professor	**HoD, P.G Dept of Social Work**	**Principal &Exe. Director**

BROCHURE

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PG Department of Social Work
in association with Women Cell, Naipunnya
and Sahrudaya Welfare Service, Ernakulam Organizes

MENSTRUAL AWARENESS PROGRAMME



Date : 20-02-2026
Time : 2.15 p.m. - 3.15 p.m.
Venue: Nivedika,
Main Block Seminar Hall

Resource Person:



Rejitha Justin
Zonal Manager,
careNSafe

Women Cell Co-ordinators:
Dr. Jeena Antony
Ms. Rejitha K. Ravi
Ms. Reni V. Kalayil

Student Co-ordinators
Ms. Alpha T George
Ms. Aiswarya S Nair

UGC AUTONOMOUS INSTITUTION

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)
(AUTONOMOUS)
(Affiliated to the University of Calicut, Accredited by NAAC with A++, ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

A++ NAAC

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
Naipunnya
Pongam, Koratty East
Thrissur District
Kerala-680 308

PROGRAMME SCHEDULE

Date: 20/02/2026

Time: 2:15 p.m. – 3:15 p.m.

Venue: Nivedika, Main Block Seminar Hall

Organised by: PG Department of Social Work in association with Women Cell & Sahrudaya Welfare Services, Ernakulam

Mode of Programme: Offline

Participating Audience: UG & PG Students

Prayer: Students from Women Cell

Master of Ceremony: Ms. Aiswarya S Nair (I MSW)

Welcome Address: Ms. Alpha T George (I MSW)

Inauguration: Ms. Teressa Parakkal, Vice Principal (Academics)

Felicitation: Ms. Namitha M (Assistant Professor, Department of Social Work)

Expert Talk: Rejitha Justin (Zonal Manager, Care N Safe)

Interaction / Q&A Session

Vote of Thanks: Aiswarya S Nair (I MSW)

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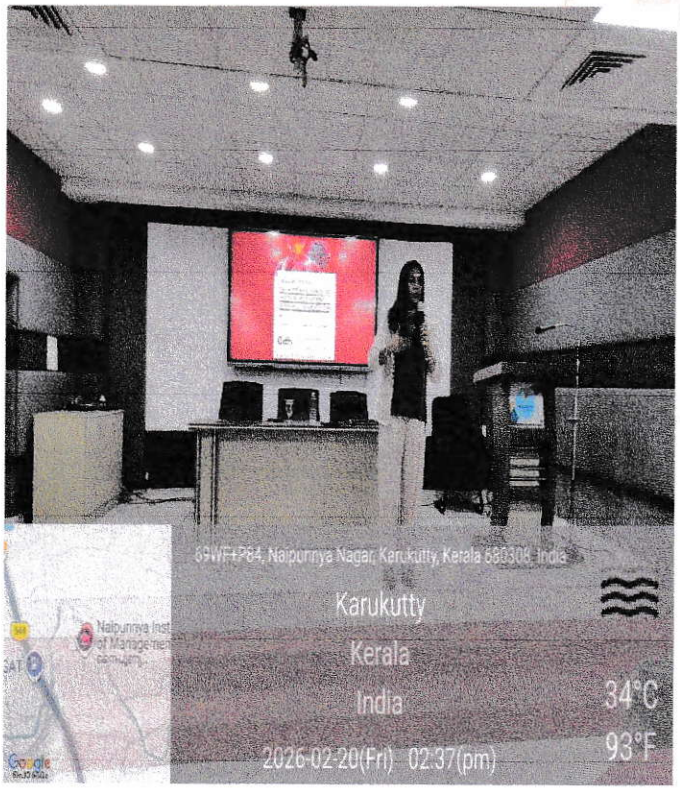
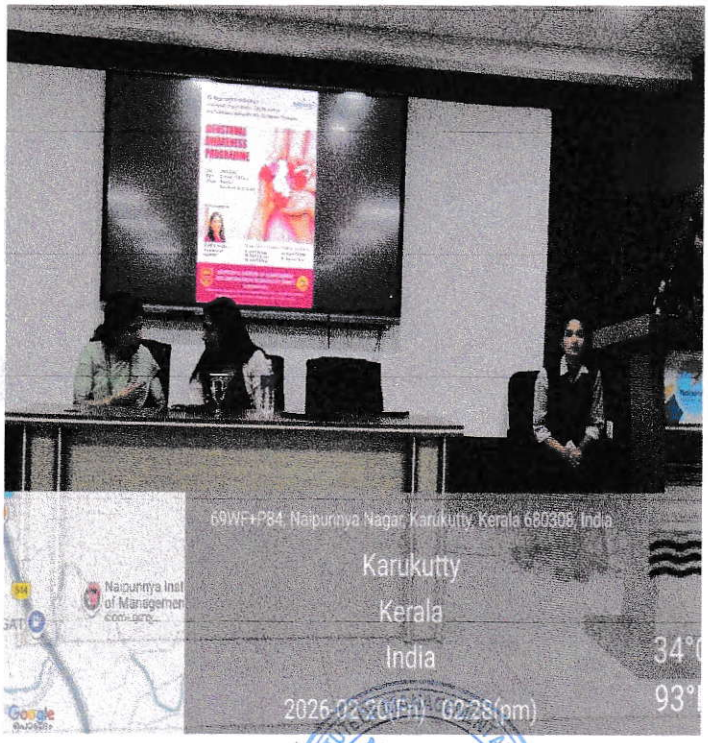
PHOTOGRAPHS









PARTICIPANT'S LIST

Name of the event: [redacted] Awareness Progeamme

Date: 20/02/2026

Class:

Sl. No.	Name	Signature
1.	Parvathy Rajeev	
2.	Bhadra Karthika	
3.	Bindya. S	
4.	Melby Sijo	
5.	Anamika E.S	
6.	Soupamika	
7.	Angel Rose	
8.	Ashwariya	
9.	Shreya K.B	
10.	Angel Sebastian	
11.	Aisha Dilna M A	
12.	Aleena Joju	
13.	Aksha v p a	
14.	Renjana Reji	
15.	Athiva m	
16.	Jisha Jogy	
17.	Nubia Nowshad	
18.	Ashna C D	
19.	Alina Stanly	
20.	Elsa Rose Biju	
21.	Ansa paulose	
22.	Sandriya George	
23.	Aswini S	
24.	Pavithra S	
25.	Nifty Jose	
26.	Anad Jaison	
27.	Ana Suresh	
28.	Meenakshi Prakash	
29.	Fathimathul Nesha	
30.	Lani Jaison	
31.	Saniya Sebastian	

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32.	ANNROSE C·S	
33.	ANGEL SHIBU	
34.	Pooja Pralcash	
35.	Iffa Shehbin	
36.	Nima Musal P N	
37.	Anet treesa	
38.	Haidhya A·P	
39.	Ansa babu	
40.	Sandra A·S	
41.	Vismaya·B	
42.	Gopika K R	
43.	Dereeba Benny	
44.	Anna Biju	
45.	Anna K Stanly	
46.	Swarthana Sunil	
47.	Anusha Shibu	
48.	~~Priscilla Cecil~~ Priscilla Mariya Cecil	
49.	Aparna S.	
50.	Jasmin Joy	
51.	Maria Tresa Joby	
52.	Ashna Shaji	
53.	Angel p·m	
54.	Sriya Joshy	
55.	Devika Shaji	
56.	Ann George	
57.	Lakshmi P A	
58.	Abhirami Sunil	
59.	Jisme Joseph	
60.	Khadeeja Shahbin M·U	
61	Annmarry Thomas	
62	Niveditha · k. Dileep	
63.	AKHILA·K·S	

Event Coordinator

64	Sreesha Shaji
65	Anjana M.P