Care N Safe – Care for Her, Care for Health

Menstrual Awareness Programme

Date of Event : 20.02.2026

Faculties-in-Charge : Dr. Jeena Antony,
Ms. Reni. V. Kalayil,
Ms. Rejitha K Ravi

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

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. Tressa 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.

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

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	Dr. Joy Joseph Puthussery	Principal

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

Naipunnya Institute of Management & Information Technology

(Autonomous)

Affiliated to the University of Calicut, ISO 9001-2015 Certified

Accredited by NAAC with A++ grade

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

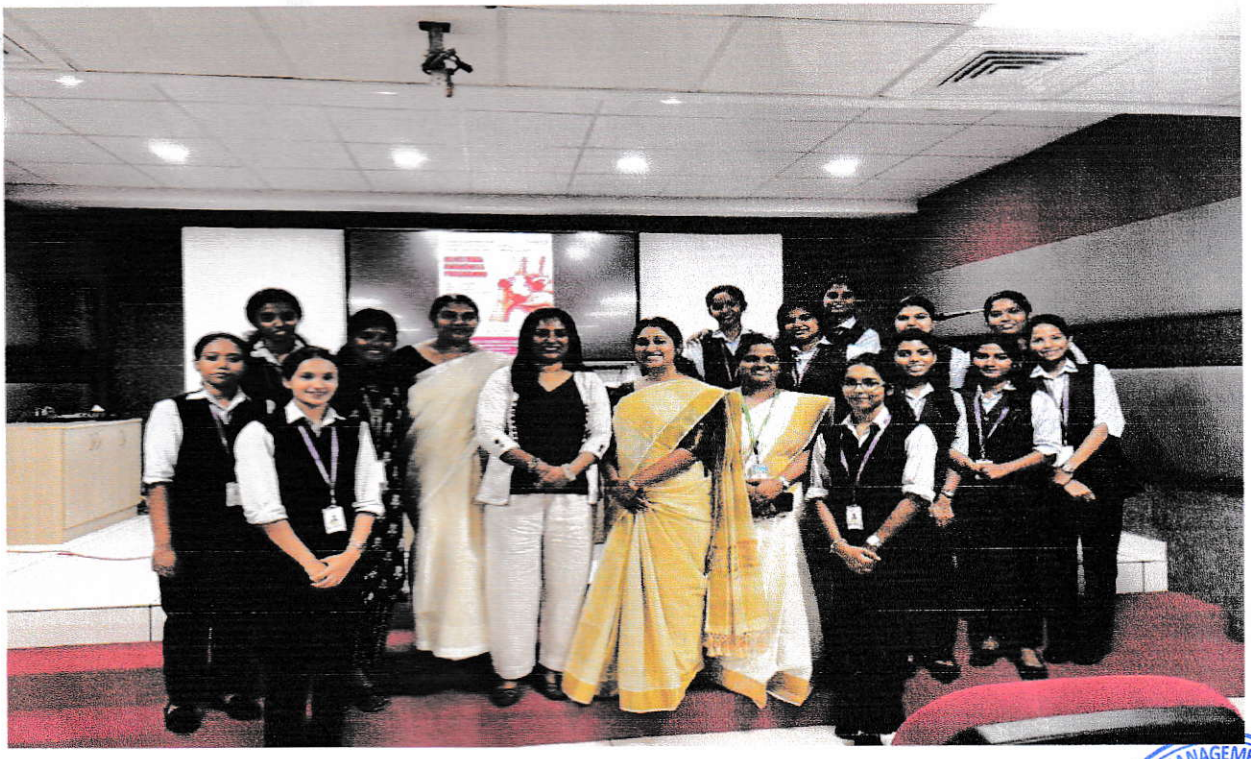
Women Cell Co-ordinators:
Dr. Jeena Antony
Ms. Rejitha K. Ravi
Ms. Reni V. Kalayil

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

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
Phone +91 9605001987, 04802730340, 2730341, 2733573
www.naipunnya.ac.in, mail@naipunnya.ac.in

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





Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.
Phone +91 9605001987, 04802730340, 2730341, 2733573
www.naipunnya.ac.in, mail@naipunnya.ac.in

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