

■ HEALTH AWARENESS FOR GIRLS ■

“Strong Mind, Healthy Body, Confident You!”

■ 1. Understanding Menstrual Health

- It's natural, not shameful.
- Maintain proper hygiene — use clean sanitary pads or cups, and change them regularly.
- Eat iron-rich foods like spinach, jaggery, and dates.
- Stay hydrated and rest during your cycle.
- Consult a doctor if you experience severe pain or irregularity.

■ 2. Emotional & Psychological Well-being

- Feeling lonely, anxious, or homesick is normal — talk about it.
- Build supportive friendships and stay connected with family.
- Practice meditation, journaling, or light exercise to manage mood swings.
- Don't hesitate to seek counseling when needed — mental health matters!

■ 3. Living in PGs or Hostels

- Keep a healthy routine — regular meals, sleep, and cleanliness.
- Ensure personal hygiene and maintain a tidy living space.
- Join college activities to stay engaged and social.
- Share and care — a small conversation can make a big difference!

■ 4. Self-Respect & Safety

- Learn to say “NO” confidently.
- Keep emergency contacts and helpline numbers handy.
- Stay alert, avoid unsafe areas, and trust your instincts.
- Support other girls — empowerment begins with unity.

“Health is not just physical — it's emotional, social, and mental too.”

Let's talk, share, and care — because every girl deserves wellness, dignity, and confidence!

By: Dr. Surbhi & Dr. Mamta Rana
For: Girls' Awareness & Empowerment Program
Venue: Auditorium Room, Satyawati College
Date & Time: 14th November 2025, 12:00 PM – 1:30 PM