

INSTITUTIONAL OUTREACH & COMMUNITY ENGAGEMENT REPORT

Menstrual Hygiene and Iron Deficiency Awareness Programme

18 September 2026 | Surajpur Village



Community outreach at Surajpur Village

Organized by

The Centre for Women Development, The ICFAI University, Himachal Pradesh

In collaboration with

Unnat Bharat Abhiyan (UBA) Cell

Convener

Dr. Kiran Yadav, Convener, Centre for Women Development, IUHP

Co-convener

Dr. Legha Mamta, Co-convener, Centre for Women Development, IUHP

Chief Guest / Medical Expert

Dr. Diksha, Medical Officer, PHC Naguran, Jind

1. Executive Summary

The Menstrual Hygiene and Iron Deficiency Awareness Programme was conducted on 18 September 2026 at Surajpur Village as a community-oriented initiative of the Centre for Women Development, The ICFAI University, Himachal Pradesh, in collaboration with the Unnat Bharat Abhiyan (UBA) Cell. The programme focused on strengthening awareness among women and school girls regarding menstrual hygiene and iron deficiency, while creating an open and educational space for discussion, questions and practical awareness.

The outreach combined expert-led awareness, classroom interaction and student-supported visual communication. Participants engaged with awareness material and posters addressing menstrual health and iron-deficiency-related concerns. The programme also reflected the University's commitment to meaningful community engagement through its adopted-village outreach.

2. Programme at a Glance

Particular	Details
Date	18 September 2026
Venue	Surajpur Village
Theme	Menstrual hygiene and iron-deficiency awareness
Target group	Women and school girls in the adopted village
Organizing unit	The Centre for Women Development, The ICFAI University, Himachal Pradesh
Collaborating unit	Unnat Bharat Abhiyan (UBA) Cell
Medical expert	Dr. Diksha, Medical Officer, PHC Naguran, Jind

3. Objectives

- Promote accurate and practical awareness about menstrual hygiene and healthy menstrual practices.
- Increase awareness of iron deficiency, its relevance to women's and girls' health, and the importance of timely attention.
- Provide a safe learning environment where school girls and women can engage with health-related information and ask questions.
- Use community outreach and student-led visual material to make health messages accessible and relatable.
- Strengthen the University's ongoing engagement with the adopted village through socially relevant awareness initiatives.

4. Programme Proceedings

Opening & Context Setting: The programme introduced menstrual health and iron deficiency as important aspects of women's and adolescent girls' well-being, with emphasis on awareness, dignity and informed health practices.

Expert Interaction: A medical-awareness component was led by Dr. Diksha, Medical Officer, PHC Naguran, Jind, providing an opportunity for participants to receive health-oriented guidance and engage with the subject from a medical perspective.

Classroom Awareness Session: The school-based interaction involved girls in an active learning environment. The visual documentation shows an interactive session with participants seated in groups and engaging with the facilitators.

Visual Awareness & Student Participation: Participants and students used posters and display material to communicate messages related to menstrual hygiene, PCOS and iron deficiency, helping translate health information into accessible visual messages.

Community Outreach: The programme extended beyond the classroom through a village-level awareness activity at Surajpur, reinforcing the community-engagement dimension of the initiative.

5. Photo Documentation



Interactive awareness session with school girls and facilitators



Community-level awareness activity at Surajpur Village



Programme team and institutional representatives

6. Key Awareness Themes

Menstrual hygiene — The programme promoted awareness and open discussion around menstrual health and hygienic practices, helping reduce hesitation around an important aspect of adolescent and women's health.

Iron deficiency — The initiative highlighted iron deficiency as a significant health-awareness topic for women and girls and connected the subject with the need for informed attention to nutrition and health.

PCOS awareness — The student-created awareness material visible during the programme also addressed PCOS, broadening the discussion to related aspects of adolescent and women's reproductive health.

Early awareness & informed action — By bringing health information directly to school girls and community members, the programme encouraged participants to recognize concerns early and seek appropriate professional guidance when required.

7. Observed Outcomes

- ✓ Created a structured platform for discussing menstrual hygiene and iron deficiency with school girls and women.
- ✓ Facilitated direct interaction between participants and a medical expert.

- ✓ Used posters and visual communication to make health messages easier to understand and discuss.
- ✓ Encouraged student participation in community awareness and social outreach.
- ✓ Strengthened the practical community-engagement role of the Centre for Women Development and the UBA Cell.

8. Community Engagement Significance

The programme represents an applied community-engagement model in which academic institutions move beyond the classroom to address practical social and health-awareness needs. By combining faculty coordination, medical expertise, student participation and village-level outreach, the initiative connected educational learning with community relevance.

The adopted-village setting also provides scope for continued awareness-building. Future activities can build on this foundation through periodic follow-up sessions, age-appropriate menstrual-health education, nutrition-focused awareness, referral guidance and additional community discussions with women, adolescents and families.

9. Programme Leadership

Role	Name / Designation	Contribution
Convener	Dr. Kiran Yadav, Centre for Women Development, IUHP	Programme coordination and institutional leadership
Co-convener	Dr. Legha Mamta, Centre for Women Development, IUHP	Programme coordination and community outreach support
Chief Guest / Medical Expert	Dr. Diksha, Medical Officer, PHC Naguran, Jind	Medical awareness and expert interaction
Collaborating Unit	Unnat Bharat Abhiyan (UBA) Cell	Community engagement and adopted-village outreach

10. Conclusion

The Menstrual Hygiene and Iron Deficiency Awareness Programme at Surajpur Village was a focused community outreach initiative that brought together health awareness, expert interaction, student participation and institutional engagement. The programme created a meaningful forum for school girls and women to engage with subjects that are essential to informed and healthy living. Its combination of classroom interaction, visual awareness material and village-level outreach demonstrates the value of sustained university-community partnerships.

11. Acknowledgement

The Centre for Women Development, The ICFAI University, Himachal Pradesh, acknowledges the support of the Unnat Bharat Abhiyan (UBA) Cell, the participating school girls and women of the adopted village, the student volunteers and all faculty and staff members associated with the programme. Special acknowledgement is extended to Dr. Diksha, Medical Officer, PHC Naguran, Jind, for contributing medical expertise to the awareness initiative.

Documentation note: This report is based on the programme details supplied for the event and the accompanying photographic documentation. No participant count or outcome statistic has been added where it was not provided.