



**MARUDHAR KESARI JAIN**  
**COLLEGE FOR WOMEN**  
(AUTONOMOUS)

Vaniyambadi, Tirupattur DT - 635 751, Tamilnadu, India.

Recognized u/s 2(f) & 12(B) of UGC Act 1956 | Accredited  
with "A+" Grade by NAAC (4th Cycle) | Permanently  
Affiliated to Thiruvalluvar University | Supported by  
DST - FIST



INSTITUTION'S  
INNOVATION  
COUNCIL  
(Ministry of HRD Initiative)  
4 STAR Rating



**PG & Research Department of Foods & Nutrition and  
PG Department of Psychology in association with  
Tamil Nadu State Rural Livelihood Movement Partnership  
& Coordination Unit**

**Jointly Organizes**

**Workshop on Mental Health Awareness  
& Menstrual Hygiene Management**

**Date : 12.12.2025 | Time : 01.45 pm | Venue : Sri Arihanth Seminar Hall**

**Resource Persons**

**Mr. D. Franklin Vijayakumar**

**District Resource Person**

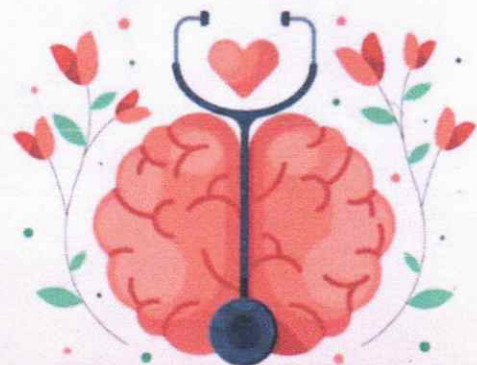
**Tirupattur**

**Ms. V. Malathi**

**Block Resource Person**

**Tirupattur**

MENTAL HEALTH



AWARENESS

*"Healthy Minds, Healthy Lives."*

**V. Dilip Kumar Jain**  
President

**Anand Singhvi**  
Secretary

**Dr. M. Inbavalli**  
Principal

**Dr. C. Asokan**  
Dean, SLS

**Ms. R. Mahalakshmi**  
**Ms. M. Ayesha Sabeen**

Head's  
**PRINCIPAL**

**Marudhar Kesari Jain College  
for Women (Autonomous)  
Vaniyambadi - 635 751.  
Tirupattur District**





## MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act, 1956 – Permanently Affiliated to Thiruvalluvar University, Vellore

Accredited by NAAC with "A+" Grade (4<sup>th</sup> Cycle) – An ISO 21001:2018 (EOMS) Certified Institution

Supported by DST - FIST

Vaniyambadi, Tirupattur District

### PG & RESEARCH DEPARTMENT OF FOODS & NUTRITION & PG DEPARTMENT OF PSYCHOLOGY

In Association With

Tamil Nadu State Rural Livelihood Movement Partnership & Coordination Unit

Organizes

#### WORKSHOP

On

### MENTAL HEALTH AWARENESS & MENSTRUAL HYGIENE MANAGEMENT

Date: 12.12.2025

Time: 01.40 p.m - 03.00 p.m

Venue: Sri Arihanth Seminar Hall

#### AGENDA

Master of Ceremony: Ms. Aiman Fathima S T, II B.Sc Psychology

Prayer and Tamil Thaaai Vazhthu

Welcome Address : Ms. Libina Cristy S, I M.Sc Foods & Nutrition

Felicitation : Dr.M. Inbavalli,  
Principal, MKJC

Honoring the Resource Person : Dignitaries on the Dias

Resource Person Address : 1. Mr.D.Franklin Vijayakumar  
District Resource Person  
2. Ms. V.Malathi  
Block Resource Person

Interactive Session : Participants

Feedback : Participants

Vote of Thanks : Ms. Shakthi Sruthi N S, II B.Sc NFSM&D

National Anthem

  
PRINCIPAL  
Marudhar Kesari Jain College  
for Women (Autonomous)  
Vaniyambadi - 635 751.  
Tirupattur District



**MARUDHAR KESARI JAIN  
COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI**

**Activity Report**

Name of the Department / Club / Association / Cell	PG & RESEARCH DEPARTMENT OF FOODS & NUTRITION & PG DEPARTMENT OF PSYCHOLOGY		
Title of the Programme / Event	'MENTAL HEALTH AWARENESS AND MENSTRUAL HYGIENE MANAGEMENT'		
Association With	TAMIL NADU STATE RURAL LIVELIHOOD MOVEMENT PARTNERSHIP & COORDINATION UNIT		
Alignment of this Programme with	SDGs <input checked="" type="checkbox"/> Viksit Bharat 2047 <input type="checkbox"/> State / National Schemes <input type="checkbox"/> NEP 2020 <input type="checkbox"/> MOU activity <input type="checkbox"/> Others <input type="checkbox"/>		
Mode	OFFLINE		
Type of Activity	WORKSHOP		
Level	INSTITUTIONAL		
Date	12.12.2025	From 01.45 p.m	To 03.00 p.m
Venue	SRI ARIHANTH BLOCK SEMINAR HALL		
Resource Person Details	1. Mr. D. FRANKLIN VIJAYAKUMAR, District Resource Person, Tirupattur 2. Ms. V.MALATHI Block Resource Person, Tirupattur		



## **Objectives of the Workshop**

1. To create awareness about drug and alcohol misuse and its impact on mental health.
2. To educate students on the importance of mental well-being and emotional balance.
3. To provide scientific and practical knowledge about menstrual hygiene practices.
4. To promote healthy lifestyle habits, including nutrition, hydration, and physical activity.
5. To empower students to develop positive relationships and reduce stress through informed choices.

## **Summary Report**

### **1. Introductory Session**

The session began with an introduction highlighting the significance of mental and menstrual health for young women. Students were given a brief overview of the workshop and its goals.

### **2. Session by Mr. D. Franklin Vijayakumar, District Resource Person, Tirupattur**

Mr. D. Franklin Vijayakumar addressed the students on the harmful effects of drugs and alcohol and explained how substance misuse directly affects mental stability, decision-making, and overall well-being. His session helped students understand the importance of early awareness and responsible choices.

### **3. Session by Ms. V. Malathi, Block Resource Person, Tirupattur**

Ms. V. Malathi conducted a detailed session on menstrual hygiene and women's health, covering:

#### **Menstrual Health Awareness**

What is considered a normal menstrual cycle

Common symptoms and changes

Nutritional habits that support menstrual health

Connection between food and mental well-being

Hormonal changes and their effects

## **Healthy Hygiene & Lifestyle Practices**

Drinking adequate water  
Avoiding aerated drinks; choosing fresh alternatives  
Fenugreek water benefits  
Pad hygiene and proper disposal  
Including 7-colour foods, seeds, and greens in diet  
Importance of physical activity  
Managing stress effectively

## **Additional Health Insights**

Thyroid-related issues and preventive measures  
Reducing excessive chicken intake  
Value of good relationships with family & friends  
Encouraging balanced diet and daily movement  
The session concluded with a pledge for mental and menstrual health awareness.

## **Student Participation and Response**

Students actively engaged in the workshop, shared doubts, and interacted with the resource persons. The practical tips provided helped them understand the importance of maintaining both mental and menstrual health. Students appreciated the informative and relatable manner in which the content was presented.

## **Conclusion**

The workshop was highly enriching and served as an essential awareness platform for students. Through collaborative efforts of the Departments of Foods and Nutrition, Psychology, and the Tamil Nadu State Rural Livelihood Movement, the program successfully highlighted the importance of holistic health.

The event reinforced the powerful message that “Healthy Minds and Healthy Lives” begin with awareness, understanding, and consistent healthy practices.



## Outcome of the Workshop

1. Students gained clear understanding of substance abuse and its psychological effects.
2. The students learnt about proper menstrual hygiene practices and lifestyle adjustments.
3. Students became more aware of the link between nutrition, physical health, and mental well-being
4. The workshop enhanced students' ability to manage stress and build healthy habits.
5. The students seemed to be more confident in discussing health issues and supporting peer awareness.

## Participants Count :

Internal Participants : Faculty: 8 ; Students: 170

External Participants : Faculty: Nil ; Students: Nil

R. Mahalingam  
16/12/24  
HOD 15/12/24

Dean  
16/12/24

IQAC Director  
16/12/24

Principal

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VANIYAMBADI**

**PG & RESEARCH DEPARTMENT OF FOODS & NUTRITION &  
PG DEPARTMENT OF PSYCHOLOGY  
WORKSHOP**

**Mental Health Awareness and Menstrual Hygiene Management  
Date : 12.12.2025**



Vaniyambadi, Tamil Nadu, India  
Nh 179a, Marudhar Nagar, Chinnakallupalli, Vaniyambadi,  
Tamil Nadu 635751, India  
Lat 12.638444° Long 78.604171°  
Friday, 12/12/2025 02:25 PM GMT +05:30

Workshop on Mental Health Awareness and Menstrual Hygiene Management by Ms. V. Malathi, Block Resource person, Tirupattur

*M. Arulselvi*  
*R. Mahalingam*  
HOD  
16/12/25

DEAN, SCHOOL OF LIFE SCIENCES

PRINCIPAL

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