



A REPORT ON “CYCLE OF CARE” AWARENESS TALK

The New Horizon College of Engineering, NSS Club organised “Cycle of Care” – an Awareness Talk focusing on Menstrual Hygiene, PCOS, PCOD, and Menstrual Cups – their benefits and usage, on 31st March 2026 at NHCE Auditorium. The event witnessed an overwhelming participation of over 600 students, reflecting the importance and relevance of the topic among young women.

The session was conducted by the esteemed guest speaker, Dr. Arti Sharma, MBBS, DNB (OBG), DCCG, and Consultant at Cloudnine Hospital, Sarjapur, who began her talk by explaining the fundamentals of menstruation and provided a clear understanding of the different phases of the menstrual cycle. Her simple, engaging, and interactive approach helped students develop a deeper awareness of their bodies and the biological processes involved.

Dr. Sharma emphasised the importance of maintaining proper menstrual hygiene and discussed various menstrual products, with a special focus on menstrual cups as a sustainable, cost-effective, and eco-friendly alternative. She also demonstrated the correct techniques for using menstrual cups, effectively addressing common concerns and hesitations among students.

Furthermore, she highlighted the importance of a healthy lifestyle, including balanced nutrition, regular physical activity, and effective stress management, in maintaining reproductive health. The session also addressed several myths and misconceptions surrounding menstruation, encouraging students to break societal taboos and embrace scientifically accurate knowledge.

Towards the end of the session, Dr. Sharma elaborated on PCOS and PCOD, two increasingly common conditions among young women, explaining their causes, symptoms, and preventive measures. She stressed the importance of early awareness, timely diagnosis, and lifestyle modifications for effective management of these conditions.

The session concluded with an engaging and interactive Q&A round, where students actively participated and clarified their doubts related to menstrual health, hygiene practices, and overall well-being. This segment made the session more relatable and impactful.

The “Cycle of Care” initiative served as a meaningful platform to promote open conversations around women’s health. It not only enhanced awareness but also encouraged students to adopt healthier practices and approach such topics with confidence and clarity.

