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Incharge-Dr.Vineta

## MEDICAL COMMITTEE ISMAIL NATIONAL MAHILA (P.G.) COLLEGE, MEERUT

~ Empowering Young Women ~

(Affiliated to C.C.S. University, Meerut)

NAAC Grading B++ with CGPA 2.96

CPE Status; College of Excellence: 2010

### Notice for conducting an Awareness Workshop by Medical Committee

Dear Teachers and Students,

We are pleased to inform you that Medical Committee will be organizing an awareness workshop by medical committee on the topic "Healthy Body, Confident Mind: Women's Hygiene and Reproductive Health" on 9th February, 2026.

Date: 09/02/2026

Time: 11:00 A.M.

Venue: Smart Class 1

#### Program Highlights:

The aim of the workshop titled "Healthy Body, Confident Mind: Women's Hygiene and Reproductive Health" is to empower women with accurate, science-based knowledge about their bodies and to foster a positive, confident attitude toward personal hygiene and reproductive health. The workshop seeks to break long-standing myths, taboos, and misconceptions surrounding menstruation, reproductive processes, and sexual health, which often act as barriers to informed decision-making. By providing clear and reliable information, the workshop aims to promote awareness of the physical and psychological aspects of women's health, helping participants understand the close connection between bodily well-being and mental confidence.

Your active participation will not only enhance your knowledge but also contribute in making a more inclusive and supportive environment for all.  
Let us come together to break the stigma surrounding mental health.

All students and teachers are requested to attend.

Warm regards,

Dr. Vineta  
In-charge  
Medical Committee  
I.N.M PG College