



**QUEEN MARY'S COLLEGE (AUTONOMOUS)
CHENNAI 600 004**



DEPARTMENT OF HOMESCIENCE



Menstrual
HEALTH

JANUARY - MARCH 2026 | VOL. 7



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STUDENTS INITIATIVE MAGAZINE

Compiler
J. Safika Jabarana
III B.Sc. Home Science - CND

Editor
Dr .A. Ananthalakshmi
Associate Professor in Home Science



Dr. A. Ananthalakshmi
Associate Professor
Department of Home Science

*Editor's
desk*

Menstruation is one of the most natural rhythms of life, yet for generations it has often been spoken about only in whispers. This issue begins by encouraging readers to look at menstruation from a broader perspective—recognizing its importance as a vital sign of health and a powerful biological process. The magazine gently guides readers through the natural rhythm of the menstrual cycle, helping them understand how the body moves through different phases every month. By understanding these patterns, women can develop a deeper awareness and respect for their bodies. Beyond science, this magazine also brings forward the voices of women themselves. Experiences shared by Village girls, school girls, college students and working women reveal how menstruation is lived and felt in everyday life. These stories reflect curiosity, confusion, courage, and acceptance, reminding us that every woman's journey with menstruation is unique yet deeply relatable! The subtle signals our body gives during the cycle, including physical and emotional changes that many women experience and explore. With insights from experts in Psychology and Nutrition, the magazine highlights the connection between menstrual health, emotional wellbeing, and lifestyle choices. The magazine reflects on the body's nutritional needs during menstruation, the reasons behind common food cravings, and the importance of essential nutrients such as protein and iron in maintaining strength and preventing anemia. Simple food ideas and healthy recipes encourage readers to support their bodies through balanced nourishment. Awareness about menstrual hygiene and its evolution over time is another significant focus. The magazine looks at how menstrual practices have changed across generations and emphasizes the importance of responsible hygiene and disposal practices. It also brings attention to the often-unseen struggles of sanitation workers who handle menstrual waste, reminding us that small acts of care and responsibility can make a meaningful difference! Creativity and expression flow through storytelling, poetry, facts, and interactive activities. Finally, this magazine celebrates the enthusiasm and creativity of young minds by highlighting student talents, achievements, and departmental initiatives. These efforts reflect a shared commitment to spreading awareness and breaking the silence surrounding menstrual health. This issue of Nourish and flourish is a step toward conversation, understanding, and empowerment. When knowledge replaces stigma and awareness replaces silence, menstruation can be seen for what it truly is: A Natural and powerful rhythm of life.

I take this opportunity to express my heartfelt appreciation to **Mrs. K. Bhuvaneshwari**, Tutor and In-charge of **III B.Sc. Home Science - Clinical Nutrition and Dietetics students**, for her inspiring guidance and devoted coordination in bringing out this issue with great care and elegance.

My sincere appreciation also goes to the compiler Safika Jabarana and all the students for their originality, enthusiasm, and thoughtful efforts, reflecting a multifaceted approach that beautifully blends knowledge, creativity, and awareness. Through this magazine, "Menstrual Health," we hope to blossom awareness and understanding, creating a space where menstruation is embraced with knowledge, openness, and dignity.



Dr. S. Sasikala
Guest Lecturer
Department of Home Science

Prelude
by...

NUTRACEUTICAL STRATEGIES FOR MENTAL HEALTH

Menstrual health is a key indicator of endocrine balance, nutritional status, inflammation, and psychological well-being. During the college years, stress, irregular diet, lifestyle changes, and poor sleep can disrupt menstrual patterns. As recognized by the International Federation of Gynecology and Obstetrics, menstrual well-being is essential for reproductive health and quality of life, highlighting the importance of preventive care through nutrition and nutraceutical support.

Micronutrient optimization plays a vital role in maintaining hormonal balance. Iron-rich foods such as spinach, beetroot, dates, legumes, and pomegranate help prevent anemia and improve energy, while vitamin C-rich fruits like amla, guava, and citrus enhance iron absorption and provide antioxidant protection. Magnesium sources including pumpkin seeds, almonds, bananas, and leafy greens help relax muscles and reduce cramps, whereas calcium-rich foods such as sesame seeds, ragi, and dairy support neuromuscular stability and relieve premenstrual discomfort. Omega-3 fatty acids from flaxseeds, chia seeds, walnuts, and fatty fish help reduce inflammation and support hormonal regulation.

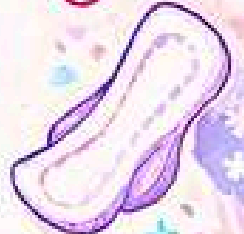
Herbal nutraceuticals also contribute to menstrual and reproductive health. Ginger and turmeric provide anti-inflammatory and antioxidant effects, while ashwagandha supports stress resilience and hormonal balance. Herbs such as cinnamon, fenugreek, spearmint, shatavari, and licorice help improve insulin sensitivity, glycemic control, androgen balance, and female reproductive function. Other botanicals like moringa, holy basil, and aloe vera, along with nutraceuticals such as evening primrose oil, myo-inositol, probiotics, seed cycling, and polyphenol-rich berries, further enhance menstrual comfort and overall well-being.

Overall, nutraceutical strategies combined with balanced nutrition and healthy lifestyle practices promote hormonal harmony, improved menstrual regularity, and holistic well-being. This student-led publication aims to encourage awareness and informed understanding of menstrual health while appreciating the dedication and effort of the student team behind this meaningful initiative.

1.1.1.

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Why Periods Matter More Than We Think ?

Periods are often whispered about, hidden away, or treated like a problem to be solved. But in reality, periods are a powerful sign that the body is healthy and working exactly as it should. They are not a weakness, inconvenience, or secret—they are a natural rhythm of life.

Periods matter because they shape everyday experiences. When girls are unprepared or unsupported during menstruation, they may skip school, avoid activities, or feel uncomfortable speaking up. A simple lack of information or facilities can quietly steal confidence. On the other hand, when periods are understood and managed well, girls continue to learn, play, and lead without interruption.

Menstrual health is also a window into overall health. Changes in the cycle can signal stress, nutritional gaps, or health concerns. Listening to the body during periods helps identify problems early and encourages timely care—making periods

an important health indicator, not something to ignore.

Most importantly, periods matter because of dignity and equality. Shame and myths make many girls feel embarrassed about a normal body process. Talking openly about periods breaks these barriers, replaces fear with knowledge, and builds self-respect. When society supports menstrual health, it sends a clear message: girls' bodies are normal, valuable, and deserving of care.

Periods are more than “those days.” They are about health, confidence, and freedom. When we respect periods, we empower lives—one cycle at a time.

*Curated by
Sandya. S
M B.Sc. CND*





“Every cycle tells a story of strength, balance, and renewal—listen to your body, respect its rhythm, and celebrate the magic within.”

What’s Happening Inside?

THE MONTHLY MAGIC

Every month, the body performs a remarkable, silent process to prepare for the possibility of pregnancy. Guided by hormones, this cycle follows a precise sequence—even if we don’t always notice it from the outside. Understanding this “monthly magic” helps us appreciate how smartly and efficiently the body works.

At the start of the cycle, the ovaries begin preparing an egg, while the uterus builds a soft, nourishing lining to support a potential pregnancy. This phase may bring a sense of renewed energy and alertness, as the body gets ready for what’s ahead.

Around mid-cycle, the ovary releases an egg in a process called ovulation. This is the body’s most fertile period. Some may notice subtle signs like mild discomfort, increased focus, or slight changes in mood—these are completely normal indications of internal activity.

If the egg is not fertilized, the body sheds the uterine lining through menstrual bleeding. This natural process is not wasteful; it’s a resetting mechanism, preparing the body for a fresh cycle to begin.

Every menstrual cycle is a sign of health and balance, and small variations from person to person are perfectly normal. By understanding what happens inside, we can listen to our bodies, recognize patterns, and approach menstruation with awareness, confidence, and respect.



*Brought to you by
Safika Jabarana
))) B.Sc. CND*



The 4 Phases of Your Menstrual Cycle



*Knowledge curated by
Harini.T
M B.Sc. CND*

"The Untold Rhythm of Womanhood"



This audio series highlights real experiences and perspectives about menstruation from **different stages of a woman's life**. A school girl shares her early understanding and feelings about menstruation, while a college student talks about balancing menstrual health with academics and daily activities. A sports girl explains how she manages her menstrual cycle during training and competitions, and a working woman shares her experience of maintaining menstrual health while handling professional responsibilities. Through these voices, the audio aims to create awareness, break common myths, and encourage open conversations about menstruation as a natural and important aspect of women's health. This audio segment was conducted by **Indhu** and **Shalini** from III B.Sc Home Science - Clinical Nutrition and Dietetics



 Scan to listen

**"WHAT WAS ONCE HIDDEN IN SILENCE
NOW RISES AS A VOICE OF
AWARENESS AND STRENGTH."**

 - *Crimson Courage*

*Reflections by
Indhu.D and Shalini. K
III B.Sc. CND*





LET ME TELL YOU MY STORY

— says Menstruation

Hello!

I am menstruation.

I arrive once a month, but most people act like I'm a secret. They whisper about me, hide from me, or give advice based on fear, not facts.

Some say I am dirty. Some say girls must not bathe. Some say pain is normal and must be tolerated quietly. These are all myths—ideas that make me seem scary when I am actually natural.

Let me tell you the truth: I am a sign that your body is healthy. I am normal. I am natural. I am not harmful, and I am not shameful.

When girls learn the facts, I become easy to manage. Bathing during my days keeps the body clean. Changing pads or other menstrual products every four to six hours prevents infections. Washing hands before and after changing pads protects from germs. Using clean products makes girls feel comfortable, confident, and free to live their normal lives.

The problems people blame on me—itching, rashes, discomfort—mostly happen because of poor hygiene or fear, not because I am "dirty." When girls take care of themselves and talk openly, I pass quietly, leaving health, strength, and confidence behind.

So remember:

I am not a secret.

I am not shameful.

I am natural.



**“MENSTRUATION
DOESN'T
CREATE
PROBLEMS.
MYTHS DO.
FACTS SET US
FREE.”**

*Dreamt up by
Rupashree.M
III B.Sc. CND*



“Whispers of Your Body”



Here’s what you might notice, told as your body’s “messages”

Every month, your body whispers its story. Periods aren’t just something that happens—they are a natural rhythm, a gentle signal, a reminder of your body’s brilliance.



CRAMPS & BACK PAIN

“I’m working hard inside,” your uterus says, softly contracting to shed its lining. A little discomfort is normal—it’s just me doing my job.

BLOATING

“I’m holding some water to keep you balanced,” your body whispers. That puffiness? Temporary and natural.



TIREDNESS

“I need a little rest,” your body reminds you. Extra sleep, gentle movement, and care make all the difference.



BREAST TENDERNESS

“I’m adjusting and preparing,” your body hums, swelling or soreness as part of its monthly rhythm.



“Whispers of Your Body”



HEADACHES OR DIZZINESS

“Hydrate me, I’m shifting,” your body advises—mild reminders to take care of yourself.

MOOD SWINGS OR IRRITABILITY

“I’m holding some water to keep you balanced,” your body whispers. “I’m riding hormonal waves,” your body sighs. Sudden emotions are not overreactions—they’re signals to slow down, breathe, and be kind to yourself. That puffiness? Temporary and natural.



FOOD CRAVINGS

“I need fuel,” your body murmurs. Cravings for sweets, salt, or warm foods often mean your energy and mineral levels need support.

ACNE OR SKIN CHANGES

“I’m detoxing,” your skin whispers. Hormonal shifts can show up on your face—temporary signs of inner changes, not poor hygiene.



CONSTIPATION OR LOOSE STOOLS

“I’m adjusting my rhythm,” your gut explains. Hormones influence digestion, so changes in bowel movement are common during menstruation.

*Wisdom by
Safika Jabarana.)
))) B.Sc. CND*



PERIOD BLOOD COLOR:

WHAT DOES IT SAY ABOUT YOUR HEALTH?



Black

Sign of old blood

Typically appears at the beginning or end of your period. It may be normal but consult a doctor if accompanied by a foul odor or other unusual symptoms.



Gray

May signal infection

Can be a sign of bacterial vaginosis, especially if accompanied by a foul odor and itching. Consult a physician for proper diagnosis and treatment.



Brown

Sign of old or post-partum bleeding

Often seen near the beginning or end of a period. After childbirth, brown blood could be lochia, the leftover blood from delivery.



Bright Red

Healthy, steady flow

A sign of fresh and healthy blood flow. If accompanied by heavy bleeding, severe cramping, or abnormal symptoms, consult a doctor as it may be a sign of cervical or uterine issues.



Pink

Hormone changes or diet

Blood mixed with cervical fluid caused by hormonal birth control. Can also be a sign of low estrogen, anemia or an unhealthy diet.



Decoded by
Shalini.k
M B.Sc. CND



Premenstrual Symptoms PMS

Premenstrual symptoms are changes that occur in a girl's body before her menstrual period.

They usually start 1–2 weeks before menstruation and are caused by hormonal changes.

Common Physical Symptoms:



Abdominal pain and bloating



Breast tenderness and headaches



Tiredness, and back pain



Food cravings



Food cravings

Common Emotional Symptoms:



Mood swings



Feeling sad



Feeling sad



Anxiety or stress

✓ Ways to Manage PMS

- ✓ Regular exercise helps control symptoms
- ✓ Eat healthy food and drink enough water
- ✓ Get proper rest and sleep



Δ If symptoms are very severe, medical advice should be taken.

Created by,
Bhuvanapriya.P
III B.Sc. CND



PERIOD TRACKER

MONTH:

YEAR:

S	M	T	W	T	F	S
☹️	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	❤️		

WEIGHT :

MEDICATIONS :

PERIOD WAS

- ON TIME HEAVY
 EARLY MEDIUM
 LATE LIGHT

FEELING

- HAPPY ANNOYED
 SAD TIRED
 ANGRY SCARED

ANY SYMPTOMS

- CRAMPS BATHROOM TROUBLE
 SORE BREASTS NAUSEA
 HEADACHE ACNE

NEXT PERIOD IS EXPECTED ON

DAYS SINCE LAST PERIOD

NOTES



Mood Swings & Mind Things



*Why do you feel like a boss one day and want to hide under the covers the next?
It's not just you—your mind travels with your cycle!*

Hormones like estrogen and progesterone don't just regulate periods; they also shape how you feel and respond to the world. As these hormones rise and fall, emotions may shift too. You might feel energetic, focused, and motivated one day, and the next day feel irritable, low, anxious, or simply in need of quiet. These changes are natural, temporary, and completely normal.

FOR COLLEGE STUDENTS, THIS EMOTIONAL MIX CAN FEEL STRONGER.

Exams, late nights, social pressure, and stress often overlap with hormonal changes, making emotions feel louder and harder to manage. Understanding this connection is important—it reminds you that these feelings are biological responses, not personal weaknesses.



Understand your moods,
support yourself.

Conceptualized by
Shalini.S
M B.Sc. CND

"EXPERT TALK:

DIET & MENSTRUAL HEALTH"

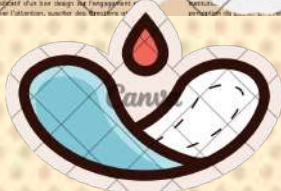


"NOURISHING THE CYCLE: A NUTRITIONIST'S GUIDE TO MENSTRUAL HEALTH"

This informative session on menstrual health was thoughtfully anchored by **Sandya.S**, III B.sc Homescience clinical Nutrition and dietetics Student from Queen Marys College, who guided the conversation on the importance of nutrition in maintaining a healthy menstrual cycle. The discussion emphasized the key nutrients, and mindful eating habits can support hormonal balance and reduce common menstrual discomforts, empowering women to take charge of their health naturally.



The session on menstrual health was featured by **Dt. Malarkodi, Chief Clinical Dietitian at Kauvery Hospital, Chennai and an alumna of our department.** She highlighted the strong connection between nutrition and menstrual well-being, explaining how iron-rich foods, balanced meals, and healthy lifestyle habits can ease symptoms and support hormonal health. Her insights offered practical, science-based guidance for women at every stage of life, while also inspiring current students through her journey from the department to professional practice.



*A Conversation Led by
Sandya.S
III B.Sc. CND*



"Breaking the Mental Stigma of Menstruation"



EXPERT TALK

An Interview with Psychologist

The session was confidently anchored by **Safika**, III B.Sc Home Science - Clinical Nutrition and Dietetics, who led an engaging and informative discussion on menstrual health, creating a comfortable platform for open dialogue and awareness among young women



WATCH NOW



"The Psychology Behind Her Rhythm"

The interview featured **Dr. Priyanka Palanivel**, Consultant Psychologist, who explained menstrual health from a clear psychological perspective. She detailed the hormonal coordination, uterine changes, and the body's cyclical adaptations during different phases of menstruation. She emphasized how girls should understand and adapt to their cycle by aligning nutrition, exercise, rest, and emotional care accordingly. She also strongly advised youngsters not to blindly follow social media trends related to body image, diet culture, or menstrual practices, encouraging them instead to rely on scientific knowledge and self-awareness.

"Periods are natural, but the way we think about them shapes our well-being."

*A Conversation Led by
Safika Jabarana
III B.Sc. CND*

Gentle Relief Yoga for Your Cycle



Janu Sirsasana



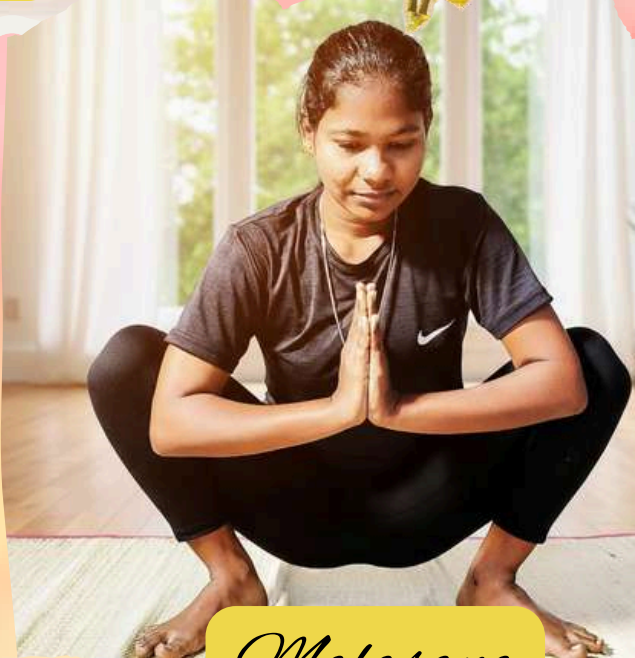
Parivrtta Janu Sirsasana



Balasana



Viparita Karani



Malasana



Gentle Relief Yoga for Your Cycle



Paschimottanasana



Janushirasana



Baddha Konasana



*Prasarita
Padottanasana*



Padmasana

Grace in motion by,
Gopika. K
M B.Sc. CND



Food Cravings During Menstruation



Hormonal Changes

Estrogen & Progesterone Fluctuations



Serotonin Drop → Sweet & Salty Cravings

Energy Needs

Increased Hunger & Cravings



• Chocolate • Chips • Sweets • Fried Foods
Bread & Pasta

Emotional Factors



Mood Swings, Stress & PMS

Comfort Eating for Better Mood

Nutrient Deficiency

Low Magnesium

• Low Iron



• Salty Snacks • Iron Rich Foods

Common Cravings



Chocolate



Ice Cream



Chips



Sweets



Fried Foods



Carbs (Bread & Pasta)

Healthy Choices



Dark Chocolate



Fruits & Nuts



Iron-Rich Foods



Drink Water





IMPORTANCE OF PROTEIN IN MENSTRUAL HEALTH

Protein is crucial for menstruating women.



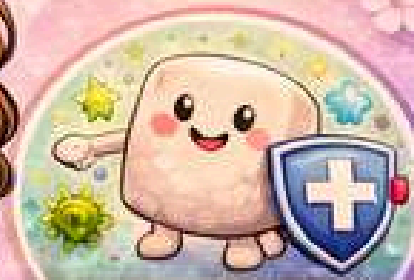
Supports Hormonal Balance



Maintain Energy Levels



Supports Muscle Rep & Growth



Boosts Immune System



PROTEIN IS ESSENTIAL FOR:



Aids in Growth & Development



Regulating Hormones



Supporting & Bone Health



Reducing Weakness &



Strengthening Immunity

EAT PROTEIN-RICH FOODS

Animal Sources:

Chicken, fish, eggs, milk, dairy

Plant Sources:

Beans, lentils, chickpeas, nuts, seeds, tofu



Fuel facts by,
Bhavadharani.A
M B.Sc. CND

IMPORTANCE OF IRON IN MENSTRUAL HEALTH



Iron is crucial for menstruating women.



Prevents Iron-Deficiency Anemia



Reduces Fatigue, Dizziness & Weakness



Maintains Hemoglobin Levels



Supports Hormonal Balance



Essential for Adolescent Girls



IRON IS ESSENTIAL FOR:



Preventing Anemia



Maintaining Energy Levels



Supporting Immune Function



Improves Immunity & Overall Well-being

EAT IRON-RICH FOODS

Animal Sources:

Liver, meat, fish, eggs



Plant Sources:

Leafy greens, beans, lentils, nuts, jaggery; Eat fruits rich in vitamin C for better absorption



Strength insights by,
Shalini. R
M B.Sc. CND



Reasons for Anemia During Menstruation



About Anemia During Menstruation –

Anemia during menstruation occurs when the body loses more blood and iron than it can replace. On average, a menstruating woman loses about 30-40 milliliters of blood per day during her period, which corresponds to roughly 0.5-1 mg of iron lost daily. This leads to reduced hemoglobin levels, limiting the amount of oxygen delivered to body tissues. Over time, untreated anemia can affect energy levels, immunity, cognitive performance, and overall well-being. Early awareness, proper nutrition rich in iron, and timely medical care are essential to prevent complications and maintain reproductive health.



Excessive Menstrual Blood Loss (Menorrhagia)

- Heavy periods & prolonged bleeding



Inadequate Iron Intake

- Poor intake of iron-rich foods



- Low vitamin C, tea/coffee, GI issues



Poor Iron Absorption

- Low vitamin C, tea/coffee, GI issues



Short Menstrual Cycles

- Frequent periods (e.g., 21-day cycle)



Underlying Medical Conditions

- Fibroids, Endometriosis, PCOS



Underlying Medical Conditions

- Fibroids, Endometriosis, PCOS



Increased Needs During Adolescence

- Growth spurts & poor nutrition
- Increased Needs During Adolescence
- Seek medical advice for

Prevention & Management

1 Eat Iron-Rich Foods

- Green leafy vegetables
- Lentils, beans and millets
- Meat, fish, and eggs
- Iron-fortified foods



When to Seek Medical Help

- Very heavy bleeding
- Severe fatigue or breathlessness
- Frequent dizziness or fainting
- Symptoms not improving with diet

When to Seek Medical Help –

- Very heavy bleeding
- Severe fatigue or breathlessness
- Frequent dizziness or fainting
- Symptoms not improving with diet



PREVENT ANEMIA DURING MENSTRUATION



Eat Iron-Rich Foods



- ✓ Leafy Greens & Millets
- ✓ Dates & Jaggery
- ✓ Meat, Fish & Eggs

Boost Iron Absorption



- ✓ Add Vitamin C (Citrus Fruits)
- ✓ Avoid Tea & Coffee with Meals

Manage Heavy Bleeding



- ✓ Consult a Gynecologist
- ✓ Treat Underlying Causes

Take Iron Supplements



- ✓ If Prescribed by Doctor
- ✓ Especially for Adolescents

Eat a Balanced Diet



- ✓ Protein, Folate, Vitamin B12

Regular Health Check-ups

- ✓ Check Hemoglobin Levels



- ✓ Adequate Iron Intake
- ✓ Control Heavy Bleeding
- ✓ Healthy Lifestyle





Recipe CORNER

RECIPE CORNER

MENSTRUAL HEALTH SNACK

Dates-Sesame-Nut Energy Bites

YUM!



HEALTH BENEFITS

- Reduces cramps - sesame seeds & nuts contain magnesium
- Boosts iron - dates & jaggery help improve energy and prevent tiredness
- Supports hormonal balance - flax seeds provide omega-3 fatty acids
- Reduces bloating - ginger and cardamom help digestion
- Improves mood - healthy fats & natural sugars support stable energy

INGREDIENTS

- Dates - 1 cup (seedless soft)
- Jaggery (optional) - 2 tbsp
- Sesame seeds - 2 tbsp
- Flax seeds - 1 tbsp
- Almonds - ½ cup
- Walnuts - 1 cup
- Ghee/coconut oil - 1 tbsp
- Cardamom powder - ½ tsp
- A small pinch of dry ginger powder (optional)

INSTRUCTIONS

- 1 Dry roast sesame seeds, flax seeds, almonds and walnuts for 2-3 minutes on low heat.
- 2 Transfer to a plate and let cool.
- 3 In the same pan, add 1 tbsp ghee and warm the dates until soft.
- 4 Mash the dates until sticky 🍌🍌



Horse gram(kollu) soup

Ingredients



Horse gram (Kollu) - ¼ cup



Black pepper - ½ tsp



Cumin seeds - ½ tsp



Small onions - 5 to 6



Garlic - 4 to 5 cloves



Tomato - 1



Tomato - 1 (chopped)



Curry leaves - few



Curry leaves - few



Coriander leaves - few



Turmeric powder - ¼ tsp

Salt - to taste

Water - required amount

Procedure



1. Soak the horse gram overnight.



2. Heat a pan and dry roast the soaked horse lightly until a mild aroma comes. Remove and keep aside.



3. In a pressure cook add the roasted gram, black pepper, cumin seeds, small onions, garlic, tomato, curry carrier leaves, turmeric powder, salt, and required of water.



4. Once cook, removes cooker from the stove - allow it to cool slightly.



5. Strain the cooked mixture, separating the cooking water and the solid ingredients.



7. Grind the cold solid ingredients into a smooth paste.



8. Add the good paste into the strained water and mix well.



9. Heat once if needed, then remove cooking water.



10. Garnish with freshly chopped coriander leaves and serve hot.

Benefits of Kollu Soup



* Aides in weight management



* Helps maintain healthy blood sugar levels



* Traditional remedy for common cold & cough



* Supports kidney health (helps reduce stones)



* Promotes good digestive health



RECIPE CORNER

Sesame-Date — Warm Milk —

Benefits

- Reduces menstrual cramps
- Boosts energy & reduces fatigue
- Improves hemoglobin (Iron-rich)
- Helps balance hormones
- Eases bloating
- Provides warmth to the body

Ingredients



Dates 3-4



1 tbsp Sesame Seeds



1 cup Warm Milk



Dry Ginger (optional)

Cardamom (optional)



Instructions

1. Soak dates in hot water for 10 mins.
2. Roast sesame seeds for 30 sec.
3. Blend dates & sesame seeds.
4. Add warm milk & blend smooth.
5. Pour into a cup & add remaining milk.
6. Add dry ginger or cardamom.
7. Mix well & enjoy warm!

MENSTRUAL HYGIENE

Menstruation is a natural and beautiful sign of a healthy body. Menstrual hygiene is all about the simple care practices girls and women follow during their periods to stay clean, comfortable, and confident. When we take good care of our bodies during menstruation, we protect our health and feel more at ease in our daily lives.

Why Menstrual Hygiene Matters

Good menstrual hygiene keeps the body safe from infections and irritation. It helps prevent itching, rashes, and unpleasant odors that can occur when menstrual products are not changed on time. Clean habits during periods also support emotional comfort, boost self-confidence, and encourage a positive attitude toward menstruation. Feeling fresh helps girls move freely, study better, and enjoy everyday activities without worry.

Healthy Period Care Made Simple

Choosing clean and safe menstrual products—such as sanitary pads, cloth pads, tampons, or menstrual cups—ensures comfort and protection. These products should be changed every four to six hours to keep the body healthy. Washing hands with soap and water before and after changing pads is a small habit with big benefits. Gently cleaning the genital area daily with clean water and mild soap, and keeping it dry, helps prevent infections. Used pads should always be wrapped and disposed of safely to maintain cleanliness and care for the environment.

Remember This Always

Periods are natural. Caring for yourself during menstruation is an act of self-respect. Clean habits keep you healthy, confident, and strong, every single month.

*Care Tips by,
Bhuvaneswari.P
M B.Sc. CND*



**CARING FOR
YOUR BODY
WITH
CONFIDENCE**



EVOLUTION OF NAPKIN



SANITARY CLOTHES



SANITARY PADS

In India, approximately 50% of women use clothes as menstrual absorbent. In some rural and tribal areas, cloth is the primary method due to low access and affordability of commercial pads. Cloth use is more common among women with lower incomes and less schooling, although it is also used by women from higher wealth quintiles and those with higher education.

Sanitary Pads are absorbent products worn in underwear to soak up menstrual fluid, vaginal mucus, and other bodily fluid. They are available in various absorbencies, sizes, and thicknesses to accommodate different flow levels and individual preferences and are crucial for menstrual hygiene.



Advantages of Cloth	Disadvantages of Cloth
<ul style="list-style-type: none"> Long-term solution compared to disposable pads. Reusable and eco-friendly, reduces waste. 	<ul style="list-style-type: none"> Using dirty or unhygienic cloth can lead to Infections (UTIs, RTIs) Improper cleaning can cause odor & bacteria.

Proper Hygiene is Essential!

Advantages of Sanitary Pads	Disadvantages of Sanitary Pads
<ul style="list-style-type: none"> Easy to use with adhesive backing Easily available in stores Various sizes for comfort 	<ul style="list-style-type: none"> Can cause rashes & irritation Risk of leakage if not changed on time Possible allergic reactions

MENSTRUAL CUP



A Menstrual cup is a menstrual hygiene device which is inserted into the vagina during menstruation. Menstrual cups are made of elastomers (silicone rubbers, latex rubbers or thermoplastic rubbers). A properly fitting menstrual cup seals against the vaginal walls so tilting and inverting the body will not cause it to leak. Every 4-12 hours (depending on the capacity and amount of flow) the cup is emptied (usually removed rinsed and reinsert). After each period the cup requires cleaning. One cup may be reusable upto ten years.

Advantages of Menstrual Cup

✓ Advantages of Menstrual Cup

- ✓ Eco-Friendly & Cost-Effective
- ✓ Up to 12 Hours of Protection

- ✓ Reusable & Long-Lasting
- ✓ Up to 12 Hours of Protection
- ✓ Prevents Odor

✗ Disadvantages of Menstrual Cup

- ✓ Learning Curve for Insertion & Removal
- ✓ Fit Issues, Discomfort or Leaks

- ✓ Needs Regular Cleaning & Sterilization

TAMPON



Tampon Advantages

- Small & easy to carry
- Comfortable & discreet
- Helps prevent odor

Tampon Disadvantages

- Leaving in too long can cause infection
- Improper use can cause dryness & irritation
- Not recommended for overnight use

A tampon is designed to absorb blood and vaginal secretions by insertion into the vagina during menstruation. Once inserted correctly a tampon is held in place by the vagina and expands as it soaks up menstrual blood. The majority of tampons sold are made of blends of rayon and cotton along with synthetic fibers. Some tampons are made out of organic cotton. Tampons are available in several absorbency ratings.

*Curated by
Rupashree M
M B.Sc. CND*



Unsung Hands: THE HIDDEN PAIN

In the quiet corners of schools and colleges, far from classrooms and applause, unseen hands carry a burden few acknowledge. Cleaning workers—often women—silently endure the harsh realities of handling improperly discarded sanitary waste. In India, where menstrual waste management continues to struggle for effective implementation, their suffering remains largely invisible.

Used sanitary pads are flushed down toilets, thrown into open bins, or left carelessly in restrooms. For the workers who must clean them, there is no choice but to manually handle this biohazardous waste—often without proper gloves, masks, or access to handwashing facilities.

What should be routine maintenance becomes a daily confrontation with risk. Blood-soaked pads, decomposing and emitting foul odors, expose workers to dangerous pathogens. Underpaid and overlooked, they transform chaos into cleanliness—yet their labor is rarely recognized.

Direct contact with menstrual waste encourages bacterial growth fueled by blood and moisture. Workers face the threat of infections such as typhoid, hepatitis, and leptospirosis, along with respiratory ailments from toxic fumes.

The consequences extend beyond individual suffering. Blocked drains spread disease. Non-biodegradable pads release microplastics and toxins into landfills, water bodies, and soil—lingering in ecosystems for centuries and quietly entering the food chain. The cost of neglect is borne both by vulnerable workers and by the environment itself.

After hours of cleaning, nausea lingers. The stench clings. Appetite fades. Psychological distress grows in silence. To make matters worse, some workers are pressured to “prove” menstrual leave by showing used pads or photographs—an act of humiliation that strips away dignity. These experiences deepen trauma, compounding the physical risks they already endure.

And yet, they return the next day.

*Voices revealed by,
Pooja Lokeshwari. &
III B.Sc. CND*



"A PROFOUND INNER ACHE OF A HEROINE"



SCAN TO LISTEN

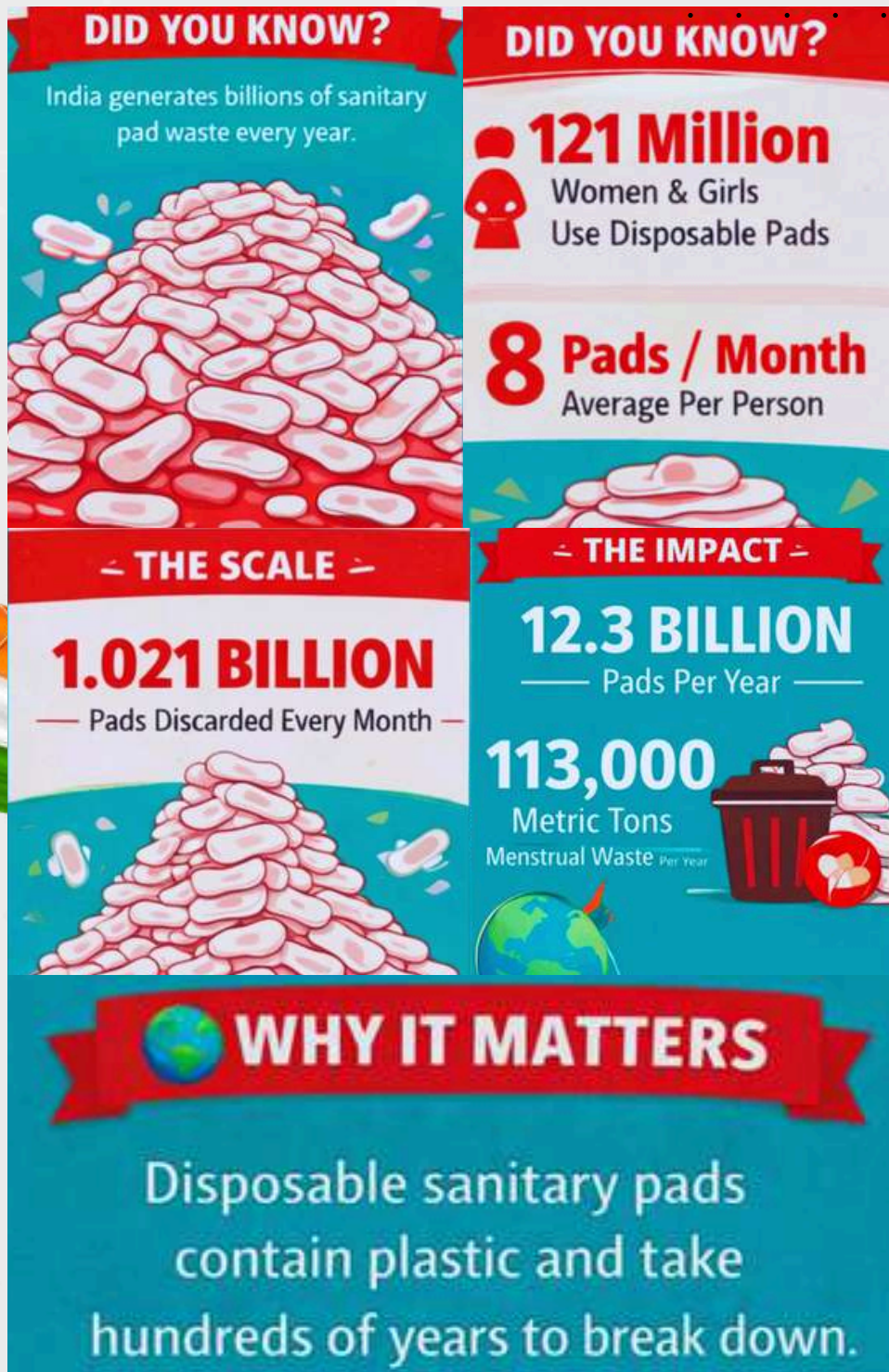
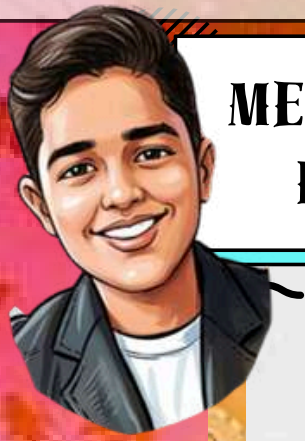
"Behind the Bin: A Voice We Ignore"

"THE SILENT GUARDIANS OF MENSTRUAL DIGNITY"



At Queen Mary's College, the students of III B.Sc. Home Science-Clinical Nutrition and Dietetics reaffirmed that true hygiene begins with protecting those who uphold it every day. In a gesture of gratitude and responsibility, the students provided essential safety gear—including gloves, head covers, and masks—to 11 dedicated cleaning staff members serving across various departments. This initiative was not merely about maintaining cleanliness on campus; it was about recognizing the dignity of labor, safeguarding the health of our frontline workers, and promoting a culture of institutional care and compassion.

MENSTRUAL HYGIENE IS NOT JUST A HEALTH ISSUE IT'S AN ENVIRONMENTAL RESPONSIBILITY TOO.



By talking openly about menstrual hygiene and promoting better waste management, we can protect both women's health and our environment.



Fact Flash

Do you know how many times should we have to change pad in a day????

Every **4 to 6** hours during the day



Do you know when will our period get over???

Periods stop permanently when you reach menopause, usually between the ages of **45 and 55**.

Average age: **51-52**



Do you know How do reusable pads compare with disposable pads??

Disposable pads: Convenient & higher absorption

Reusable pads: Require washing, higher cost & bulkier



Do you know Why do moods change before periods?

Due to a sharp drop in estrogen & progesterone before menstruation



Do you know Can junk food affect periods?

Yes, junk food can worsen symptoms & cause hormonal imbalances.



Fact Flash

Do you know why sleep is good during Menstruation?

- Manages cramps,
- Reduces irritability,
- Combats "bone-deep" fatigue

Do you know which color is normal for period? ✨



Bright Red



Dark Brown



Black or Brown

Normal period blood ranges from bright red to dark brown or black.

Do you know how to sleep during periods? ✨



- Sleep in the Fetal Position • Use a Heating Pad or Warm Bath
- Wear high-absorbency pads, period underwear, or menstrual cups

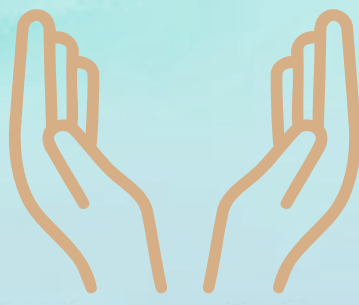
Do you know why Dark Chocolate is good for menstruation period??



Rich in Magnesium

- Helps Relax Uterine Muscles & Reduce Cramps

The Ageless Plate



Make YOURSELF a Priority



Foods That Cause Early Puberty (To Avoid)	Foods to Give During Menarche (First Period)	Foods for Menstruation	Foods for Pre-Menopause	Foods for Post-Menopause	Foods for Menopause
Processed Foods Chips, Burgers, Pizza	Leafy Greens Spinach, Methi, Kale	Iron-Rich Foods Spinach, Lentils, Beetroot, Fig, Raisins	Berries Strawberry, Blueberry, Cranberry	Broccoli & Greens Broccoli, Cauliflower, Leafy Veggies	Leafy Vegetables Spinach, Kale, Collard Greens
Sugary Snacks Candies, Cookies, Cakes	Nuts & Seeds Almonds, Cashews, Dates, Sesame	Ginger Tea Ginger, Tulsi, Cinnamon	Flaxseeds Flaxseed, Sunflower Seeds	Chia Seeds Chia, Pumpkin Seeds	Whole Grains Brown Rice, Whole Wheat, Barley
Fast Food French Fries, Nuggets	Yogurt & Curd Probiotic Yogurt, Curd	Bananas Banana, Coconut Water	Avocado Avocado, Olive Oil	Turmeric Turmeric Milk, Haldi, Black Pepper	Beans & Legumes Soy, Lentils, Black Beans
Dairy with Hormones Hormonal Milk, Cheese	Whole Grains Brown Rice, Oats, Whole Wheat	Salmon & Fish Salmon, Sardines, Mackerel	Soy Products Tofu, Soymilk, Edamame	Fatty Fish Salmon, Tuna, Sardines	Tofu & Paneer Tofu, Low-fat Paneer
Sugary Drinks Cola, Soft Drinks, Energy Drinks	Fruits Banana, Apple, Papaya, Pomegranate	Dark Chocolate Dark Chocolate, Jaggery	Quinoa & Millets Quinoa, Ragi, Bajra	Almonds & Walnuts Almonds, Walnuts, Pistachios	Walnuts & Seeds Walnuts, Sesame, Sunflower Seeds
Refined Carbs White Bread, Pasta, Maida, Pastries	Eggs Boiled Egg, Omelette	Lentils & Beans Dal, Chickpeas, Kidney Beans	Green Tea Besan Cheela, Bajra Roti, Methi Seeds	Greek Yogurt Plain Yogurt, Flaxseed, Berries	Herbal Teas Ashwagandha, Chamomile, Green Tea
Important Indian Foods: Maggi, Chaat, Samosa, Soft Drinks	Important Indian Traditional: Ragi Laddoo, Panjiri, Halim Water, Sattu	Important Indian Foods: Gondh Laddoo, Chana, Panjeeri, Jaggery	Important Indian Foods: Chia Pudding, Kalonji, Amla Murabba, Ragi	Important Indian Traditional: Besan Cheela, Bajra Roti, Methi Seeds	Important Indian Foods: Methi Laddoo, Amla Achar, Rajgira Chikki

KUTTY

STORY

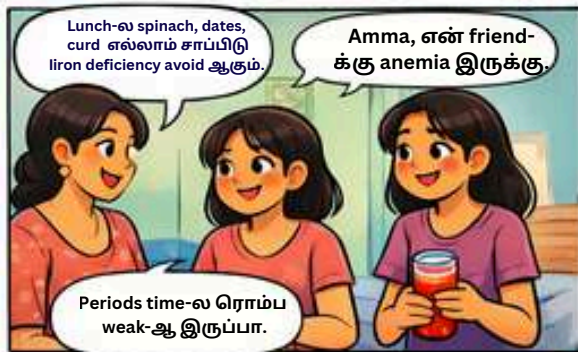
சிட... நம்ம ஊரு கதை





KUTTY STORY

அப்போ... இப்போ என்ன கதை ???





INK & Insight



பதினான்கு வயதில் பூப்படைகிறாள்...
 பத்தியம் பல கடந்து பிள்ளை பெறுகிறாள்...
 மாதம் மாதம் குருதி மழையில் நின்றாலும்,
 அக்குருதி மழைக்கு உருவம் கொடுத்து உயிர் ஊட்டிக்
 காக்கிறாள்...
 கணவனுக்காக மதுரையை எரித்தாள் கண்ணகி...
 ஆனால், இவளோ தாய்மைக்காக
 மாதம் மாதம் மாதவிடாய் மகாதீயில்
 தன்னைத் தானே எரித்துக் கொண்டே வாழ்கிறாள்...
 தீண்டத் தகாதவள் என ஒதுக்கி வைத்தாலும்,
 வீட்டுக்குள் முடங்காமல்,
 சரித்திரம் பல படைத்துக் கொண்டே
 நாள்தோறும் நிமிர்ந்து நிற்கிறாள் அவள்...



INK & Insight

அவள்...

செங்குருதி தெறித்து,
ஆடையில் அவலம் ஆகிடுமோ
என்ற அச்சம்
பெண்களின் மனதில்
மீளாதபோதும்...

எப்படி நேர்ந்தாலும்
“பரவாயில்லை” என்று,
தன் வேதனையை ஒதுக்கி,
தன் சேவைகளைத் தவிர்க்காமல்,
பிறரின் தேவைகளை
முன்னிலைப்படுத்தி,
உடன் நிற்கின்றார்கள் பெண்கள்...

செவிலியர்களாக...
காவலர்களாக...
தூய்மை பணியாளர்களாக...
சமுதாயத்தின் சுமைகளை
சுமந்து நிற்பவர்களாக...

GOPIKA K



அந்த நொடி...

மழலையாய் தவழ்ந்து திரியும் வேளையில்
மனதார மகிழ்ந்து போகிறாள் அவள்...

கொஞ்சம் வளர்ந்து பள்ளிப் பருவத்தில்
பட்டாம்பூச்சி போல்
சிறகடித்து மகிழ்ந்து செல்கிறாள் அவள்...

கட்டுப்பாடின்றி
சிட்டுக் குருவியாய் எங்கும் பறக்கும் அவளுக்கு,
ஒரு நாள் வந்ததாம் கட்டுப்பாடு...

ஓடியாடி விளையாடும் அவள்,
அடிவயிறு வலிக்க
இரு கைகளால் பிடித்துக்கொண்டு
“அம்மா...” என்று அழுதபடி
அதே இடத்தில் அமர்கிறாள்...

ஊரார் ஒன்றுகூடி,
சல்லடை நீர் தெளித்து,
நெற்றியில் சந்தனம் வைத்து,
கண்ணத்தில் மஞ்சள் பூசி,
“மங்கையர் ஆனாய் நீ...”
என்று சொல்லி,
மாராப்பு போட்டு
மறைத்து வைக்கிறார்கள் அவளை...

அவள் மனதுக்குள் எழும் முதல் வார்த்தை—
“இந்த நொடி ஆனந்தம்...
நானும் மங்கையாய் ஆனேன்...”
ஆனால் அப்போது தெரியவில்லை...

அடுத்த மாதம்
இதே நாள் வரும் போது,
என்னை ஒதுக்கி வைப்பார்கள் என்று...

மறு மாதம் வந்தது...
மறு சடங்கானது...

மனதார வாழ்த்திய என் அம்மாவே,
“சற்று ஒதுங்கி இரு” என்று
ஒதுக்கிய அந்த நொடி...
என் மனமும் கலங்கிய நொடி...

அந்த மூன்று நாள்
அடிவயிறு வலிக்க,
தல இரண்டாய் வெடிக்க,
ஆறுதலுக்கு ஆள் இருந்தும்,
தொட்டு தூக்க யாரும் இல்லை...

இப்படியே காலம் கடந்தாச்சு...
எனக்கு கணவனும் வந்தாச்சு...

முடிச்சு மூணு போட்டு,
முந்தானையைப் பிடித்தவரும்,
அந்த மூன்று நாளை
மறக்கலையே...

மாசம் வந்ததும்,
“மச்சி ஓரம் போ” என்று சொல்லி
ஒதுக்கி வைத்தாரே...

என்ன நான் செய்வது?

அப்போதும் அழுதேன்...
புலம்பினேன்...
ஆறுதலுக்கு யாரும் இல்லாமல்...

பெண்ணாய் பிறந்ததை
நினைத்துப் பார்த்தால்
வேதனை...

ஆனாலும்,
மனதுக்குள் ஒரு கோடி ஆனந்தம்...

இந்த உலகத்தில்
தாய்மை அடைவது
பெண்மை மட்டும்தானே...

பெண்மை இல்லாமல்
எந்த உயிரும் பிறக்காது...

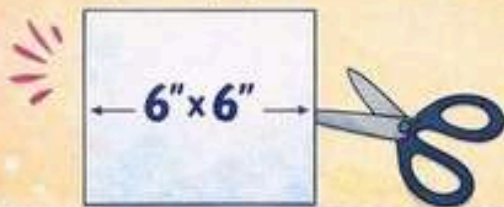
அதனால்,
என்றும் பெண்மையை நேசிப்போம்...
ஒவ்வொரு நொடியும்
இதையே யோசிப்போம்...

Make Your Own DIY Period Pad Disposal Cover!

Learn how to make a simple and eco-friendly way to dispose of your pads!

1. CUT A SQUARE

Cut a square of paper about 6x6" inches.

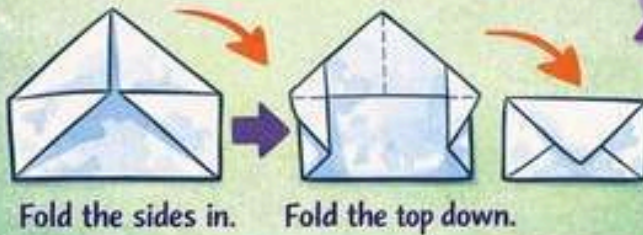


Simple &
Eco-Friendly!



2. FOLD THE PAPER

Fold the paper into an envelope shape.



3. PLACE THE PAD

Put the used pad inside the paper pouch.

Insert the pad



4. SEAL IT UP!

Fold the flap down & seal it closed.



ALL DONE!

Now you're ready to dispose of it neatly!



MENSTRUAL HYGIENE



Menstrual Maze FLOW & FUN

HABITS

Activity 1: Tick the Healthy Habit

Tick () the correct practices:

- Changing pads only once a day
- Washing hands before and after changing pads
- Using clean menstrual products
- Not bathing during periods
- Disposing used pads safely



Activity 4: Red, Yellow, Green Game

Color the box:

- Unsafe
- Not sure
- Safe

Habit

- Changing pads regularly
- Using dirty cloth
- Washing hands
- Not bathing



Activity 2: Act It Out! (Role Play)

In pairs, act out this situation:

Scene:

A friend is scared to ask for a pad at college.

- One student plays the friend
- One plays a supportive helper

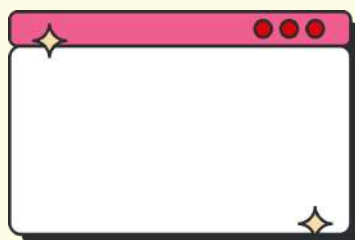
Discuss: How can we break the silence?



Activity 5: Create Your Power Message

Choose ONE:

- Write a slogan
- Draw a poster
- Write a message to a friend who just got her first period



Activity 3: Period Puzzle

Unscramble the words:

1. NIFECTNOI → _____
2. GIEYHNE → _____
3. DAP → _____



Activity 2: Myth or Fact?

Write Myth or Fact:

Menstruation is dirty. _____

Pads should be changed every 4-6 hours. _____

Bathing during periods is harmful.



CROSSWORD PUZZLE



Menstrual Maze FLOW & FUN

Crossword: Menstrual Health

Across

- 2. The release of an egg from the ovary (9)
- 4. Monthly shedding of the uterine lining (9)
- 6. A reusable menstrual product made of silicone
- 7. Hormonal phase before ovulation (9)

Down:

- 1. Pain in the lower abdomen during periods (6)
- 3. Important mineral often lost during periods (4)
- 5. Natural body process that indicates reproductive health (9)
- 8. Swelling or fluid retention often felt during periods (7)



Fun created by,
Bhuaneswari.P
M B.Sc. CND

DOWN
CRAMPS – PAIN IN THE LOWER ABDOMEN DURING PERIODS
IRON – IMPORTANT MINERAL OFTEN LOST DURING PERIODS
MENSTRUATION – NATURAL BODY PROCESS THAT INDICATES REPRODUCTIVE HEALTH
BLOATING OR FLUID RETENTION OFTEN FELT DURING PERIODS

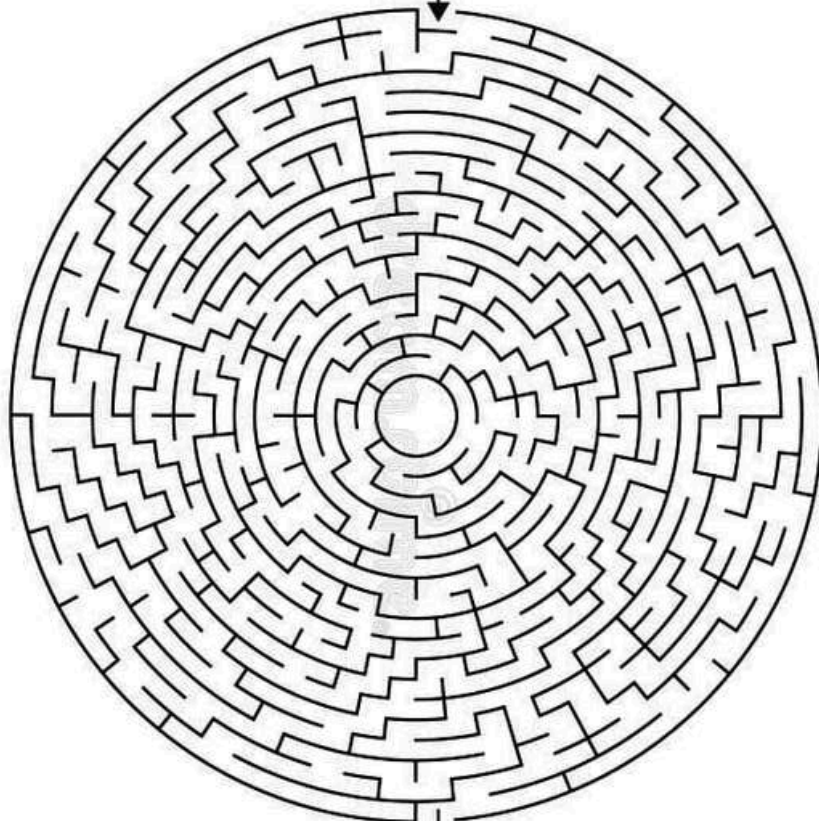
ACROSS
2. OVULATION – THE RELEASE OF AN EGG FROM THE OVARY
4. MENSTRUATION – MONTHLY SHEDDING OF THE UTERINE LINING
6. MENSTRUACUP – A REUSABLE MENSTRUAL PRODUCT MADE OF SILICONE
7. FOLLICULAR – HORMONAL PHASE BEFORE OVULATION



WAY TO HEALTHY MENSES



Menstrual Maze
FLOW & FUN



*Fun Created by
Indhu.D
M B.Sc. CND*

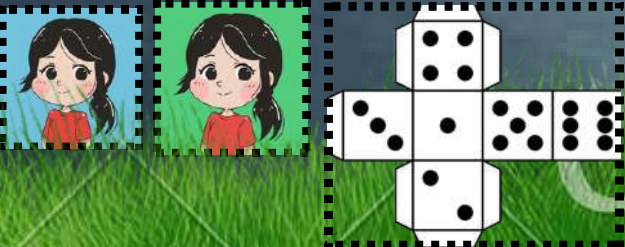


GIRL AND LADDER

A 10x10 grid board game titled "GIRL AND LADDER". The board is numbered 1 to 100. The starting point is at square 1, which contains a girl on a ladder and a basket of vegetables. The goal is to reach square 99, marked with a "WIN!" starburst. The board is decorated with various food items and ladders:

- Squares 1-10:** 1 (girl on ladder, vegetables), 2, 3, 4 (popcorn), 5, 6, 7, 8 (carrots, green beans, tomatoes), 9, 10.
- Squares 11-20:** 11, 12, 13, 14, 15, 16, 17 (ladder), 18, 19, 20.
- Squares 21-30:** 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.
- Squares 31-40:** 31, 32, 33, 34, 35, 36, 37, 38, 39 (chips), 40.
- Squares 41-50:** 41, 42, 43, 44, 45, 46, 47, 48, 49, 50 (hot peppers).
- Squares 51-60:** 51, 52, 53, 54 (ladder), 55, 56, 57, 58, 59, 60.
- Squares 61-70:** 61 (girl on ladder), 62 (bottles), 63, 64, 65, 66 (fruit), 67, 68, 69, 70.
- Squares 71-80:** 71, 72, 73 (candy), 74, 75, 76, 77, 78, 79, 80.
- Squares 81-90:** 81, 82, 83, 84, 85 (ladder), 86, 87, 88, 89, 90.
- Squares 91-100:** 91, 92, 93, 94, 95, 96, 97, 98, 99 (WIN!), 100.

Dark purple snakes are placed on the board, connecting various squares. The word "Canva" is watermarked across the center of the board.



Fun created by
Pooja .E
M B.Sc. CND

Menstrual Maze
FLOW & FUN

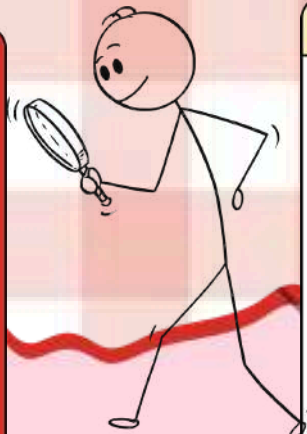


Word Search

Menstrual Maze
FLOW & FUN

M	E	N	D	O	M	E	T	R	I	U	M
L	E	S	E	A	M	H	E	G	G	E	M
R	Y	N	E	A	G	U	A	R	N	E	O
A	M	R	S	I	I	N	V	S	N	Y	O
E	L	E	E	T	I	R	T	O	T	R	V
G	N	O	N	G	R	B	T	T	H	A	U
R	B	L	A	S	U	U	W	M	G	V	L
E	U	V	C	A	E	L	A	O	I	O	A
D	T	M	L	Y	O	S	A	T	L	F	T
N	M	C	O	M	C	V	B	R	I	F	I
U	U	T	E	R	S	A	I	S	O	O	O
P	A	D	I	S	A	M	P	O	N	F	N

- Find Me X
- Menstruation
 - Ovulation
 - Endometrium
 - Menstrual Cup
 - Ovary
 - Regular
 - Uterus
 - Vagina

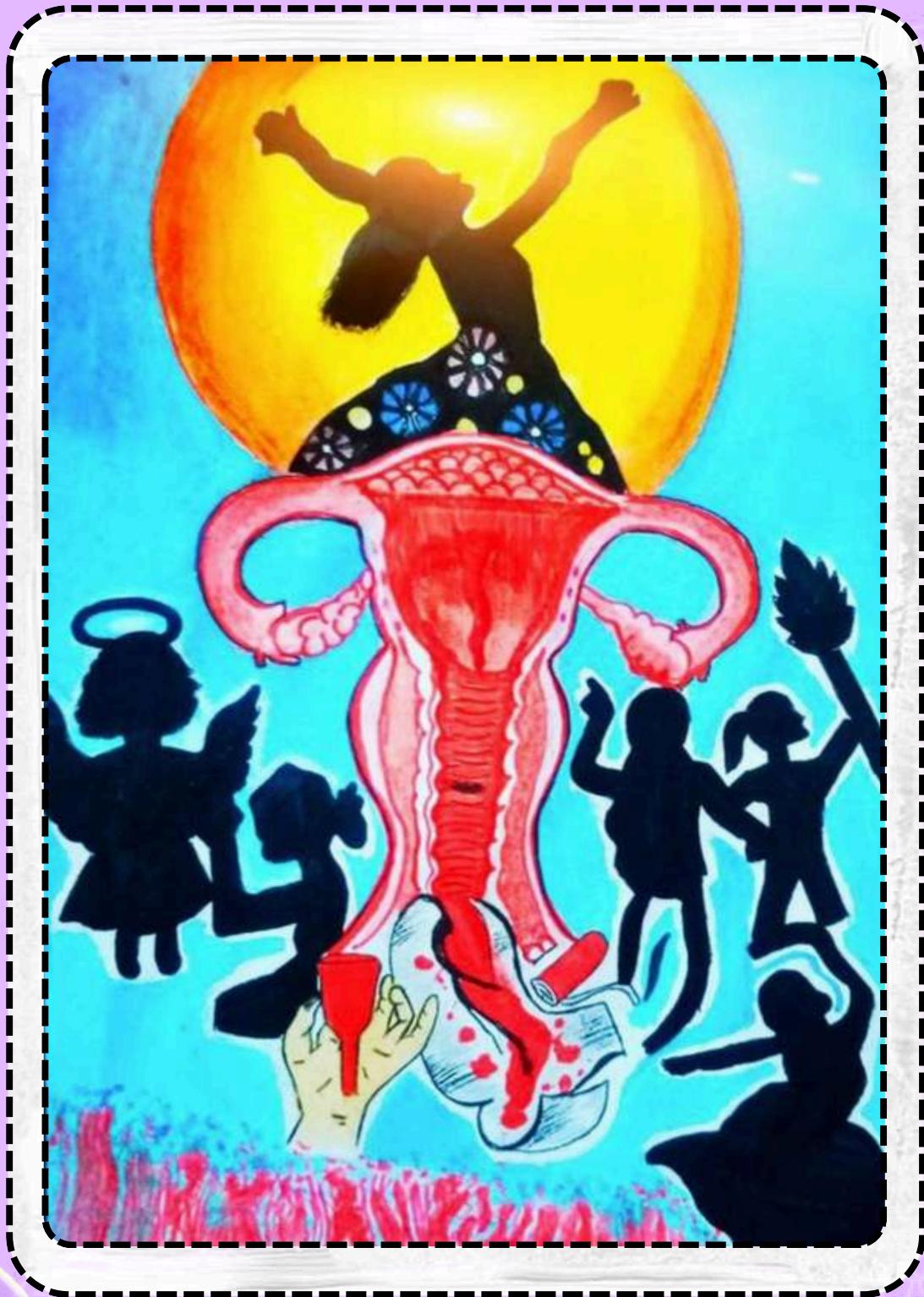


- Find Me X
- Underwear
 - Cycle
 - Pad
 - Egg
 - Ovum
 - flow
 - Ova
 - Menses





YOUNG TALENT CORNER



Talent Spotlight by

Aarthi.]

III B.Sc. CND



Mandala Art



*Talent Spotlight by
Sharumathi.S
III B.Sc. CND*

Mehandi Art



Art By
Gayathri.P
M B.Sc. CND



Hand-woven Plastic wire Basket



Crafted By
Indhu.D
III B.Sc. CND

SPORTS ACHIEVEMENT



With strong determination, discipline, and a deep passion for martial arts, **Safika Jabarana** has built an inspiring sporting journey. Over the years, she has trained and competed in Karate, Kudo, and Judo, consistently proving her strength and dedication at district, state, and zonal levels. Her achievements reflect not only her hard work and perseverance but also her commitment to representing her talent on larger competitive platforms.

ACHIEVEMENTS

- Gold Medal - Tamil Nadu State Kudo Championship (2022)
- Silver Medal - South Zonal Karate Championship (2024)
- Silver Medal - Judo Regional Level, Tamil Nadu Chief Minister Trophy Games (2024)
- Bronze Medal - Thiruvallur District Karate Championship (2024-2025)
- Gold Medal - Tamil Nadu State Karate Championship (2025)
- and more...

*Spotlight on Success by
Safika Jabarana
M B.Sc. CND*

பொங்கலோ

பொங்கல்!



Extension Activity on Public Health Nutrition

As part of the Public Health Nutrition curriculum, Dr. S. Vijayapriya, Associate Professor, and Mrs. S. Prasana Devi, Guest Lecturer, successfully planned and organized an Extension Activity – Nutrition Education Programme titled “Adolescent Nutrition and Health” on 30.01.2026, with the active participation of the students of II M.Sc. Home Science (Foods and Nutrition & Food Service Management and Dietetics).

The programme was conducted for the students of Queen Mary’s College Hostel and primarily focused on highlighting the importance of nutrition during adolescence and its vital role in promoting overall health and well-being among adolescent girls.

The nutrition education session was delivered through innovative and interactive methods, including skits, songs, chart presentations, BMI calculation demonstrations, and educational games, which ensured active involvement and better understanding among the participants. To assess the effectiveness of the programme, the knowledge levels of the students were evaluated before and after the session.

The hostel students gained valuable insights into concepts such as the Healthy Plate, macronutrients and micronutrients, BMI calculation, food cravings, and various food groups, enabling them to make informed and healthier dietary choices.



Additionally, the students of II M.Sc. Home Science (Foods and Nutrition & Food Service Management and Dietetics) acquired hands-on experience in planning and implementing a nutrition outreach programme, which significantly enhanced their organizational skills, leadership qualities, teamwork, and group coordination.



ALUMNI MEET 2025-2026

The Department of Home Science came alive with warmth and nostalgia on 14th February 2026 at 10.00 a.m., as 25 alumni returned to their alma mater for a heartfelt Alumni Meet.

The programme began with an inspiring welcome by Dr. C. Kalaivani Ashok, Associate Professor and Head of the Department, who shared her vision for the Department's growth and encouraged alumni to support in nurturing skilled, confident graduates.

The self-introduction session that followed rekindled memories and strengthened bonds. Alumni shared their journeys, and meaningful discussions unfolded on contributing to student welfare and departmental development. A video highlighting the Department's achievements over the past five years filled the gathering with pride.

The Department's recent progress was presented through an audiovisual showcase by Dr. Ananthalakshmi, Mrs. Rubini, and Mrs. Bhuvaneshwari, featuring the activities of 2025-2026, including the student-led magazine "Nourish and Flourish." The occasion was further marked by the release of the draft MoU with Twins Digital Services India Pvt. Ltd., aimed at offering diet counselling internship opportunities.

The meet concluded joyfully with a vibrant cultural performance by final-year students and a heartfelt vote of thanks by Mrs. Nisha Solomon, bringing the celebration to a graceful close.





HANDS-ON TRAINING PROGRAMME

The students of IPG Food Service Management and Dietetics, under the guidance and support of Mrs. Nisha Solomon and Dr.A.Ananthalakshmi, conducted a hands-on training programme to officers from Evaluation and Applied Research Department, Planning and Development, Government of Tamil Nadu on calculation of Nutritive value and Evaluation of Diets.

As part of the programme, the students also prepared and submitted an evaluation report on the diets provided in Government-run homes for children. The training proved to be an enriching experience for both the participants and the student trainers. The participants gained confidence in performing nutritive value calculations and evaluating diets in comparison with standard ICMR recommendations.

YOUNGPRENEURS BAZAAR

The IInd M.Sc. Home Science (FSMD) students organized the ED Saturday Bazaar as part of the Entrepreneurial Development component of our academic curriculum. Conducted on 20 December 2025 at Queen Mary's College near the Home Science Department, the programme aimed to bridge theoretical learning with practical business experience. It provided a real-time platform for students to plan, develop, market, and sell innovative food and nutrition-based products.

The initiative primarily focused on developing entrepreneurial skills by offering hands-on exposure to product development, cost calculation, pricing strategies, and profit analysis. It also strengthened communication, teamwork, and leadership abilities among students. Emphasis was placed on promoting nutritious and value-added food products while applying academic knowledge of packaging, labeling, log creation, and hygienic food handling practices.

Each group carefully conceptualized their products, considering health benefits, taste, affordability, and sustainability. Budget planning and pricing were systematically carried out to ensure feasibility and profitability. Attractive packaging and creative brand identities were developed, and labels included essential details to enhance consumer trust. Strict hygiene and sanitation measures were maintained throughout preparation and service.

During the bazaar, the venue transformed into an active marketplace where students confidently interacted with customers, explained product benefits, and implemented marketing strategies. This direct engagement helped us understand consumer behavior, collect feedback, and develop real-time problem-solving skills.

Overall, the ED Saturday Bazaar was a meaningful experiential learning activity that enhanced our confidence, managerial competence, and entrepreneurial thinking. We sincerely thank our respected faculty members for their valuable guidance and support in making this initiative a successful and enriching experience.





“The Journey Behind These Pages”



This magazine reflects the creativity, learning, and teamwork of the students of III B.Sc Home Science – Clinical Nutrition and Dietetics. Each page carries our ideas, efforts, and voices to create awareness and share knowledge beyond the classroom. Working on this magazine has been a meaningful journey that brought us together to learn, express, and grow as a team.

We sincerely thank every reader for taking the time to go through our magazine and appreciate our work. Your time, attention, and support mean a lot to us.

“Together we learned, together we created, and together we leave a voice that continues beyond these pages.”



*These fingerprints are not just marks;
they are the memories we leave behind.*

*At the centre stands our mentor,
the guiding hand that helped us bloom.*



*"With deepest gratitude, we thank Our
mentor who turned our learning into
inspiration."*