



**Vidyavardhaka Sangha (R.) Mysuru**  
**VIDYAVARDHAKA LAW**  
**COLLEGE**

**Sheshadri Iyer Road, Mysore – 570001**



**REPORTED BY: SRI. VARUN**

**DATE: 15<sup>th</sup> APRIL 2025**



VIDYAVARDHAKA SANGHA ®

# VIDYAVARDHAKA LAW COLLEGE

Sheshadri Iyer Road, Mysuru - 01

Accredited by NAAC with B+

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IQAC

Celebrating

## WORLD HEALTH DAY

**THEME: MENSTRUAL HYGIENE AND  
COMMON MENSTRUAL PROBLEMS IN  
WOMEN.**

VENUE: VVLC

DATE: 15/04/2025

All are cordially invited

*Management, Staff and Students*



## INTRODUCTION

World Health Day is a global observance celebrated every year on **7th April** to mark the founding of the **World Health Organization (WHO)** in 1948. This day serves as a platform to raise awareness about significant health issues that affect people across the globe and to promote actions that can improve public health. Each year, World Health Day is centred around a specific theme that highlights a pressing health concern — from mental health and universal health coverage to climate change and global pandemics. By bringing attention to these issues, World Health Day aims to inspire governments, organizations, and individuals to take meaningful steps toward building a healthier, more equitable world for all.





## CELEBRATION AT VVLC

In observance of **World Health Day**, celebrated annually on **April 7th**, VVLC took the initiative to celebrate the occasion with an indigenous idea of involving both students and staff, with a view to create awareness among them. As part of this initiative, the college organized a **special lecture on April 15th, 2025**.

The programme was chaired by the Principal, **Dr. Deepu P**, who addressed the gathering and spoke about the importance and significance of **menstrual hygiene in women**, aligning with the contemporary theme of the day.

The session was delivered by **Dr. Kavitha**, Consultant Gynaecologist at **BGS Apollo Hospital**, Mysuru. The theme of the lecture was *"Menstrual Hygiene and Common Menstrual Problems in Women."* It was an insightful and interactive session aimed at raising awareness about menstrual health and highlighting preventive measures that women can adopt to manage common menstrual concerns.

Dr. Kavitha emphasized the significance of maintaining proper hygiene during menstruation and addressed various misconceptions surrounding menstrual health. The session was well-received by attendees, fostering active participation and shedding light on a topic that is often overlooked in public discourse.

