



**KARUPA FOUNDATION**  
**Education and Research Centre**  
(Since 2003)

# Report on India's First National Conference on “Menstrual Hygiene: Breaking Barriers, Building Awareness”

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*Organized by: Karupa Foundation, Centre for Menstrual  
Hygiene Management, Karpagam Academy of Higher  
Education, Coimbatore on July 10<sup>th</sup> 2026*

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## **Introduction**

Karupa Foundation Education and Research Centre, in association with the Karpagam Academy of Higher Education, Coimbatore, successfully organized India's First National Conference on "Menstrual Hygiene: Breaking Barriers, Building Awareness" on July 10<sup>th</sup> 2026, at the KAHE, F-Block Conference Hall. The conference was conceived as a national platform to address one of the most significant public health and social issues affecting women and adolescent girls. It aimed to promote awareness of menstrual hygiene management, encourage interdisciplinary research, facilitate knowledge sharing among stakeholders, and advocate sustainable menstrual health practices. The event brought together researchers, academicians, healthcare professionals, students, policy experts, and representatives from various social organizations across India. Through keynote lectures, invited talks, technical paper presentations, and interactive discussions, the conference emphasized the importance of eliminating menstrual stigma, promoting gender equality, improving women's health, and supporting the achievement of the Sustainable Development Goals (SDGs). The conference marked a significant milestone in strengthening collaborative efforts to improve menstrual health awareness and foster evidence-based research and innovation in women's healthcare.

## **Collaborating Organizations**

The National Conference was jointly organized by the Centre for Menstrual Hygiene Management, Karupa Foundation Education and Research Centre, Mettupalayam, in collaboration with Karpagam Academy of Higher Education

(Deemed to be University), Sakshi, New Delhi, and Znap Empower, Coimbatore. Each collaborating organization contributed its expertise and experience toward making the conference a meaningful academic and social initiative. The Centre for Menstrual Hygiene Management served as the primary academic coordinator, while the Karupa Foundation played a pivotal role in promoting community outreach and sustainable development initiatives related to menstrual health. Sakshi, New Delhi, contributed its expertise in women's rights, gender equality, and awareness programmes, whereas Znap Empower supported the conference by promoting women's empowerment and menstrual health education among young women. The collaboration among academic institutions, non-governmental organizations, healthcare professionals, and community organizations reflected a multidisciplinary approach toward addressing menstrual hygiene challenges and developing practical solutions for improving women's health and well-being.

## **Inaugural Session**

The inaugural session commenced with a warm welcome address delivered by Dr. A. Dharmaraj, who welcomed the distinguished dignitaries, invited speakers, researchers, faculty members, students, healthcare professionals, and delegates from across the country. The conference was formally inaugurated by Dr. R. Vasanthakumar, President of KAHE, who emphasized the importance of creating awareness on menstrual hygiene and fostering scientific research to address challenges related to women's health. Prof. S. Ravi, Vice-Chancellor, presided over the inaugural session and highlighted the institution's commitment to promoting interdisciplinary research and social responsibility. Lt. Dr. K. P. Sridhar presented the objectives of the conference, emphasizing the need for collaborative research, public awareness, policy development, and sustainable menstrual hygiene management. He also released the Conference Proceedings, symbolizing the official commencement of the technical sessions. The inaugural ceremony set the tone for meaningful discussions and highlighted the conference's vision of promoting health equity, scientific innovation, and community engagement.





## Keynote and Special Addresses

The keynote address was delivered by Dr. R. Sujatha, Senior SDG Consultant, Government of Tamil Nadu, who highlighted the critical importance of menstrual hygiene awareness as a fundamental component of women's health, gender equality, and sustainable development. She emphasized the need to integrate menstrual hygiene management into public health policies, educational programmes, and community development initiatives to eliminate stigma and ensure equitable access to menstrual hygiene resources. Dr. K. Mangayarkarasi, Assistant Professor and Head In-charge, Department of Women's Studies, Bharathiar University, discussed the socio-cultural barriers associated with menstruation and emphasized the importance of education, awareness, and gender-sensitive policies to empower women and adolescent girls. Ms. A. Pavithra, Founder of Znap Empower, delivered a special address highlighting innovative community engagement programmes, youth participation, and awareness campaigns aimed at breaking menstrual taboos.



## Technical Sessions

The technical sessions served as the academic highlight of the conference, providing a dynamic platform for researchers, academicians, healthcare professionals, students, and social activists to present their latest research findings and exchange innovative ideas. More than 160 research papers covering diverse themes such as menstrual hygiene management, women's health, adolescent health, public health, sustainable development, healthcare innovations, reproductive health, and community-based interventions were presented during multiple technical

sessions. Participants represented universities, research institutions, hospitals, non-governmental organizations, and healthcare agencies from various parts of India. The presentations generated meaningful discussions on emerging research trends, innovative technologies, sustainable menstrual products, health education strategies, and policy recommendations. The interactive sessions encouraged interdisciplinary collaboration, constructive feedback, networking opportunities, and knowledge exchange among participants. The technical programme significantly contributed to advancing research, fostering innovation, and identifying practical solutions for improving menstrual hygiene management and women's health at both national and community levels.



## Closing Session

The conference concluded with a formal closing session that recognized the valuable contributions of the organizing committee, invited speakers, delegates, researchers, students, and collaborating organizations. Dr. B. V. Pradeep, Registrar, Karpagam Academy of Higher Education, delivered the felicitation address and appreciated the enthusiastic participation of researchers and academicians from across the country. He emphasized that continued research, interdisciplinary collaboration, and public awareness are essential for addressing menstrual health challenges and achieving sustainable development goals. Lt. Dr. S. Nithya, Activity Coordinator, Centre for Menstrual Hygiene Management, proposed the vote of thanks, expressing sincere gratitude to the chief guests, keynote speakers, organizing committee members, volunteers, sponsors, participants, and supporting institutions for their valuable contributions toward the successful conduct of the conference.



## **Conclusion**

India's First National Conference on "Menstrual Hygiene: Breaking Barriers, Building Awareness" successfully achieved its objective of creating a comprehensive platform for knowledge sharing, interdisciplinary collaboration, and evidence-based discussions on menstrual hygiene management and women's health. The conference brought together experts from academia, healthcare, government, and social organizations to address critical issues related to menstrual awareness, sustainability, public health, and women's empowerment. The keynote lectures, technical presentations, and interactive discussions enhanced participants' understanding of current challenges and emerging opportunities in menstrual hygiene management. The conference also strengthened collaborative partnerships among educational institutions, healthcare professionals, researchers, and community organizations, paving the way for future research and outreach initiatives.