

ODIA | HINDI | BENGALI | MARATHI



# Let's Talk Periods

#PeriodFriendlyWorld

A Multi-lingual Public Health Outreach Campaign on  
**Menstrual Health & Hygiene**



#MHDay2025

CAMPAIGN BY



ACADEMIC PARTNER



ASSOCIATE PARTNERS



**KALINGA**  
HOSPITAL LTD.

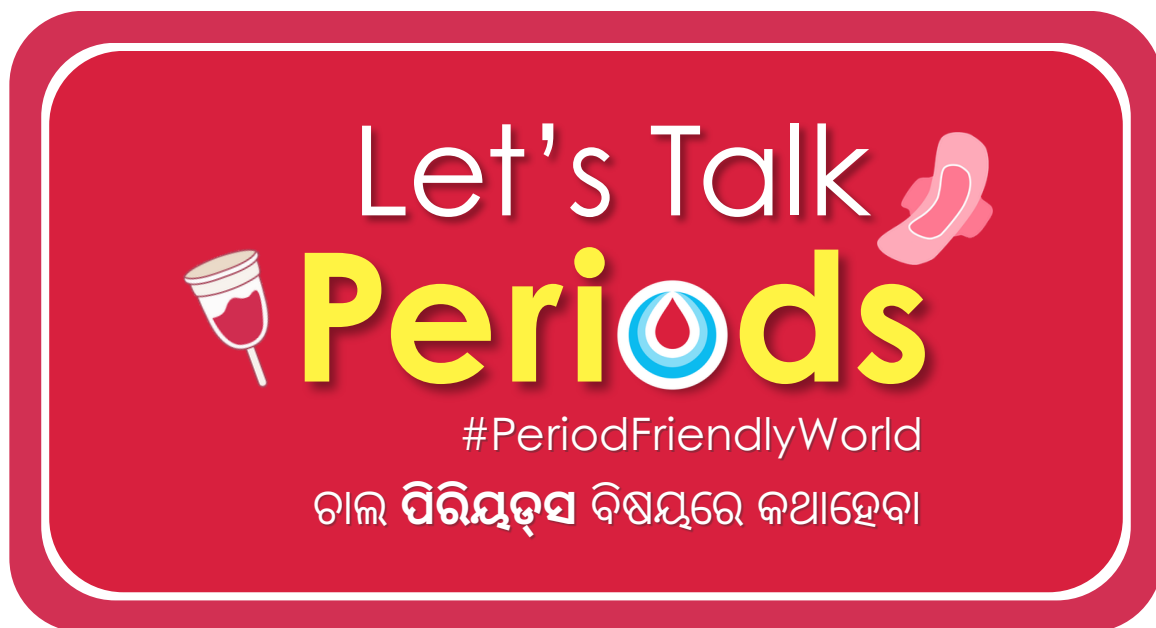


## CAMPAIGN REPORT

Menstrual Hygiene Day 2025



ODIA | HINDI | BENGALI | MARATHI



A Multi-lingual Public Health Outreach Campaign on the occasion of

## Menstrual Hygiene Day 2025

Campaign Period: May 20 to May 29, 2025



Video Series

Infographics

Youth Engagement

Social Media





## CAMPAIGN OVERVIEW

### Let's Talk Periods

Periods are natural. Talking about them should be too. With this belief at its core, the IFI Foundation proudly launched the third edition of its flagship public health awareness initiative, **"Let's Talk Periods"** to mark World Menstrual Hygiene Day 2025.

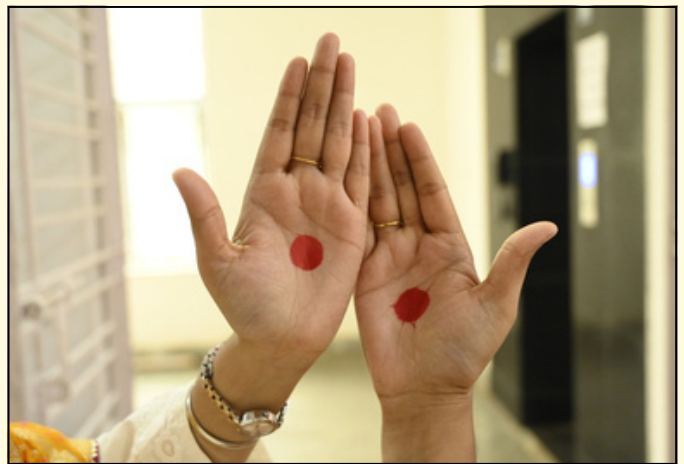
Observed globally on May 28, Menstrual Hygiene Day is more than a date, it's a movement to break silence, challenge taboos, and ensure dignity for everyone who menstruates. In 2025, the IFI Foundation, in collaboration with Swasthya Plus Network and OdishaLIVE, led this 10-day innovative campaign in four languages - **Odia, Hindi, Bengali, and Marathi**, from May 20 to May 29, reaching thousands with one unifying message: Periods deserve open, honest, and stigma-free conversations.

With the support of Kalinga Hospital Bhubaneswar and Paradeep Phosphates Limited (PPL) as Associate Partners, the campaign reached across platforms and populations to promote menstrual education, access, and inclusion. Berhampur University also joined the campaign as an Academic Partner, adding valuable institutional strength to the awareness drive and youth engagement efforts.

#### Campaign Highlights

- Expert Talks on Menstrual Hygiene
- My Period Story (Menarche Experience)
- Social Media Informative Message
- Menarche to Menopause: A Complete Guide
- Public Health Youth Engagement Program
- Partners & Collaborations





### **'Official Partner' : Menstrual Hygiene Day**

In 2025, the IFI Foundation proudly elevated its commitment to menstrual health by becoming an Official Partner of the global Menstrual Hygiene Day initiative, an international movement spearheaded by WASH United to advance menstrual equity, dignity, and awareness. This partnership marks a significant milestone in IFI Foundation's journey toward creating a #PeriodFriendlyWorld, where menstruation is free from silence, stigma, and shame.

In a warm note of welcome, WASH United wrote: *"You are now one of more than 1,150 MH Day Partners worldwide, a powerful global movement that shares the same mission: creating a #periodfriendlyworld. Your dedication makes a real difference, and we're excited to partner with you on this journey."*

This global recognition reinforces the Foundation's role as a key voice in menstrual health advocacy and a catalyst for change at both grassroots and policy levels.



# Expert Talks on Menstrual Health & Hygiene

## A Complete Video Series on Menstrual Health & Hygiene

Menstruation is a natural biological process experienced by over 1.8 billion women and adolescent girls worldwide. On average, a woman menstruates for about 7 years over her lifetime. Yet, millions still face barriers to managing their periods with dignity, due to a lack of access to safe products, clean water, private sanitation facilities, or correct information.

Poor menstrual hygiene can lead to:

- Health risks like urinary or reproductive tract infections
- Missed days at school or work
- Increased gender-based stigma and social exclusion
- Mental distress or embarrassment
- Environment Challenges due to unsustainable Menstrual Management





To address this generations-old public health issue, we had produced an informative video series during the campaign, covering the journey from menarche to menopause.

This video series, streamed on the campaign partners' social media platforms, offers expert insights and practical guidance on menstrual hygiene, period products, common health issues, prevention, diet, lifestyle, mental health, and menopause care. By providing clear, reliable information, it helps people better manage their menstrual health and make informed choices across every stage of the journey.

#PeriodFriendlyWorld

swasthyaplus



Official Partner  
Menstrual Hygiene Day

# ଚାଲି ପିରିୟୁଡ଼ସ୍ ବିଷୟରେ କଥାହେବା

## Menarche to Menopause



Periods are natural, not taboo. This informative video takes you from menarche to menopause, answering common questions, breaking myths, and highlighting the need for awareness and open conversations.

Campaign By



Associate Partners

Let's Talk   
**Periods**  
#PeriodFriendlyWorld

# ମୋର ପ୍ରଥମ ପିରିୟୁଡ଼ସ୍...



www.odisha.live



Brave young women from Odisha share their first period stories, navigating shock, restrictions, and stigma. This powerful video sheds light on real experiences and challenges around menstruation.


**ଚାଲ ପିରିୟଟ୍ସ**  
 ବିଷୟରେ କଥାହେବା  
#PeriodFriendlyWorld





**Dr Sweekruti Jena**  
 Endocrinologist


ପିସିଏସ୍ ଥିଲେ ଜାଣିବେ କେମିତି?




ପିସିଏସ୍ ଥିଲେ ଜାଣିବେ  
 କେମିତି? | Symptoms of ...


62K views


**ଚାଲ ପିରିୟଟ୍ସ**  
 ବିଷୟରେ କଥାହେବା  
#PeriodFriendlyWorld




**Dr Pramod Kumar Senapati**  
 Gynaecologist

ପିରିୟଟ୍ସ ବେଳେ ସଫାସୁତୁରା  
କେମିତି ରହିବେ?



ପିରିୟଟ୍ସ ବେଳେ ସଫାସୁତୁରା  
 କେମିତି ରହିବେ? | Periods: ...

2.2K views


**ଚାଲ ପିରିୟଟ୍ସ**  
 ବିଷୟରେ କଥାହେବା  
#PeriodFriendlyWorld




**Dr Kusum Dash**  
 Obstetrician & Gynaecologist

ସ୍ୱାଭାବିକ ପିରିୟଟ୍ସ ହେଉଛି କି ନାହିଁ,  
ଜାଣିବେ କିପରି?



ସ୍ୱାଭାବିକ ପିରିୟଟ୍ସ ହେଉଛି କି  
 ନାହିଁ, ଜାଣିବେ କିପରି? | Is yo...

1.7K views


**ଚାଲ ପିରିୟଟ୍ସ**  
 ବିଷୟରେ କଥାହେବା  
#PeriodFriendlyWorld




**Anu Choudhury**  
 Actor

“ପିରିୟଟ୍ସ ବିଷୟରେ  
ଔଥମାନ୍ ଖୋଲି କଥା ହୁଅନ୍ତୁ”



ପିରିୟଟ୍ସ କଥା ଔଥମାନ୍ ଖୋଲି  
 କୁହନ୍ତୁ - ଅନୁ ଚୌଧୁରୀ | ...

3.1K views



# पीरियड्स पर खुलकर बात करें



#PeriodFriendlyWorld

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**Periods**  
#PeriodFriendlyWorld

**Dr Shivika Gupta**  
Gynaecologist

मेन्सट्रुअल कप को कैसे इस्तेमाल करें ?

पीरियड्स पर  
खुल कर करें बात  
#PeriodFriendlyWorld

**Dr Sumita Arora**  
Obstetrician & Gynaecologist

पीरियड्स के दौरान पैड कितनी बार बदलना चाहिए?



मेन्सट्रुअल कप एक सुरक्षित और आरामदायक तरीका है अपने मासिक धर्म को संभालने का। यह शरीर के लिए कोमल है, पैसे बचाता है और कचरा भी कम करता है। मासिक धर्म को आसान, स्वस्थ और तनावमुक्त बनाने के लिए यह एक भरोसेमंद विकल्प है।

**Dr Shivika Gupta**  
Gynaecologist



**WATCH  
VIDEO**

Official Partner  
Menstrual Hygiene Day

swasthyaplus

# मेन्सट्रुअल कपस

## कैसे करें इस्तेमाल?

DR SHIVIKA GUPTA

मेन्सट्रुअल कपस - कैसे करें इस्तेमाल? | How to Use a Menstrual Cup? in Hindi | Dr Shivika Gupta

Swasthya Plus Hindi ✓

Let's Talk **Periods**  
#PeriodFriendlyWorld

Dr Mitali Rathod  
Gynaecologist

क्या स्ट्रेस से पीरियड्स पर असर पड़ता है?

Let's Talk **Periods**  
#PeriodFriendlyWorld

Dr Ankita Gharge  
Gynaecologist

पीरियड्स में अत्यधिक बहाव को कैसे समझें?



# चला, मासिक पाळीबद्दल बोलूया



#PeriodFriendlyWorld

चला, मासिक पाळीबद्दल बोलूया  
#PeriodFriendlyWorld

**Dr Rekha Thote**  
Gynaecologist

किती वेळा पॅड बदलले पाहिजे ?

चला, मासिक पाळीबद्दल बोलूया  
#PeriodFriendlyWorld

**Dr Manisha Kalyan Barmade**  
Gynaecologist

मासिक पाळीच्या वेदनांपासून आराम कसा मिळवायचा

जर ब्लड जास्त वेळ राहिलं तर त्याला वास येतो, दुर्गंध येते आणि तो इन्फेक्शन इमिडिएटली कॅचप होतो. त्यामुळे सॅनिटरी पॅड किंवा मेन्सुअल कप वेळेवर बदलणे आणि तो क्लीन ठेवणं फार महत्वाचं आहे. स्वच्छता पाळा, निरोगी राहा.

**Dr Rekha Thote**  
Gynaecologist



WATCH  
VIDEO



swasthyaplus

**मासिक पाळी दरम्यान स्वच्छता कशी पाळावी?**

**DR REKHA THOTE**

मासिक पाळी दरम्यान स्वच्छता कशी पाळावी? | Menstrual/ Periods Hygiene in Marathi | Dr Rekha Thote

Swasthya Plus Marathi • 1K views • 4 months ago




Let's Talk **Periods**  
#PeriodFriendlyWorld

**Dr Manisha Kalyan Barmade**  
Gynaecologist

मासिक पाळीच्या वेदनांपासून आराम कसा मिळवायचा



चला, मासिक पाळीबद्दल बोलूया  
#PeriodFriendlyWorld

**Dr Sanjeev Parmar**  
Gynaecologist

पीसीओएससाठी जीवनशैलीतील बदल





# চলো পিরিয়ডস সম্পর্কে কথা বলি



#PeriodFriendlyWorld



চলো পিরিয়ডস  
সম্পর্কে কথা বলি

#PeriodFriendlyWorld



Dr Kusum Dash

Obstetrician & Gynaecologist

কোনো নারীর জন্য স্বাভাবিক  
ঋতুচক্র কী?



চলো পিরিয়ডস  
সম্পর্কে কথা বলি

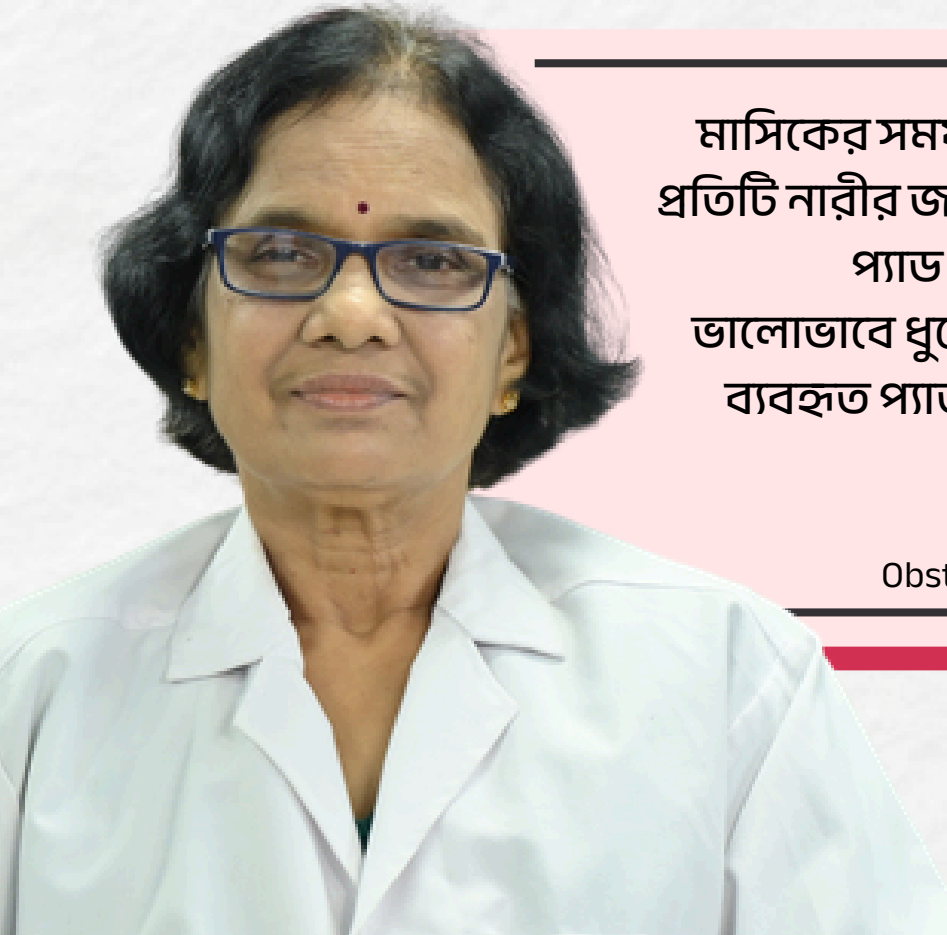
#PeriodFriendlyWorld



Dr Kusum Dash

Obstetrician & Gynaecologist

যদি মাসিকের সময় পরিচ্ছন্নতা বজায় না রাখা হয়,  
তাহলে কী ধরনের সমস্যা হতে পারে?



মাসিকের সময় পরিষ্কার-পরিচ্ছন্ন থাকা প্রতিটি নারীর জন্য খুব জরুরি। সময়মতো প্যাড বদলান, মেনস্ট্রুয়াল কাপ ভালোভাবে ধুয়ে জীবাণুমুক্ত রাখুন, আর ব্যবহৃত প্যাড সঠিকভাবে ফেলে দিন - বাইরে নয়।

Dr Kusum Dash

Obstetrician & Gynaecologist



WATCH  
VIDEO

swasthyaplus

পিরিয়ডের সময়  
কীভাবে স্বাস্থ্যবিধি  
বজায় রাখবেন?

DR KUSUM DASH

মাসিকের সময় পরিচ্ছন্নতা বজায় রাখা কেন গুরুত্বপূর্ণ? | Periods Hygiene in Bangla | Dr Kusum Dash

Swasthya Plus Bangla • 130 views • 4 months ago

#MHDay2025

Let's Talk  
Periods

#PeriodFriendlyWorld

Your Period Is Talking. Are You Listening?  
Don't suffer in silence. **Talk to a Doctor.**

চলো পিরিয়ডস সম্পর্কে কথা বলি

Campaign By

Associate Partners

IFI FOUNDATION

Official Partner Menstrual Hygiene Day

S+ swasthyaplus NETWORK

KALINGA HOSPITAL LTD.

# My Period Story

## Menarche Story of Celebrities and Socially Influential Personalities

Under the title 'My Period Story,' we produced a powerful video series featuring renowned women from Odisha who courageously shared their first experiences with menstruation, stories often marked by confusion, fear, and social taboos.

These deeply personal narratives aimed to break the silence, challenge stigma, and inspire adolescent girls and women by showing that menstruation is a universal experience shaped by diverse realities. The series served as a reminder that open conversations can lead to empowerment, understanding, and lasting change.

ମା' କହିଥିଲେ ପିରିୟୁଡ୍ କଥା - ଅର୍ଚ୍ଚିତା ସାହୁ | Actor Archita Sahu  
My Period Story - Ep-1



ପିରିୟୁଡ୍ କଥା ବଡ଼ ହେଲେ ବୁଝିବୁ - ଶୋଭନା ମିଶ୍ର | Anchor Shovana Mishra  
My Period Story EP-2



ପ୍ରଥମ ପିରିୟଡ଼ସକୁ ରୋଗ ବୋଲି ଭାବିଥିଲି – ଅଙ୍କିତା ମହାନ୍ତି | Ankita Mohanty  
Period Story - Ep-03



ପିରିୟଡ଼ସ କଥା ପୁଅମାନେ ବି ଜାଣନ୍ତୁ: ସୋଫିଆ ଆଲମ୍ | Sofia Alam  
My Period Story | EP-04



ପିରିୟଡ଼ସ କଥା ଝିଅମାନେ ଖୋଲି କୁହନ୍ତୁ | Girls Should Talk Openly  
About Periods: Anu Choudhury



## Partners Speak

www.odisha.live

# Let's Talk Periods

#PeriodFriendlyWorld



**NILANJANA MUKHERJEE**



www.odisha.live

# Let's Talk Periods

#PeriodFriendlyWorld

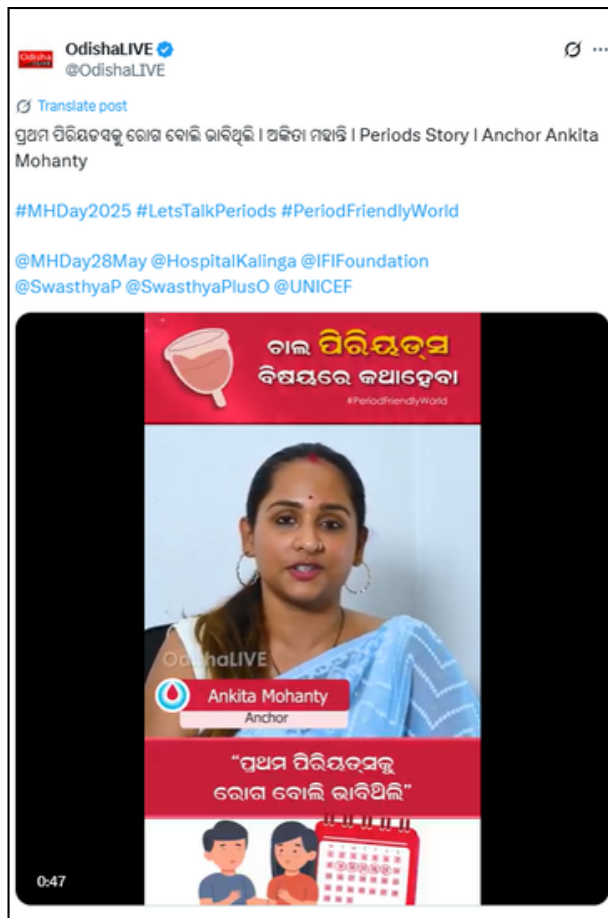


**SUDHI RANJAN MISHRA**



# Social Media Outreach

## Glimpses of Social Media content shared across partner platforms



**Nilambar Rath** @nilambarrath · 44s

Great news. 🎉👏 Congratulations, Team @IFIFoundation, @SwasthyaP, and @OdishaLIVE for the joint 🤝 initiative #LetsTalkPeriods, the public health awareness campaign on occasion of Menstrual Hygiene Day 2025. Together for a #PeriodFriendlyWorld #MHDDay

@MHDDay28May @UNICEFIndia

**IFI Foundation** @IFIFoundati... · 2h

IFI Foundation joins as an Official Partner for the Menstrual Hygiene Day initiative, working towards a #PeriodFriendlyWorld. Let's break the silence, fight the stigma, and ensure access to safe menstrual hy...

Kalinga Hospital 3h

#MHDDay2025

Let's Talk **Periods**  
#PeriodFriendlyWorld

**Menstrual Health** is a matter of rights, not charity. Every menstruator deserves dignity, information, and access to safe menstrual products.

ଚାଲି ପିରିୟଡ୍ସ ବିଷୟରେ କଥାହେବା

Campaign By: IFI FOUNDATION, S+, Odisha LIVE

Associate Partners: KALINGA HOSPITAL LTD., Paradeep Phosphates

Swasthya Plus Odia  
Published by Priyanka Sucharita  
Yesterday at 12:31 PM

Every menstruator deserves dignity, right information, and access to safe menstrual products. Not pity or silence.... See more

ଚାଲି ପିରିୟଡ୍ସ ବିଷୟରେ କଥାହେବା  
#PeriodFriendlyWorld

OdishaLIVE

**Archita Sahu**  
Actor

“ମା’ କହିଥିଲେ ପିରିୟଡ୍ସ କଥା”

**OdishaLIVE** @OdishaLIVE

ପିସିଅସ୍ ସମସ୍ୟା: କେମିତି ଭଲ ହେବ? | PCOS: How to manage? in Odia | Symptoms | Dr Sweekruti Jena

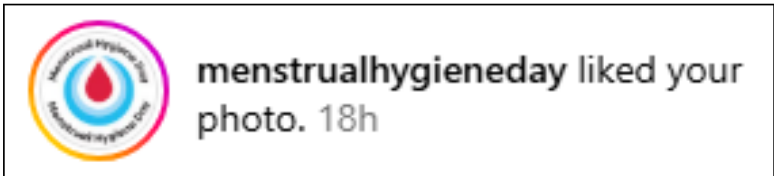
ପିସିଅସ୍ ବା ପଲିସିଷ୍ଟିକ୍ ଓଭାରିଆନ୍ ସିଣ୍ଡ୍ରୋମ୍ ହେଉଛି ଏକ ହରମୋନ୍ ଜନିତ ସମସ୍ୟା। ବର୍ତ୍ତମାନ ସମୟରେ ବିଶାଳସଂଖ୍ୟାରେ ଆରମ୍ଭ କରି ୪୦ ବର୍ଷର ମହିଳାଙ୍କ ପର୍ଯ୍ୟନ୍ତ ପିସିଅସ୍ ସମସ୍ୟା ଦେଖାଦେଇଛି।

ଏହି ସମସ୍ୟା ଥିଲେ ମହିଳାଙ୍କର ଉଚ୍ଚରକ୍ତଚାପ, ଉଚ୍ଚ ରକ୍ତର ସୁଗ୍ଲୁକୋଜ୍, ବହୁତ ଦିନ ବା ମାସ ମାସ ପର୍ଯ୍ୟନ୍ତ ରକ୍ତସ୍ରାବ ବନ୍ଦ ହୋଇପାଏ କିମ୍ବା ବହୁତ ଶୀଘ୍ର ରକ୍ତସ୍ରାବ ହୋଇପାଏ। କେତେ ପିସିଅସ୍ ସମସ୍ୟା ଥିବା କି? ଏହା ହେଲେ ମହିଳାଙ୍କଠାରେ କେଉଁ କେଉଁ ସମସ୍ୟା ହୋଇପାରେ? ଏନେଇ ବିଶିଷ୍ଟ ଏଣ୍ଡୋକ୍ରାଇନୋଲୋଜିଷ୍ଟ ଡାକ୍ତର ସାବୁତି ଜେନା କ’ଣ କହୁଛନ୍ତି, ଆସନ୍ତୁ ଜାଣିବା।

#PCOS #MHDDay2025 #LetsTalkPeriods #PeriodFriendlyWorld #OdiaHealthTips

@MHDDay28May @HospitalKalinga @IFIFoundation @SwasthyaP @SwasthyaPlusO @UNICEF @UNICEFIndia

Dr Sweekruti Jena  
Endocrinologist



Kalinga Hospital Ltd. reposted

**IFI Foundation** @IFIFoundation · 23h

ପିରିୟସ୍‌ରେ ଅନିୟମିତତା ହେଉଛି କି? | Irregular Periods: What to do? in Odia | Dr Kusum Dash

[youtu.be/UQabnZPn9g4?si...](https://youtu.be/UQabnZPn9g4?si...)

ବର୍ତ୍ତମାନ ସମୟରେ ଅଧିକାଂଶ ମହିଳାଙ୍କର ପିରିୟସ୍‌ରେ ଅନିୟମିତତା ଦେଖାଦେଉଛି। କେତେକ ମହିଳାଙ୍କର ଡେରିରେ ପିରିୟସ୍ ହେଉଥିବା ବେଳେ କେତେକଙ୍କର ସମୟ ଆଗରୁ ଏବଂ ଦୁଇ ମାସରେ ଥରେ ପିରିୟସ୍

[Show more](#)

youtube.com  
 ପିରିୟସ୍‌ରେ ଅନିୟମିତତା ହେଉଛି କି? | Irregular Periods: Wha...  
 #IrregularPeriods #MHDDay2025 #LetsTalkPeriods  
 #PeriodFriendlyWorld ବର୍ତ୍ତମାନ ସମୟରେ ଅଧିକାଂଶ ମହିଳାଙ୍କର ...

**Nilambar Rath** @nilambarath

Huge congrats to @MHD28May for their impactful work creating a global buzz! As Chair of #LetsTalkPeriods (hosted by @IFIFoundation, @SwasthyaP & @OdishaLIVE for #MHD2025), we're honoured to be an Official Partner in building a #PeriodFriendlyWorld for all.

@UN @UNICEFIndia

**MenstrualHygieneDay** @MHD28May · May 28

Happy #MHD2025 🌟

Today, all around the world, organisations, businesses, governments, and individuals are coming together for a #PeriodFriendlyWorld 🌍💧

❤️ Thank you to everyone who makes MH Day what it is. Let's keep going—

3:30 PM · May 28, 2025 · 76 Views

Kalinga Hospital Ltd. reposted

**IFI Foundation** @IFIFounda... · 4h

ସମୟ ପୂର୍ବରୁ ମେନାର୍ଚିକୁ ଏଡ଼ାଇବେ କିପରି? | Early Menarche: How to Prevent? | Dr Pramod Kumar Senapati

ରତ୍ନପ୍ରାବ ହେଉଛି ପ୍ରତ୍ୟେକ ନାରୀର ପରିଚୟ। ପ୍ରଥମକରି ରତ୍ନପ୍ରାବ ବା ପିରିୟସ୍ ହେବାକୁ ଇଂଲିସ୍‌ରେ 'ମେନାର୍ଚି' କୁହାଯାଏ। ମେନାର୍ଚି ସାଧାରଣତଃ ୧୦ରୁ ୧୬ ବର୍ଷ ବୟସ ମଧ୍ୟରେ ହୋଇଥାଏ। କେତେକ ଔଷଧିରେ ଏହା [Show more](#)

0:36

6 3 82

**Berhampur University** @BUUniversity

A public health awareness event titled Let's Talk Periods was held at Berhampur University to promote menstrual hygiene among youth in collaboration with IFI Foundation, Swasthya Plus, and OdishaLIVE.

Berhampur University reposted

**IFI Foundation** @IFIFoundation · Jun 28

Young voices can help break the silence, challenge the period taboos and shape an informed, healthier and empowered society creating a Period Friendly World. This message was echoed at the public health youth engagement program on 'Role of the Youth for a #PeriodFriendlyWorld'

Show more

Berhampur University reposted

**IFI Foundation** @IFIFoundation · 20h

"Let's Talk Periods is a relevant campaign spreading awareness on healthy and sustainable menstrual practices. Berhampur University is happy to partner with IFI Foundation & its associate organizations in empowering our students to become change agents, enabling the environment"

Show more

Berhampur University reposted

**IFI Foundation** @IFIFoundation · 21h

We appreciate our partnership with Berhampur University during the public health outreach campaign #LetsTalkPeriods promoting Menstrual Health & Hygiene for a #PeriodFriendlyWorld. The youth engagement event on the subject, hosted at the university campus, witnessed a great

Show more

**IFI Foundation** 472 posts

**IFI Foundation** @IFIFoundation

IFI Foundation is a non-profit accelerating youth action for the SDGs and leading research & action to advance Social & Behaviour Change Communication (SBCC).

Non-Governmental & Nonprofit Organization ifi.org.in

Joined August 2022

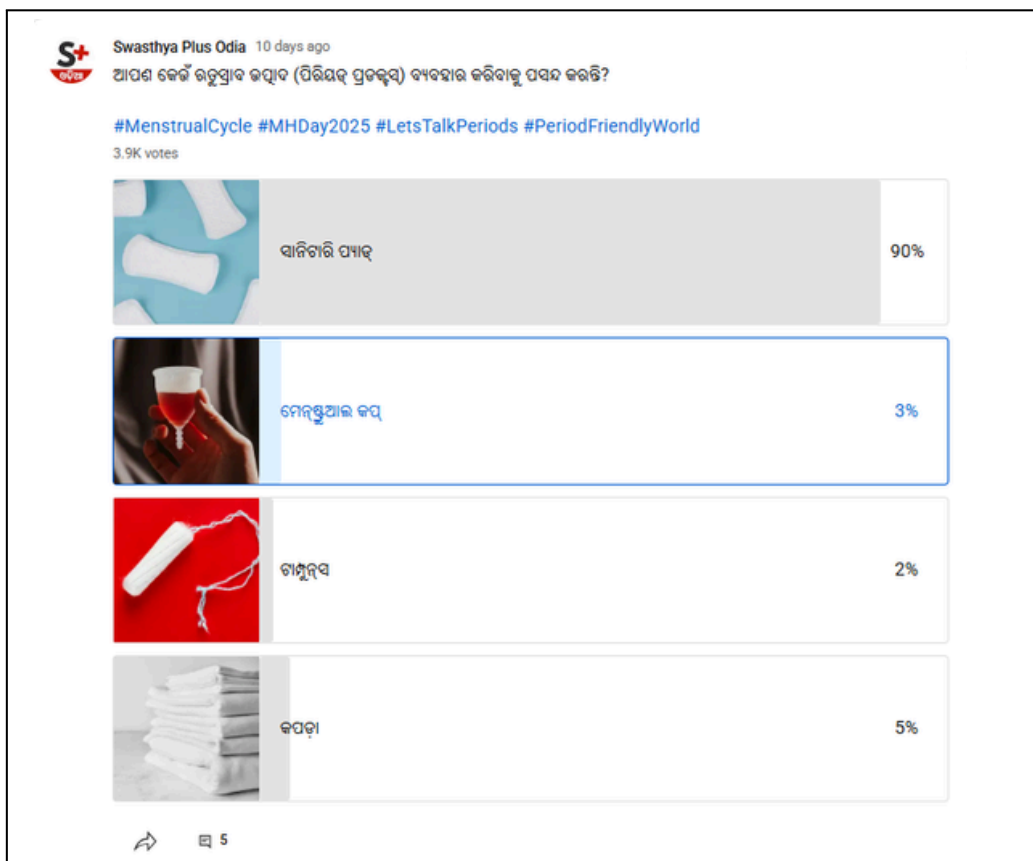
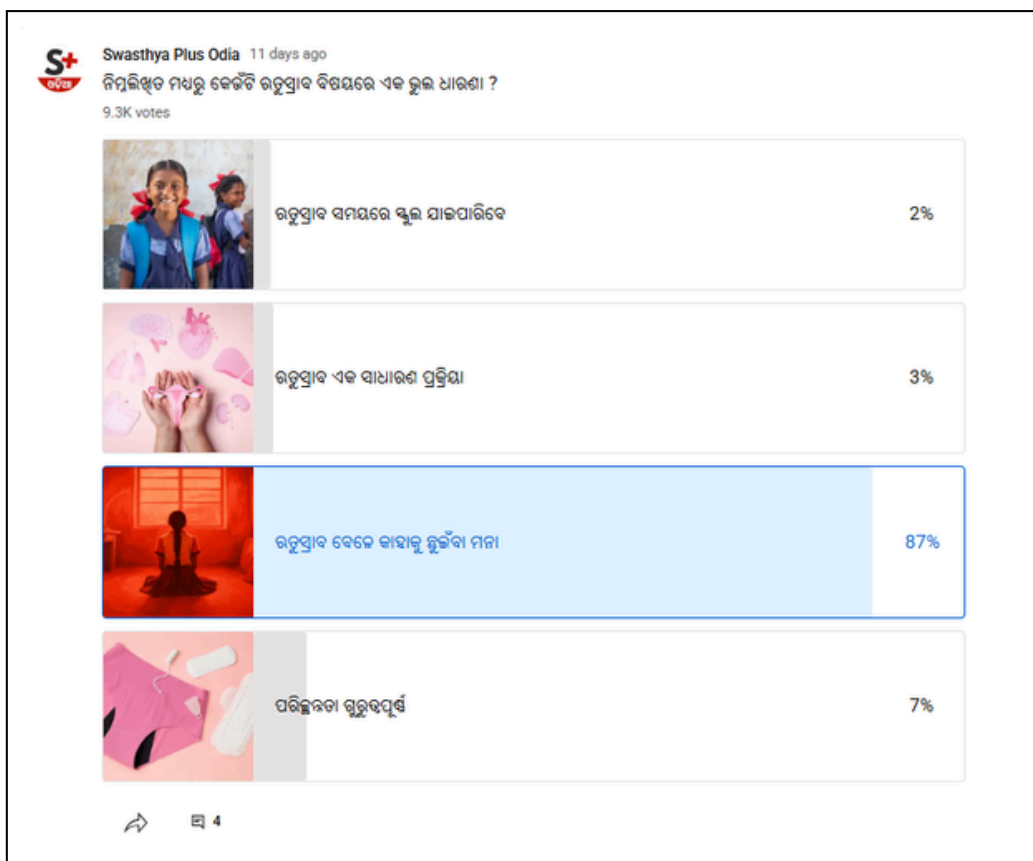
**IFI Foundation** 166 followers

Students of Berhampur University actively engaged with a special video capsule covering the A to Z of Menstrual Health & Hygiene, which also addressed their pressing questions. The Public Health Youth Awareness Program, #LetsTalkPeriods - hosted by IFI Foundation in collaboration with OdishaLIVE Media Services, Swasthya Plus Network, and Berhampur University, focused on the fundamentals of period education, empowering youth to become change agents for a #PeriodFriendlyWorld.

#MHD2025

KALINGA HOSPITAL LTD Paradeep Phosphates OdishaLIVE Media Services Swasthya Plus Network UNICEF UNICEF India World Health Organization

## Audience Polls on Menstrual Health and Hygiene



# Messaging Through Social Media

To drive awareness and normalize conversations around menstruation, a series of engaging social media creatives were developed and shared throughout the campaign.

#MHDay2025

Let's Talk   
**Periods**  
#PeriodFriendlyWorld

**Menstrual Health** is a matter of rights, not charity. Every menstruator deserves dignity, information, and access to safe menstrual products.


ଚାଲି ପିରିୟାଡ଼ସ ଦିବସରେ କଥାହେବା

Campaign By: IFI FOUNDATION, S+ Paradeep Phosphates, Odisha LIVE ଓଡ଼ିଶା ଲାଇଭ୍

Associate Partners: KALINGA HOSPITAL LTD., Paradeep Phosphates


The creative features a red background with a pink flower in the top left. It shows an illustration of a man and a woman talking. The text is in English and Odia. At the bottom, there is a row of icons representing various menstrual products and concepts like a calendar, a water drop, a tampon, a menstrual cup, a pad, a star, and a lightbulb.

#MHDay2025

Let's Talk   
**Periods**  
#PeriodFriendlyWorld

Periods are not just a 'girls' topic.  
**Men for Menstrual Health**

ଚାଲି ପିରିୟାଡ଼ସ ଦିବସରେ କଥାହେବା

Campaign By: IFI FOUNDATION, , S+ Paradeep Phosphates, Odisha LIVE ଓଡ଼ିଶା ଲାଇଭ୍

Associate Partners: KALINGA HOSPITAL LTD., Paradeep Phosphates

This creative is identical in layout to the one above, but the central text message is different, focusing on the role of men in menstrual health. It includes the same illustrations, icons, and partner logos.

#MHDay2025



# Let's Talk Periods

#PeriodFriendlyWorld

**Menstruation is natural,  
Discrimination is not.**

ଚାଲି ପିରିୟଡ଼ସ ବିଷୟରେ କଥାହେବା




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Campaign By



Associate Partners



#MHDay2025




# Let's Talk Periods

#PeriodFriendlyWorld


Your Period Is Talking. Are You Listening?  
Don't suffer in silence. **Talk to a Doctor.**

ଚାଲି ପିରିୟଡ଼ସ ବିଷୟରେ କଥାହେବା




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Campaign By



Associate Partners





Bringing

# SMILES to MILLIONS



[www.paradeepphosphates.com](http://www.paradeepphosphates.com)

# Let's Talk Periods

#PeriodFriendlyWorld



## A Public Health Youth Engagement Program on Menstrual Health & Hygiene

CAMPAIGN BY



ACADEMIC PARTNER



ASSOCIATE PARTNERS



KALINGA  
HOSPITAL LTD.



28 June 2025 | Berhampur University (Ganjam), Odisha, India



# Youth Engagement Program

## Role of Youth for a **#PeriodFriendlyWorld**

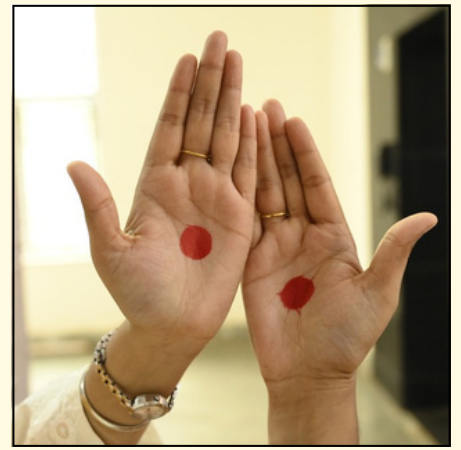
Young voices can help break the silence, challenge the period taboos and shape an informed, healthier and empowered society towards creating a Period Friendly World. This message was echoed at the public health youth engagement program on 'Role of the Youth for a #PeriodFriendlyWorld' held at Berhampur University on 28 June 2025.

The program, hosted by IFI Foundation in collaboration with Swasthya Plus Network, OdishaLIVE and Berhampur University, witnessed an encouraging participation of students from various departments along with faculty members.

Interactive sessions, expert talks, and student-led messages made the event both informative and inspiring. The discussions highlighted the crucial role youth can play in normalizing conversations around menstrual health.









**Dignitaries on the dais [from left]:** Dr. Bandita Kumari Panda, HOD, Dept. of JMC, Berhampur University; Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University; Mrs. Pranati Parida, Co-Chair, IFI Foundation; and Prof. Sukanta Kumar Tripathy, Chairman, PG Council, Berhampur University.



**[Left]** Mrs. Sanjukta Sabat, Public Health Educator, explaining the types and uses of available menstrual products. **[Right]** Dr Kusum Dash, Senior Consultant, Obstetrics & Gynaecology, Kalinga Hospital, Bhubaneswar, interacting with students and clarifying their questions about periods related health issues.



Students, faculty, and scholars at Berhampur University came together for an engaging session on Menstrual Health & Hygiene, where a special video addressed A to Z questions and concerns related to periods.

As part of the Youth Engagement Program, the #RedDotChallenge was held, where participants marked red dots on their palms, symbolizing dignity, awareness, and solidarity. This gesture aimed to break stigma, promote hygiene, and remind all that menstruation is natural, not shameful.



Earlier this year, the IFI Foundation signed a Memorandum of Understanding (MoU) with Berhampur University to create new opportunities for students and scholars by fostering innovation, research excellence, and industry-relevant learning.

As part of this partnership, in collaboration with the Department of Journalism and Mass Communication, Berhampur University, the Public Health Youth Engagement Program was organized to promote open dialogue, challenge taboos, especially around menstrual health, and empower students to become change agents in their communities. This collaboration bridges academic learning with driving meaningful social impact.

Let's Talk **Periods**  
#PeriodFriendlyWorld

**Odisha**  
Prof Geetanjali Dash  
Vice-Chancellor, Berhampur University

Let's Talk **Periods**  
#PeriodFriendlyWorld

**Odisha**  
Prof Sukanta Kumar Tripathy  
Chairman, PG Council, Berhampur University

ଚାଲି **ପିରିୟଡ୍ସ**  
ବିଷୟରେ କଥାହେବା  
#PeriodFriendlyWorld

**Odisha**  
Mrs Pranati Parida  
Campaign Chair, Let's Talk Periods

ଚାଲି **ପିରିୟଡ୍ସ**  
ବିଷୟରେ କଥାହେବା  
#PeriodFriendlyWorld

**Odisha**  
Dr. Bandita Kumari Panda  
HoD, JMC Dept., Berhampur University

#PeriodFriendlyWorld



#MHDday

ତାଲ ପରିଷ୍କୃତ ବିଷୟରେ କଥାହେବା

# #LetsTalkPeriods

## A Youth Engagement Program on Menstrual Health & Hygiene

June 28, 2025 | 10:30 AM Onwards

New Conference Hall, Berhampur University (Ganjam), Odisha

Campaign By



Academic Partner



Associate Partners



Scan to Register

A Public Health Outreach Program by **IFI Foundation**

In Association with  
Department of Journalism & Mass Communication  
Berhampur University

ifi.org.in  
hello@ifi.org.in



The Poster designed to promote the Youth Engagement Program on Menstrual Health & Hygiene hosted at Berhampur University at Ganjam, Odisha



Youth at Berhampur University Pledging for a  
**#PeriodFriendlyWorld**



#MHDDay2025

ଚାଲି ଦିରିୟତ୍ତ୍ୱ ବିଷୟରେ କଥାହେବା

# Let's Talk Periods

#PeriodFriendlyWorld

A Youth Engagement Program on  
Menstrual Health & Hygiene

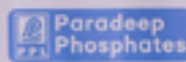
CAMPAIGN BY



ACADEMIC PARTNER



ASSOCIATE PARTNERS



28 June 2025 | Berhampur University



## Voices for Change: Inspiring Quotes

"#LetsTalkPeriods is a powerful campaign that spreads awareness on healthy and sustainable menstrual practices. Berhampur University is proud to join hands with IFI Foundation to guide and inspire our students, especially girls, to become active changemakers, driving the vision of a Period Friendly World across campuses and communities."



**Prof. Geetanjali Dash**, Vice-Chancellor, Berhampur University



"Through the Period Awareness Program at Berhampur University, students will be empowered to advocate for menstrual health, promote inclusive conversations, and break taboos, because periods should never hinder a woman's growth, dignity, or progress in life. This initiative marks a step toward building a period-friendly campus environment."

**Mrs. Pranati Parida**, Campaign Chair & Co-Chair, IFI Foundation

"Menstrual hygiene awareness is crucial for today's youth. Involving both boys and girls fosters an inclusive mindset. Such initiatives play a key role in promoting sustainable hygiene practices, especially among girls hostel residents, and help build a supportive environment where conversations on periods are normalized and stigma is reduced."



**Prof. Sukanta Kumar Tripathy**, Chairman, PG Council, Berhampur University

"#LetsTalkPeriods is a powerful and timely campaign to challenge the stigma and silence surrounding menstruation. It plays a vital role in empowering students, especially young women, by promoting awareness, menstrual hygiene, and sustainable practices."



**Dr. Bandita Kumari Panda**, HOD, Dept. of JMC, Berhampur University



"We girls got to learn a lot from today's program. Earlier, we were told to stay indoors during periods, avoid contact with boys, not sleep on beds. But times are changing. Menstruation is a natural process; therefore there's no need to be ashamed. We deserve the same rights and respect as everyone else."

**Deepika Mandal**, Student, Berhampur University

"As a boy, I've seen periods treated as taboo, but my sisters talk openly with me, and I believe all boys should feel the same. These conversations should start at home, then with friends and peers, so everyone feels at ease. Boys have a role to play in creating open dialogue and a more supportive environment."



**Abhilash Mishra**, Student, Berhampur University



Scan the QR to watch the Program Video Report



# BUILDING HEALTHCARE LEGACY

Compassionate, Ethical, Innovative  
and Affordable Healthcare Services

## Department of Cardiology & CTVS (Cardiothoracic & Vascular Surgery)

- Top Cardiologists with advanced technology & best practices in non-invasive and Interventional Cardiology.
- All types of heart operations. Lung operations & vascular operations performed

## Dept on Endocrinology & Diabetology

- Well equipped hormonal health practices in the country, offering end to end treatments and diagnostic services for all hormonal health concerns.

## Dept of Neuro Sciences

- Diagnosis and management of all Neurological problems and Neuro critical care with dedicated Physiotherapy support.
- Doctors team with precise surgical skills and cutting-edge technology.

## Dept of Orthopaedics & Joint Replacement

- State-of-the-art operation theatre and post-operative care facilities with dedicated physiotherapy department for adequate rehabilitation of musculoskeletally injured patients.
- Experienced therapist for postoperative care of spine patients, joint replacement & sports injury patients.

## Dept of Psychiatry

- Reputed Doctors treating all type of mental/behavioural problems both in children & adults.

## Blood Centre and Transfusion Medicine

- 24x7 services with availability of Blood and Blood Components.

## Dept of Emergency & Trauma

- Advanced and modern facilities with the panel of doctors, technicians, nursing staff, housekeeping staff, emergency patient care managers having experience in dealing the emergency cases.

## Dept of General Medicine

- Diagnosis, treatment, and prevention of nonsurgical conditions.
- Renowned Doctors of India empanelled

## Dept of Nutrition & Dietetics

- Comprehensive dietetic service to both in-patients and out-patients.

## Dept of Onco Sciences

- Practises a holistic approach in treating the entire spectrum of cancers at all the stages.
- Provides curative as well as palliative procedures and also the required procedures after chemotherapy (NACT).

## Dept of Physiotherapy & Rehabilitation

- Physiotherapists focus on the prevention of complications and the improvement of the patient's condition, including respiratory function and mobility.

## Department of Dentistry & Maxillofacial Surgery

- Diagnosis & surgical treatment of diseases, injuries and defects
- Treatments of problems from simple tooth decay to complicated maxillofacial defects

## ENT

- State-of-the-art facilities for all types of medical and surgical treatments of the Ear, Nose and Throat.

## Dept of General Surgery

- The department of general surgery with highly experienced and knowledgeable faculty provides service in all general surgical and ancillary conditions.

## Dept of Obstetrics & Gynaecology

- Advanced care of pregnant women and women with diseases of reproductive system from infancy to postmenopausal period.
- High risk pregnancy management

## Dept of Paediatrics & Neonatology

- Provide comprehensive and holistic paediatric healthcare services under one roof in a cheerful and compassionate ambience.
- scientifically-backed treatment techniques and latest technology

## Department of Dermatology

- State-of-the-art facilities with comprehensive clinical and cosmetic dermatology care

## Dept of Gastroenterology & GI Surgery

- 24x7 care for all gastrointestinal problems
- World class treatment for all complex GI surgical problems.

## Dept of Nephrology, Urology & Renal Transplant

- Diagnosis and treatment of kidney diseases, including dialysis and renal transplant patients.
- Complete range of clinical and surgical facilities for various urological conditions which involves diagnosis and treatment.

## Dept of Pulmonology & Critical Care

- A dedicated team of Doctors who undertakes the early detection, diagnosis and prevention of respiratory illnesses in adolescents and adults on OPD as well as emergency basis.

## Ophthalmology

- Access to expert diagnostics and care that includes interventional procedures and surgery.

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IFI Co-Chair & OdishaLIVE Editor Nilambar Rath presents a memento to Sudhi Ranjan Mishra, Head – Corporate Affairs, Paradeep Phosphates Limited (PPL), in appreciation of PPL's support for the #LetsTalkPeriods public health campaign, promoting Menstrual Health & Hygiene for a #PeriodFriendlyWorld.



As a token of gratitude, IFI Foundation presents a memento to Kalinga Hospital Limited, Bhubaneswar, for partnering in the #LetsTalkPeriods campaign, an initiative promoting Menstrual Health & Hygiene for a #PeriodFriendlyWorld, during a recent youth engagement event at Berhampur University.

# Odisha Menstrual Health and Hygiene Alliance

## Strengthening Menstrual Health in Odisha through OMHHA Collaboration

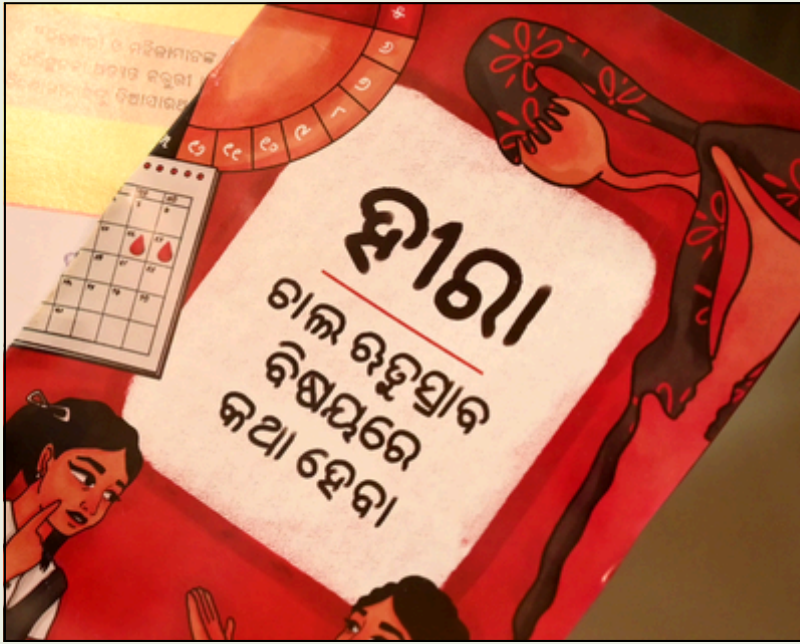
IFI Foundation, Swasthya Plus Network, and OdishaLIVE are active partners of the Odisha Menstrual Health & Hygiene Alliance (OMHHA), a state-level collaborative platform led by Aaina. The alliance is dedicated to raising widespread awareness, influencing menstrual health policy, and providing technical and community-level support, especially to adolescent girls, to improve access to menstrual hygiene resources and promote safe, informed practices across Odisha.

In 2025, OMHHA organised a special program to spread awareness about menstruation among girls. This event included storytelling, poem recitations, plays, and creative competitions where girls were encouraged to speak openly and learn more about periods and hygiene. These activities helped break taboos and allowed girls to express their thoughts and experiences confidently. Girls from different parts of Bhubaneswar participated with great energy and shared powerful messages through their poems, stories, and performances.

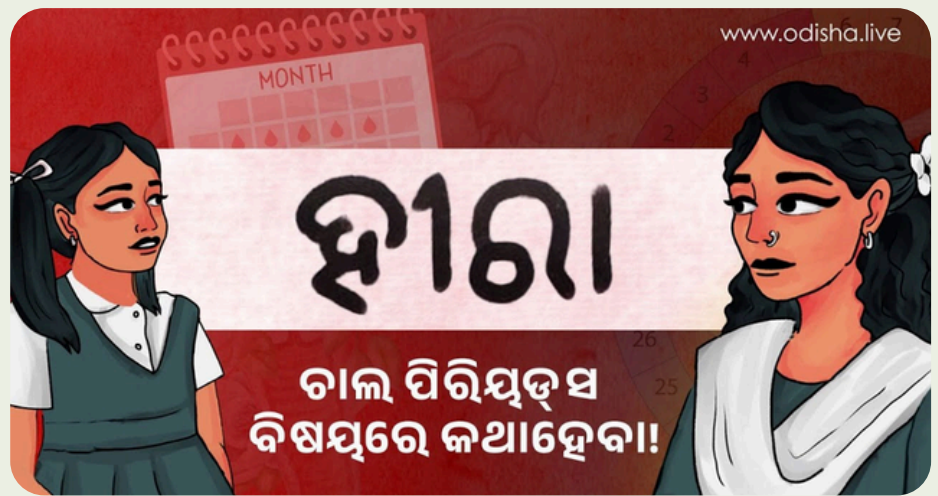




The event was graced by the Deputy Chief Minister of Odisha, Smt. Pravati Parida, who praised the efforts of OMHHA and its partner organizations. She appreciated the team's dedication to empowering girls and raising menstrual awareness, and wished them continued success in reaching every corner of the state.



**ହୀରା: ଚାଲି ରହୁଥିବା ବିଷୟରେ କଥାହେବା | HIRA: Odia Animated Video on Menstrual Health Hygiene by Swasthya Plus Network**



Scan the QR to watch the Animated Video

# Global MH Day Event by OMHH Alliance



www.odisha.live

## Breaking the Silence

Global MH Day at OMHH



# Strengthening Menstrual Health in Odisha through OMHHA Collaboration

MH Day 2025 Event @IIT Bhubaneswar



The Menstrual Health & Hygiene (MHH) Conclave 2025 was organized under the "Project Period: Sanitation, Health & Hygiene, and Environment (SHE)" initiative by IIT Bhubaneswar Research and Entrepreneurship Park, in collaboration with UNICEF, Ayurarogya Saukhyam Foundation, Action Lab 2050 Foundation, and the Odisha Menstrual Health and Hygiene Alliance (OMHHA).

The event also had the active partnership of IFI Foundation, Swasthya Plus Network, and OdishaLIVE. This conclave was more than just a gathering, it became a powerful platform that brought together over 500 participants, including changemakers, health experts, researchers, innovators, students, and representatives from schools, colleges, and NGOs.

The discussions focused on improving menstrual health awareness, breaking taboos, and encouraging innovation in menstrual hygiene practices.

The event was distinguished by the presence of the Deputy Chief Minister of Odisha, Smt. Pravati Parida. She acknowledged the importance of such collaborations in creating a supportive and informed environment for young girls across Odisha. Her words of encouragement inspired all participants to continue working towards a healthier and more period-positive future.





**MENSTRUAL HEALTH & HYGIENE  
CONCLAVE  
IIT Bhubaneswar**

Scan the QR to watch the Video Report

## List of Videos Produced during the Campaign

### Posted to OdishaLIVE Social Handles

| SI | Description  | Social Links  |
|----|--|---|
| 1. | ମା' କହିଥିଲେ ପିରିଅଲ୍ସ କଥା - ଅର୍ଚ୍ଚିତା ସାହୁ  <br>Periods Story   Archita Sahu                                | <b>Facebook:</b><br><a href="https://www.facebook.com/share/v/18bL9sq1Dg/">https://www.facebook.com/share/v/18bL9sq1Dg/</a><br><br><b>X:</b><br><a href="https://x.com/OdishaLIVE/status/1924727562611417163">https://x.com/OdishaLIVE/status/1924727562611417163</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/p/DJ3iWwAhLI7/">https://www.instagram.com/p/DJ3iWwAhLI7/</a><br><br><b>YouTube:</b><br><a href="https://youtube.com/shorts/EpYadYwXaXk?si=VGtwbZnzhGAo6Rvo">https://youtube.com/shorts/EpYadYwXaXk?si=VGtwbZnzhGAo6Rvo</a> |
| 2. | ସମୟ ପୂର୍ବରୁ ପ୍ରଥମ ପିରିଅଲ୍ସ କାହିଁକି ହେଉଛି?  <br>Early Menarche   First Period   Dr<br>Pramod Kumar Senapati | <b>Facebook:</b><br><a href="https://www.facebook.com/share/p/14MUDT7X3vD/">https://www.facebook.com/share/p/14MUDT7X3vD/</a><br><br><b>x:</b><br><a href="https://x.com/OdishaLIVE/status/1924829809873715694">https://x.com/OdishaLIVE/status/1924829809873715694</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/p/DJ3u7t0z7Tq/">https://www.instagram.com/p/DJ3u7t0z7Tq/</a><br><br><b>YouTube:</b><br><a href="https://youtu.be/on4p8YAE80?si=l09lyC-WISXThbzq">https://youtu.be/on4p8YAE80?si=l09lyC-WISXThbzq</a>                     |
| 3. | ସମୟ ପୂର୍ବରୁ ମେନାର୍ଚିକୁ ଏଡ଼ାଇବେ କିପରି?  <br>Early Menarche: How to Prevent?   Dr<br>Pramod Kumar Senapati   | <b>Facebook:</b><br><a href="https://www.facebook.com/share/v/1CBYuae5rf/">https://www.facebook.com/share/v/1CBYuae5rf/</a><br><br><b>X:</b><br><a href="https://x.com/IFIFoundation/status/1925106792201396264">https://x.com/IFIFoundation/status/1925106792201396264</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/p/DJ6K7DNTsvy/">https://www.instagram.com/p/DJ6K7DNTsvy/</a>   |

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|    |   | <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/s-Yo0rv8jNo?si=wJ0g_2yLtTrqwm12">https://youtube.com/shorts/s-Yo0rv8jNo?si=wJ0g_2yLtTrqwm12</a></p>  |
| 4. | <p>ମା' କହିଥିଲେ ପିରିଅଡ୍ କଥା - ଅର୍ଚ୍ଚିତା ସାହୁ  <br/>         Actor Archita Sahu   My Periods Story - Ep-1</p>               | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1AqVvfJUG2/">https://www.facebook.com/share/v/1AqVvfJUG2/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1925448315879268794">https://x.com/OdishaLIVE/status/1925448315879268794</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DJ8lnbfhiyu/">https://www.instagram.com/p/DJ8lnbfhiyu/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/Fgir7nl_vaw?si=v_U8BmMmU05JKimh">https://youtu.be/Fgir7nl_vaw?si=v_U8BmMmU05JKimh</a></p>   |
| 5. | <p>ପିରିଅଡ୍ କଥା ବଡ଼ ହେଲେ କୁଝିବୁ - ଶୋଭନା ମିଶ୍ର<br/>           My Periods Story   Shovana Mishra</p>                         | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/odishalive/videos/555120437400454/">https://www.facebook.com/odishalive/videos/555120437400454/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1925457166884122952">https://x.com/OdishaLIVE/status/1925457166884122952</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DJ8pmW_hZUd/">https://www.instagram.com/p/DJ8pmW_hZUd/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/JYlx1bODQKI?si=LBjz2Trw8FXpciyp">https://youtube.com/shorts/JYlx1bODQKI?si=LBjz2Trw8FXpciyp</a></p> |
| 6. | <p>ପିରିଅଡ୍ ସମୟରେ ଅନିୟମିତ ହେଉଛି କି?  <br/>         Irregular Periods: What to do? in Odia<br/>           Dr Kusum Dash</p> | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1AmzKPVyhU/">https://www.facebook.com/share/v/1AmzKPVyhU/</a></p> <p><b>x:</b><br/> <a href="https://x.com/OdishaLIVE/status/1925508425225474314">https://x.com/OdishaLIVE/status/1925508425225474314</a></p>   |

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|    |  | <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DJ89JGVz3IH/">https://www.instagram.com/p/DJ89JGVz3IH/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/Cqfru6iNg1g?si=Ctkwzs8Y5gKnG6yT">https://youtu.be/Cqfru6iNg1g?si=Ctkwzs8Y5gKnG6yT</a></p>  |
| 7. | <p>ସ୍ତ୍ରୀମାନଙ୍କ ପିରିୟଡ୍‌ସ୍ ହେଉଛି କି ନାହିଁ, ଜାଣିବେ କିପରି?   Is your Menstrual Cycle normal?   Dr Kusum Dash</p> | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1HztR5t5FM/">https://www.facebook.com/share/v/1HztR5t5FM/</a></p> <p><b>x:</b><br/> <a href="https://x.com/IFIFoundation/status/1925812789391561181">https://x.com/IFIFoundation/status/1925812789391561181</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DJ_UVUiT9Rv/">https://www.instagram.com/p/DJ_UVUiT9Rv/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/D1KyqdXmDA4?si=6u76QOI-WhC50aJ9">https://youtube.com/shorts/D1KyqdXmDA4?si=6u76QOI-WhC50aJ9</a></p> |
| 8. | <p>ପିରିୟଡ୍‌ସ୍ କଥା ବଡ଼ ହେଲେ କୁହନ୍ତୁ - ଶୋଭନା ମିଶ୍ରା   Anchor Shovana Mishra   My Periods Story EP- 2</p>         | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1CWssUXLuX/">https://www.facebook.com/share/v/1CWssUXLuX/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1925853911086215664">https://x.com/OdishaLIVE/status/1925853911086215664</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DJ_dapqhMOy/">https://www.instagram.com/p/DJ_dapqhMOy/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/slyoePJTYGA?si=tTjH3lxTe-FFG4Cv">https://youtu.be/slyoePJTYGA?si=tTjH3lxTe-FFG4Cv</a></p>                           |
| 9. | <p>ପ୍ରଥମ ପିରିୟଡ୍‌ସ୍‌କୁ ଲୋଭ ବୋଲି ଭାବିଥୁଛି । ଅଦିତ୍ୟା ମହାନ୍ତି   Periods Story   Anchor Ankita Mohanty</p>         | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1HYatkNtzK/">https://www.facebook.com/share/v/1HYatkNtzK/</a></p> <p><b>x:</b><br/> <a href="https://x.com/OdishaLIVE/status/192616645">https://x.com/OdishaLIVE/status/192616645</a></p>   |

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|     |  | <p>7378906246</p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKBuJMIB88d/">https://www.instagram.com/p/DKBuJMIB88d/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/FZqjNdYteoU?si=4TayrZwxi-u1fqFv">https://youtube.com/shorts/FZqjNdYteoU?si=4TayrZwxi-u1fqFv</a></p>  |
| 10. | <p>ପିସିଓଏସ୍ ସମସ୍ୟା: କେମିତି ଭଲ ହେବ?  <br/> PCOS: How to manage? in Odia  <br/> Symptoms   Dr Sweekruti Jena</p> | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/19hS8qm3CF/">https://www.facebook.com/share/v/19hS8qm3CF/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1926233270485696632">https://x.com/OdishaLIVE/status/1926233270485696632</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKB5kCGz1Zc/">https://www.instagram.com/p/DKB5kCGz1Zc/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/vQmY1X-stVU?si=NnfP5zO_WTtqB_ew">https://youtu.be/vQmY1X-stVU?si=NnfP5zO_WTtqB_ew</a></p>       |
| 11. | <p>ପ୍ରଥମ ପିରିଓଡ଼ସକୁ ଭୋଗ ବୋଲି ଭାବିଥିଲି –<br/> ଅଜ୍ଞାନ ମହାତି   Periods Story   Ankita<br/> Mohanty</p>            | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/15zcoFVwb6/">https://www.facebook.com/share/v/15zcoFVwb6/</a></p> <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1926895799679520770">https://x.com/IFIFoundation/status/1926895799679520770</a></p> <p><b>Instagram:</b><br/> <a href="https://youtu.be/mdF6lffq3k0?si=WQ4YvVHgcMpmX4fl">https://youtu.be/mdF6lffq3k0?si=WQ4YvVHgcMpmX4fl</a></p> <p><b>YouTube:</b><br/> <a href="https://www.instagram.com/p/DKEea5ai1tE/">https://www.instagram.com/p/DKEea5ai1tE/</a></p> |
| 12. | <p>ପିରିଓଡ଼୍ କଥା ପ୍ରଥମାନ୍ତେ ବି ଜାଣନ୍ତୁ – ସୋପିଆ<br/> ଆଲମ୍   Periods Story   Sofia Alam</p>                       | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/197hDTRX5B/">https://www.facebook.com/share/v/197hDTRX5B/</a></p>   |

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|     |   | <p><b>x:</b><br/> <a href="https://x.com/OdishaLIVE/status/1926913322839945351">https://x.com/OdishaLIVE/status/1926913322839945351</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKHBBZNhvWY/">https://www.instagram.com/p/DKHBBZNhvWY/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/CZ8vXtlQGYk?si=6gju3Xtr6WvGOMLf">https://youtube.com/shorts/CZ8vXtlQGYk?si=6gju3Xtr6WvGOMLf</a></p>  |
| 13. | <p>ପିରିଅଡ୍‌ସ୍ କେଲେ ସଫାସୁତୁରା କେମିତି ରହିବେ?  <br/> Periods: How to maintain Hygiene?  <br/> Dr Pramod Kumar Senapati</p> | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1Du7TQdZLB/">https://www.facebook.com/share/v/1Du7TQdZLB/</a></p> <p><b>x:</b><br/> <a href="https://x.com/IFIFoundation/status/1926944789544480805">https://x.com/IFIFoundation/status/1926944789544480805</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKHDKb0zN25/">https://www.instagram.com/p/DKHDKb0zN25/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/64lxs-fl8n0?si=BbFf7lQMBrnYBt_M">https://youtube.com/shorts/64lxs-fl8n0?si=BbFf7lQMBrnYBt_M</a></p> |
| 14. | <p>ପିରିଅଡ୍‌ସ୍ କଥା ପୁଅମାନେ ବି ଜାଣନ୍ତୁ: ସୋଫିଆ ଆଲମ୍   Sofia Alam   Periods Story   EP-04</p>                               | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1HqLoL8Zwx/">https://www.facebook.com/share/v/1HqLoL8Zwx/</a></p> <p><b>x:</b><br/> <a href="https://x.com/IFIFoundation/status/1927271948700066068">https://x.com/IFIFoundation/status/1927271948700066068</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKJu1YtluTB/">https://www.instagram.com/p/DKJu1YtluTB/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/xaPhPVFWoQY?si=sMP3KQdHrZSemtDy">https://youtu.be/xaPhPVFWoQY?si=sMP3KQdHrZSemtDy</a></p>                     |

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| 15 | ପିରିଓଡ୍‌ସ୍ ସମୟରେ ଅସହ୍ୟ ପେଟ ବଥା ହେଉଛି କି?   Understanding Period Pain, in Odia   Dr Kusum Dash  | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/12KyRzuyLpY/">https://www.facebook.com/share/v/12KyRzuyLpY/</a></p> <p><b>x:</b><br/> <a href="https://x.com/OdishaLIVE/status/1927381276211708275">https://x.com/OdishaLIVE/status/1927381276211708275</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKJsZnkzf5W/">https://www.instagram.com/p/DKJsZnkzf5W/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/WWTdTtuL0FQ?si=sfuxcqSU0r2VWOTH">https://youtu.be/WWTdTtuL0FQ?si=sfuxcqSU0r2VWOTH</a></p>                   |
| 16 | ପିରିଓଡ୍‌ସ୍ କଥା ଝିଅମାନେ ଖୋଲି କୁହନ୍ତୁ – ଅନୁ ଚୌଧୁରୀ   Periods Story   Anu Choudhury               | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1ByKsAwAat/">https://www.facebook.com/share/v/1ByKsAwAat/</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKKZhaEM2QX/">https://www.instagram.com/p/DKKZhaEM2QX/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/38PUbc3xvBI?si=ONx_GvOD8QGeCezf">https://youtube.com/shorts/38PUbc3xvBI?si=ONx_GvOD8QGeCezf</a></p>   |
| 17 | କେଉଁ କାରଣ ଯୋଗୁଁ ପିରିଓଡ୍‌ରେ ଅନିୟମିତତା ହୋଇଥାଏ?   Causes of Irregular Periods   Dr Sweekruti Jena | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/16jZpySBqj/">https://www.facebook.com/share/v/16jZpySBqj/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1927621726961115210">https://x.com/OdishaLIVE/status/1927621726961115210</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKLnthOT0wI/">https://www.instagram.com/p/DKLnthOT0wI/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/jFGz109cQtE?si=QfsgD3ucMeDsZp2k">https://youtube.com/shorts/jFGz109cQtE?si=QfsgD3ucMeDsZp2k</a></p> |
| 18 | ପିରିଓଡ୍‌ସ୍ କଥା ଝିଅମାନେ ଖୋଲି କୁହନ୍ତୁ   Girls should talk openly about periods:                  | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/16eQQT">https://www.facebook.com/share/v/16eQQT</a></p>   |

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|    | Anu Choudhury  | <p>enWd/</p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKMNUiZh9h1/">https://www.instagram.com/p/DKMNUiZh9h1/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/VABVbeKkgC8?si=Zv4n9IpiNOgjs5mF">https://youtu.be/VABVbeKkgC8?si=Zv4n9IpiNOgjs5mF</a></p>   |
| 19 | ପିରିଅଣ୍ଡ୍‌ସ୍ ବେଳେ ସଫାସୁତୁରା କେମିତି ରହିବେ?  <br>Hygiene during Period in Odia   Dr<br>Pramod Kumar Senapati | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1B3n68BXLD/">https://www.facebook.com/share/v/1B3n68BXLD/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1927677818084716940">https://x.com/OdishaLIVE/status/1927677818084716940</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKMWiHVzkrw/">https://www.instagram.com/p/DKMWiHVzkrw/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/0nx7jkUjzxl?si=cAZzjpVacz8014Na">https://youtu.be/0nx7jkUjzxl?si=cAZzjpVacz8014Na</a></p> |
| 20 | Periods are Natural, So Why be<br>Ashamed?" - Nilanjana Mukherjee  <br>MD, Kalinga Hospital                | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1DMtpkJ8DE/">https://www.facebook.com/share/v/1DMtpkJ8DE/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1927695253990945073">https://x.com/OdishaLIVE/status/1927695253990945073</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DKPNtu8hRpk/">https://www.instagram.com/p/DKPNtu8hRpk/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/IMUSXISC5sY?si=AWlocEM8e04a_0WH">https://youtu.be/IMUSXISC5sY?si=AWlocEM8e04a_0WH</a></p> |
| 21 | ପିସିଠାଏସ୍ ଥିଲେ ନାଶିବେ କେମିତି?  | <b>Instagram:</b>  |

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|    | Symptoms of PCOS   Dr Sweekruti Jena  | <a href="https://www.instagram.com/p/DKD9K1Uzq4F/">https://www.instagram.com/p/DKD9K1Uzq4F/</a><br><br><b>YouTube:</b><br><a href="https://youtube.com/shorts/8Qn-jhQJnvc?si=cFMmpvk-KJeG3p7y">https://youtube.com/shorts/8Qn-jhQJnvc?si=cFMmpvk-KJeG3p7y</a>   |
| 21 | <p>ଜାଲ ପିରିୟାଲ୍ସ ବିଷୟରେ କଥା ହେବା   Let's Talk Period, in Odia</p> <p>ମାସିକ ରତ୍ନପ୍ରାପ୍ତ ବା ପିରିୟାଲ୍ସ ଜଣେ କିଶୋରୀ ଓ ନାରୀ ଜୀବନର ଏକ ପ୍ରାକୃତିକ ଚକ୍ରା ସ୍ୱାଭାବିକ ପ୍ରକ୍ରିୟା । କିନ୍ତୁ ଏହାକୁ ନେଇ ଏବେ ବି ମହିଳାଙ୍କ ଭିତରେ ଭ୍ରମ ଓ ସନ୍ଦେହ ରହିଛି । ଆସନ୍ତୁ, ଏହି ଭିତ୍ତିତ ମାଧ୍ୟମରେ ଜାଣିବା ରତ୍ନପ୍ରାପ୍ତ କ'ଣ ଓ କାହିଁକି, ରତ୍ନପ୍ରାପ୍ତ ସ୍ୱଚ୍ଛତା ପରିଚାଳନା, ରତ୍ନପ୍ରାପ୍ତଜନିତ ବିଭିନ୍ନ ସ୍ୱାସ୍ଥ୍ୟ ସମସ୍ୟା ଓ ତା'ର ଉପଚାର ବିଷୟରେ ।</p>  | <b>Facebook:</b><br><a href="https://www.facebook.com/odishalive/videos/1643365066373057">https://www.facebook.com/odishalive/videos/1643365066373057</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/p/DLbUnFheyK/">https://www.instagram.com/p/DLbUnFheyK/</a><br><br><b>Youtube:</b><br><a href="https://youtu.be/5jekNqV0mac?si=9ec3KaGWAw1IQbu">https://youtu.be/5jekNqV0mac?si=9ec3KaGWAw1IQbu</a> |
| 22 | <p>"Let's Talk Periods is a relevant campaign spreading awareness on healthy and sustainable menstrual practices. Berhampur University is happy to partner with IFI Foundation &amp; its associate organizations in empowering our students to become change agents, enabling the environment for a Period Friendly World. Especially the girl students of our institution will immensely benefit from it." – Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University.</p> | <b>Facebook:</b><br><a href="https://www.facebook.com/odishalive/videos/24071974405766086">https://www.facebook.com/odishalive/videos/24071974405766086</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/p/DLh40mKB3qa/">https://www.instagram.com/p/DLh40mKB3qa/</a>   |
| 23 | <p>"Awareness on menstrual hygiene is crucial for students and youth. It's important to involve both boys and girls in period education to foster inclusive understanding. Such initiatives also play a vital role in promoting sustainable hygiene</p>   | <b>Facebook:</b><br><a href="https://www.facebook.com/odishalive/videos/1448853729763322">https://www.facebook.com/odishalive/videos/1448853729763322</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/p/DLkSXkAhwpC/">https://www.instagram.com/p/DLkSXkAhwpC/</a>   |

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|    | <p>practices, especially among girl hostel inmates,” said Prof. Sukanta Kumar Tripathy, Chairman, PG Council, Berhampur University, while speaking at the Youth Awareness Program recently held on campus. This multipronged campaign—an ‘Official Partner’ of Global Menstrual Hygiene Day (by WASH United)—was organized by IFI Foundation in collaboration with OdishaLIVE and Swasthya Plus with Berhampur University as the ‘Academic Partner’.</p>  |  |
| 24 | <p>“#LetsTalkPeriods is a commendable initiative that promotes period education with a strong focus on youth. It is a much-needed effort to break the silence and stigma surrounding menstruation. The event actively engaged our students, encouraging sustainable menstrual hygiene practices,” noted Dr. Bandita Kumari Panda, Head, Department of Journalism &amp; Mass Communication, Berhampur University, during the Youth Awareness Program recently held on campus.</p>  | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/odishalive/videos/1692033908115332">https://www.facebook.com/odishalive/videos/1692033908115332</a></p> <p><b>Instgaram:</b><br/> <a href="https://www.instagram.com/p/DLkX4SPBcxK/">https://www.instagram.com/p/DLkX4SPBcxK/</a></p> |
| 25 | <p>“The Period Awareness Program at Berhampur University will empower participating students to become advocates, spreading the message among their peers and communities. Periods should no longer be a taboo or a barrier to the growth and progress of any woman,” said Mrs. Pranati Parida, Co-Chair, IFI Foundation &amp; Campaign Chair, #LetsTalkPeriods. This multipronged campaign—an ‘Official Partner’ of Global Menstrual Hygiene Day (by WASH United)—was organized by IFI Foundation in collaboration with OdishaLIVE and</p> | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/odishalive/videos/774517128572775">https://www.facebook.com/odishalive/videos/774517128572775</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DLkbeROhAt7/">https://www.instagram.com/p/DLkbeROhAt7/</a></p>   |

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|    | Swasthya Plus Odia, with Berhampur University as the 'Academic Partner'  |  |
| 26 | <p>"Breaking the Silence"   Global MH Day Highlights of OMHH Alliance Event</p> <p>On the occasion of Global Menstrual Hygiene Day, the Odisha Menstrual Health &amp; Hygiene Alliance (OMHH), in collaboration with Women and Child Development Department, Government of Odisha, hosted a dynamic event in the theme 'Breaking the Silence'. From thought-provoking discussions on breaking social taboos to interactive games and performances by adolescents, the program aimed to normalize menstruation and promote sustainable menstrual practices.</p> | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/odishalive/videos/1302010044674738">https://www.facebook.com/odishalive/videos/1302010044674738</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DLr4DaUh7D2/">https://www.instagram.com/p/DLr4DaUh7D2/</a></p> <p><b>Youtube:</b><br/> <a href="https://youtube.com/shorts/WPaV-1X1f0I?si=5QkUJoH2eCvIxEl8">https://youtube.com/shorts/WPaV-1X1f0I?si=5QkUJoH2eCvIxEl8</a></p> |
| 27 | <p>ତାଲ ପିରିଅଣ୍ଡସ ବିଷୟରେ କଥା ହେବା   Let's Talk Period, in Odia   #PeriodFriendlyWorld</p>   | <p><b>Youtube:</b><br/> <a href="https://youtu.be/EytNw4fe6Ls?si=fQKtlisTR-1dP9BuP">https://youtu.be/EytNw4fe6Ls?si=fQKtlisTR-1dP9BuP</a></p>  |
| 28 | <p>"Breaking the Silence"   Global MH Day Highlights of OMHH Alliance Event</p>  | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/odishalive/videos/1302010044674738/">https://www.facebook.com/odishalive/videos/1302010044674738/</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/p/DLr4DaUh7D2/">https://www.instagram.com/p/DLr4DaUh7D2/</a></p> <p><b>YouTube:</b><br/> <a href="https://youtu.be/P80tl4cp6Y0?si=woMvKXO2K9SxeY5o">https://youtu.be/P80tl4cp6Y0?si=woMvKXO2K9SxeY5o</a></p>                   |
| 29 | <p>Let's Talk Periods: Breaking the Silence on Menstruation   Youth for a #PeriodFriendlyWorld</p>   | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/odishalive/videos/620410381075989/">https://www.facebook.com/odishalive/videos/620410381075989/</a></p> <p><b>Instagram:</b></p>  |

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|    |   | <a href="https://www.instagram.com/p/DLzDdcAhlRh/">https://www.instagram.com/p/DLzDdcAhlRh/</a><br><br><b>YouTube:</b><br><a href="https://youtu.be/sDYDxIYJCRg?si=-greB53pWivQroac">https://youtu.be/sDYDxIYJCRg?si=-greB53pWivQroac</a>   |
| 30 | Empowering Students Through Period Education   Berhampur University               | <b>Youtube:</b><br><a href="https://youtube.com/shorts/dL7YJNiauTo?feature=share">https://youtube.com/shorts/dL7YJNiauTo?feature=share</a><br><br><b>Facebook:</b><br><a href="https://www.facebook.com/share/v/16cbpPaPPt/">https://www.facebook.com/share/v/16cbpPaPPt/</a><br><br><b>X:</b><br><a href="https://x.com/IFIFoundation/status/1940042818417832208">https://x.com/IFIFoundation/status/1940042818417832208</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/reel/DLkSXkAhwpC/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DLkSXkAhwpC/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a> |
| 31 | Let's Talk Periods   Berhampur University Joins Hands for a Period-Friendly World | <b>Youtube:</b><br><a href="https://youtube.com/shorts/8GvpMiREZ7c">https://youtube.com/shorts/8GvpMiREZ7c</a><br><br><b>Facebook:</b><br><a href="https://www.facebook.com/share/v/16WUs2oyPq/">https://www.facebook.com/share/v/16WUs2oyPq/</a><br><br><b>X:</b><br><a href="https://x.com/IFIFoundation/status/1939697962445312039">https://x.com/IFIFoundation/status/1939697962445312039</a><br><br><b>Instagram:</b><br><a href="https://www.instagram.com/reel/DLh40mKB3qa/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DLh40mKB3qa/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>                             |
| 32 | Menstrual Hygiene Awareness at Berhampur University                               | <b>YouTube:</b><br><a href="https://youtube.com/shorts/oNhJKaHFqQM">https://youtube.com/shorts/oNhJKaHFqQM</a>  |

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|    |   | <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/15dreZbQhK/">https://www.facebook.com/share/v/15dreZbQhK/</a></p> <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1940039573997789476">https://x.com/IFIFoundation/status/1940039573997789476</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DLkSXkAhwpC/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DLkSXkAhwpC/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>   |
| 33 | Periods Are Not a Taboo   Student-Led Awareness at Berhampur University | <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/ThKkB035Usl">https://youtube.com/shorts/ThKkB035Usl</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1C2qb129XX/">https://www.facebook.com/share/v/1C2qb129XX/</a></p> <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1940048439175520521">https://x.com/IFIFoundation/status/1940048439175520521</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DLkbeROhAt7/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DLkbeROhAt7/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p> |
| 34 | Youth Lead Menstrual Hygiene Movement at Berhampur University           | <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/L9j9VhXOemE">https://youtube.com/shorts/L9j9VhXOemE</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/14E5o71haTy/">https://www.facebook.com/share/v/14E5o71haTy/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1942248254957326512">https://x.com/OdishaLIVE/status/1942248254957326512</a></p>   |

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|    |   | <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DLz98eypj3Z/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DLz98eypj3Z/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>  |
| 35 | I Thought It Was Cancer   A First Period Story Against Menstrual Taboos | <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/u27JZgWcmp0">https://youtube.com/shorts/u27JZgWcmp0</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1C67gYASEE/">https://www.facebook.com/share/v/1C67gYASEE/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1942249333128302634">https://x.com/OdishaLIVE/status/1942249333128302634</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DLz-b6ZOEIM/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DLz-b6ZOEIM/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p> |
| 36 | Breaking Silence   Periods Are Natural, Not a Taboo                     | <p><b>YouTube:</b><br/> <a href="https://youtube.com/shorts/WPaV-1X1f0I">https://youtube.com/shorts/WPaV-1X1f0I</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1W11j3pj2t/">https://www.facebook.com/share/v/1W11j3pj2t/</a></p> <p><b>X:</b><br/> <a href="https://x.com/OdishaLIVE/status/1942250428265095484">https://x.com/OdishaLIVE/status/1942250428265095484</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DLz-78tMi9p/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DLz-78tMi9p/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p> |

## Posted to Swasthya Plus Network Social Handles

| Sl | Description   | Social Links  |
|----|---|---|
| 1  | ସମୟ ପୂର୍ବରୁ ମେନାର୍ଚ୍ଚକୁ ଏଡ଼ାଇବେ କିପରି?   Early Menarche: How to Prevent?   Dr Pramod Kumar Senapati | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1925106792201396264">https://x.com/IFIFoundation/status/1925106792201396264</a><br><br><b>Linkedin:</b><br><a href="https://www.Linkedin.com/posts/ififoundation_earlymenarche-mhday2025-letstalkperiods-activity-7330873977562640384-swYQ">https://www.Linkedin.com/posts/ififoundation_earlymenarche-mhday2025-letstalkperiods-activity-7330873977562640384-swYQ</a> |
| 2  | ମା' କହିଥିଲେ ପିରିୟସ୍ କଥା - ଅର୍ଚ୍ଚିତା ସାହୁ   Periods Story   Archita Sahu                             | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1924717427990073744">https://x.com/IFIFoundation/status/1924717427990073744</a><br><br><b>Linkedin:</b><br><a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331239096238911491">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331239096238911491</a>   |
| 3  | ପିରିୟସ୍ କଥା ବଡ଼ ହେଲେ ବୁଝିବୁ - ଶୋଭନା ମିଶ୍ର   My Periods Story   Shovana Mishra                       | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1925472620235108773">https://x.com/IFIFoundation/status/1925472620235108773</a><br><br><b>Linkedin:</b><br><a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331249984664739841">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331249984664739841</a>   |
| 4  | ପିରିୟସ୍‌ରେ ଅନିୟମିତତା ହେଉଛି କି?   Irregular Periods: What to do? in Odia   Dr Kusum Dash             | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1925503863559528779">https://x.com/IFIFoundation/status/1925503863559528779</a>  |
| 5  | ସ୍ତ୍ରୀର ପିରିୟସ୍ ହେଉଛି କି ନାହିଁ, ଜାଣିବେ କିପରି?   Is your Menstrual Cycle normal?   Dr Kusum Dash     | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1925812789391561181">https://x.com/IFIFoundation/status/1925812789391561181</a><br><br><b>Linkedin:</b><br><a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331581668476026881">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331581668476026881</a>   |

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| 6  | ପିରିୟଡସ କଥା ବଡ଼ ହେଲେ ବୁଝିବୁ – ଶୋଭନା ମିଶ୍ର   Anchor Shovana Mishra   My Periods Story EP- 2    | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1925856373037760854">https://x.com/IFIFoundation/status/1925856373037760854</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7331625787776790528-GYTO?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.Linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7331625787776790528-GYTO?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p> |
| 7  | ପ୍ରଥମ ପିରିୟଡସକୁ ଗୋର ବୋଲି ଭାବିଥିଲି । ଅଜିତା ମହାନ୍ତି   Periods Story   Anchor Ankita Mohanty     | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1925863393879036042">https://x.com/IFIFoundation/status/1925863393879036042</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331987202173755392">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331987202173755392</a></p>   |
| 8  | ପିସିଓଏସ୍ ସମସ୍ୟା: କେମିତି ଭଲ ହେବ?   PCOS: How to manage? in Odia   Symptoms   Dr Sweekruti Jena | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1926229196877017107">https://x.com/IFIFoundation/status/1926229196877017107</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331990441350885376">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7331990441350885376</a></p>   |
| 9  | ପିସିଓଏସ୍ ଥିଲେ ଜାଣିବେ କେମିତି?   Symptoms of PCOS   Dr Sweekruti Jena                           | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1926465745250046131">https://x.com/IFIFoundation/status/1926465745250046131</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_pcos-mhday2025-letstalkperiods-activity-7332231437967933440-PqL1?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.Linkedin.com/posts/ififoundation_pcos-mhday2025-letstalkperiods-activity-7332231437967933440-PqL1?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>                               |
| 10 | ପ୍ରଥମ ପିରିୟଡସକୁ ଗୋର ବୋଲି ଭାବିଥିଲି – ଅଜିତା ମହାନ୍ତି   Periods Story   Ankita Mohanty            | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1926895799679520770">https://x.com/IFIFoundation/status/1926895799679520770</a></p>  |

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| 11 | <p>ପିରିୟଡ୍‌ସ ବେଳେ ସଫାସୁରୁତା କେମିତି ରହିବେ?<br/>  Periods: How to maintain Hygiene? <br/> Dr Pramod Kumar Senapati</p> | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1926944789544480805">https://x.com/IFIFoundation/status/1926944789544480805</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_%E0%AC%AA%E0%AC%B0%E0%AD%9F%E0%AC%A1%E0%AC%B8-%E0%AC%AC%E0%AC%B3-%E0%AC%B8%E0%AC%AB%E0%AC%B8%E0%AC%A4%E0%AC%B0-%E0%AC%95%E0%AC%AE%E0%AC%A4-%E0%AC%B0%E0%AC%B9%E0%AC%AC-activity-7333474231554392064-11T2?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60">https://www.Linkedin.com/posts/ififoundation_%E0%AC%AA%E0%AC%B0%E0%AD%9F%E0%AC%A1%E0%AC%B8-%E0%AC%AC%E0%AC%B3-%E0%AC%B8%E0%AC%AB%E0%AC%B8%E0%AC%A4%E0%AC%B0-%E0%AC%95%E0%AC%AE%E0%AC%A4-%E0%AC%B0%E0%AC%B9%E0%AC%AC-activity-7333474231554392064-11T2?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60</a></p> |
| 12 | <p>ପିରିୟଡ୍ କଥା ପୁଅମାନେ ବି ଜାଣନ୍ତୁ – ସୋଫିଆ ଆଲମ୍   Periods Story   Sofia Alam</p>                                      | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1927001411197321347">https://x.com/IFIFoundation/status/1927001411197321347</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7332766638657732608">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7332766638657732608</a></p>   |
| 13 | <p>ପିରିୟଡ୍‌ସ କଥା ପୁଅମାନେ ବି ଜାଣନ୍ତୁ – ସୋଫିଆ ଆଲମ୍</p>   | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1927271948700066068">https://x.com/IFIFoundation/status/1927271948700066068</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7332766638657732608">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7332766638657732608</a></p>   |
| 14 | <p>ପିରିୟଡ୍‌ସ ସମୟରେ ଅସହ୍ୟ ଯେତେ ବଥା ହେଉଛି କି?<br/>   Understanding Period Pain, in Odia  <br/> Dr Kusum Dash</p>       | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1927306830989930525">https://x.com/IFIFoundation/status/1927306830989930525</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7331625787776790528-GYTO?utm_source=share&amp;utm_medium=member_desktop">https://www.Linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7331625787776790528-GYTO?utm_source=share&amp;utm_medium=member_desktop</a></p>   |

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|    |  | <a href="https://www.linkedin.com/feed/update/urn:li:activity:7333174612840644608">m=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60</a>   |
| 15 | ପିରିୟଡସ କଥା ଝିଅମାନେ ଖୋଲି କୁହନ୍ତୁ - ଅନୁ ଚୌଧୁରୀ   Periods Story   Anu Choudhury                      | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1927409631153832293">https://x.com/IFIFoundation/status/1927409631153832293</a><br><b>LinkedIn:</b><br><a href="https://www.linkedin.com/feed/update/urn:li:activity:7333174612840644608">https://www.linkedin.com/feed/update/urn:li:activity:7333174612840644608</a>   |
| 16 | କେଉଁ କାରଣ ଯୋଗୁଁ ପିରିୟଡରେ ଅନିୟମିତତା ହୋଇଥାଏ?   Causes of Irregular Periods   Dr Sweekruti Jena       | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1927552909400846405">https://x.com/IFIFoundation/status/1927552909400846405</a><br><b>LinkedIn:</b><br><a href="https://www.linkedin.com/posts/ififoundation_irregularperiods-mhday2025-letstalkperiods-activity-7333318615514918913-5lTF?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60">https://www.linkedin.com/posts/ififoundation_irregularperiods-mhday2025-letstalkperiods-activity-7333318615514918913-5lTF?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60</a>       |
| 17 | "Periods are Natural, So Why be Ashamed?" - Nilanjana Mukherjee   MD, Kalinga Hospital             | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1927689880034742661">https://x.com/IFIFoundation/status/1927689880034742661</a><br><b>LinkedIn:</b><br><a href="https://www.linkedin.com/feed/update/urn:li:activity:7333457208237604865">https://www.linkedin.com/feed/update/urn:li:activity:7333457208237604865</a>   |
| 18 | "Boys must be Educated about Periods as well" - Sudhi Ranjan Mishra   Head, Corporate Affairs, PPL | <b>X:</b><br><a href="https://x.com/IFIFoundation/status/1927699778173010242">https://x.com/IFIFoundation/status/1927699778173010242</a><br><b>LinkedIn:</b><br><a href="https://www.linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7333467514682621952-jbXG?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo">https://www.linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7333467514682621952-jbXG?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo</a> |

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| 19 | <p>ପିରିୟଡ୍‌ସ ବେଳେ ସଫାସୁତୁରା କେମିତି ରହିବେ?  <br/>Hygiene during Period in Odia   Dr<br/>Pramod Kumar Senapati</p> | <p><b>X:</b><br/><a href="https://x.com/IFIFoundation/status/1927706710086479895">https://x.com/IFIFoundation/status/1927706710086479895</a></p> <p><b>LinkedIn:</b><br/><a href="https://www.Linkedin.com/posts/ififoundation_menstrualhygiene-mhday2025-letstalkperiods-activity-7332727640623136768-UqFu?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60">https://www.Linkedin.com/posts/ififoundation_menstrualhygiene-mhday2025-letstalkperiods-activity-7332727640623136768-UqFu?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60</a></p>       |
| 20 | <p>ପିରିୟଡ୍‌ସ କଥା ଓଫନାନ୍ କୋଲି କୁହନ୍ତୁ   Girls<br/>should talk openly about periods: Anu<br/>Choudhury</p>         | <p><b>X:</b><br/><a href="https://x.com/IFIFoundation/status/1927729097205026981">https://x.com/IFIFoundation/status/1927729097205026981</a></p> <p><b>LinkedIn:</b><br/><a href="https://www.Linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7333174612840644608-Qblz?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60">https://www.Linkedin.com/posts/ififoundation_mhday2025-letstalkperiods-periodfriendlyworld-activity-7333174612840644608-Qblz?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60</a></p> |
| 21 | <p>ହୀରା: ଚାଲି ରଚୁସ୍ତ୍ରାବ ବିଷୟରେ କଥାହେବା   HIRA:<br/>Odia Animated Video on Menstrual<br/>Health Hygiene</p>      | <p><b>X:</b><br/><a href="https://x.com/IFIFoundation/status/1928400796430811554">https://x.com/IFIFoundation/status/1928400796430811554</a></p> <p><b>LinkedIn:</b><br/><a href="https://www.Linkedin.com/posts/ififoundation_hira-odiaanimatedvideo-letstalkperiods-activity-7334167486466064384-fm5o?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60">https://www.Linkedin.com/posts/ififoundation_hira-odiaanimatedvideo-letstalkperiods-activity-7334167486466064384-fm5o?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60</a></p>               |
| 22 | <p>Breaking the Silence: Young Women<br/>Share Their First Period Stories   Let's<br/>Talk Periods</p>           | <p><b>X:</b><br/><a href="https://x.com/IFIFoundation/status/1928402756500648057">https://x.com/IFIFoundation/status/1928402756500648057</a></p>   |

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| 23 | Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University.   | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1939697962445312039">https://x.com/IFIFoundation/status/1939697962445312039</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_letstalkperiods-periodfriendlyworld-activity-7345463085387698176-ftUD?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GEckISfyUsH60">https://www.Linkedin.com/posts/ififoundation_letstalkperiods-periodfriendlyworld-activity-7345463085387698176-ftUD?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GEckISfyUsH60</a></p>             |
| 24 | Prof. Sukanta Kumar Tripathy, Chairman, PG Council, Berhampur University.                                 | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1940039573997789476">https://x.com/IFIFoundation/status/1940039573997789476</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_mhday2025-menstrualhealth-letstalkperiods-activity-7345807630063321091-2Nqr?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo">https://www.Linkedin.com/posts/ififoundation_mhday2025-menstrualhealth-letstalkperiods-activity-7345807630063321091-2Nqr?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo</a></p> |
| 25 | Dr. Bandita Kumari Panda, Head of the Journalism & Mass Communication Department at Berhampur University, | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1940042818417832208">https://x.com/IFIFoundation/status/1940042818417832208</a></p> <p><b>Linkedin:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_letstalkperiods-mhday2025-menstrualhealth-activity-7345809412734795776-dmMy?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo">https://www.Linkedin.com/posts/ififoundation_letstalkperiods-mhday2025-menstrualhealth-activity-7345809412734795776-dmMy?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo</a></p> |

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| 26 | Mrs. Pranati Parida, Co-Chair, IFI Foundation & Campaign Chair, #LetsTalkPeriods. | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1940048439175520521">https://x.com/IFIFoundation/status/1940048439175520521</a></p> <p><b>LinkedIn:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_letstalkperiods-mhday2025-menstrualhealth-activity-7345815407468957697-rNqp?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo">https://www.Linkedin.com/posts/ififoundation_letstalkperiods-mhday2025-menstrualhealth-activity-7345815407468957697-rNqp?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo</a></p>       |
| 27 | I Thought It Was Cancer   A First Period Story Against Menstrual Taboos           | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1942503333769666896">https://x.com/IFIFoundation/status/1942503333769666896</a></p> <p><b>LinkedIn:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_periodfriendlyworld-mhday2025-letstalkperiod-activity-7348279169396416512-wbeg?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo">https://www.Linkedin.com/posts/ififoundation_periodfriendlyworld-mhday2025-letstalkperiod-activity-7348279169396416512-wbeg?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo</a></p> |
| 28 | Breaking Silence   Periods are Natural, not a Taboo                               | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1942508995434226119">https://x.com/IFIFoundation/status/1942508995434226119</a></p> <p><b>LinkedIn:</b><br/> <a href="https://www.Linkedin.com/posts/ififoundation_periodfriendlyworld-mhday2025-letstalkperiod-activity-7348278831608143874-b84u?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo">https://www.Linkedin.com/posts/ififoundation_periodfriendlyworld-mhday2025-letstalkperiod-activity-7348278831608143874-b84u?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAC2hAggB83N-N2Zc3c1Zq5yFh81WhQ9JMdo</a></p> |
| 29 | Youth Lead Menstrual Hygiene Movement at Berhampur University                     | <p><b>X:</b><br/> <a href="https://x.com/IFIFoundation/status/1942511841512730985">https://x.com/IFIFoundation/status/1942511841512730985</a></p> <p><b>LinkedIn:</b><br/> <a href="https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7348278391646601217">https://www.Linkedin.com/feed/update/urn:Linkedin:activity:7348278391646601217</a></p>   |

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| 2  | <p>ପିରିୟଡ୍‌ସରେ ଅନିୟମିତତା ହେଉଛି କି?   Irregular Periods: What to do? in Odia   Dr Kusum Dash</p>              | <p><b>YouTube:</b><br/> <a href="https://youtu.be/UQabnZPn9g4?si=6cfzEBa-Jwr4KNLd">https://youtu.be/UQabnZPn9g4?si=6cfzEBa-Jwr4KNLd</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/16D9CJELZ6/">https://www.facebook.com/share/v/16D9CJELZ6/</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DJ89JGVz3IH/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==">https://www.instagram.com/reel/DJ89JGVz3IH/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==</a></p>   |

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| 3 | ପିସିଓଏସ୍ ସମସ୍ୟା: କେମିତି ଭଲ ହେବ?   PCOS: How to manage? in Odia   Symptoms   Dr Sweekruti Jena    | <p><b>YouTube:</b><br/> <a href="https://youtu.be/fSDT_DwG56Q?si=r3-rNUIVCyFLK5Ad">https://youtu.be/fSDT_DwG56Q?si=r3-rNUIVCyFLK5Ad</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1QoYqF6eCo/">https://www.facebook.com/share/v/1QoYqF6eCo/</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DKB5kCGz1Zc/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DKB5kCGz1Zc/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p> |
| 4 | ପିରିଓଡ୍ ସମୟରେ ଅସହ୍ୟ ପେଟ ବଥା ହେଉଛି କି?   Understanding Period Pain, in Odia   Dr Kusum Dash       | <p><b>YouTube:</b><br/> <a href="https://youtu.be/tlyy-RUPqQo?si=blEDg1y9hXWrbiLV">https://youtu.be/tlyy-RUPqQo?si=blEDg1y9hXWrbiLV</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/16e7RarpAs/">https://www.facebook.com/share/v/16e7RarpAs/</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DKJsZnkzf5W/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DKJsZnkzf5W/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p> |
| 5 | ପିରିଓଡ୍ ସମୟରେ ସଫାସୁତୁରା କେମିତି ରହିବେ?   Hygiene during Period in Odia   Dr Pramod Kumar Senapati | <p><b>YouTube:</b><br/> <a href="https://youtu.be/P-AoUQhKxRg?si=FgN4Smk4rSE1QgpX">https://youtu.be/P-AoUQhKxRg?si=FgN4Smk4rSE1QgpX</a></p> <p><b>Facebook:</b><br/> <a href="https://www.facebook.com/share/v/1Ednt3CpwS/">https://www.facebook.com/share/v/1Ednt3CpwS/</a></p> <p><b>Instagram:</b><br/> <a href="https://www.instagram.com/reel/DKMWiHVzkRw/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DKMWiHVzkRw/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p> |

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| 6 | <p>ହାରା: ଡାକ୍ତରୀ ଉପସ୍ଥାପନ ବିଷୟରେ କଥାହେବା   HIRA:<br/>Odia Animated Video on Menstrual Health Hygiene</p>   | <p><b>YouTube:</b><br/><a href="https://youtu.be/EOprCELG2IA">https://youtu.be/EOprCELG2IA</a></p> <p><b>Facebook:</b><br/><a href="https://www.Facebook.com/share/v/1BKIQ5sc1D/">https://www.Facebook.com/share/v/1BKIQ5sc1D/</a></p> <p><b>Instagram:</b><br/><a href="https://www.instagram.com/reel/DKRfUImTFV3/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==">https://www.instagram.com/reel/DKRfUImTFV3/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==</a></p>   |
| 7 | <p>ଡାକ୍ତରୀ ପରିଚାଳନା ବିଷୟରେ କଥା ହେବା   Let's Talk Period, in Odia   #PeriodFriendlyWorld</p>                | <p><b>YouTube:</b><br/><a href="https://youtu.be/rr4V6yPwzlc?si=6T5PXZQV024ZXkTi">https://youtu.be/rr4V6yPwzlc?si=6T5PXZQV024ZXkTi</a></p> <p><b>Facebook:</b><br/><a href="https://www.Facebook.com/share/v/16mGDQap3t/">https://www.Facebook.com/share/v/16mGDQap3t/</a></p>  |
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| 2  | मेन्सट्रुअल कप - कैसे करें इस्तेमाल?   How to Use a Menstrual Cup? in Hindi   Dr Shivika Gupta   | <b>YouTube:</b><br><a href="https://youtu.be/OwdYBxMNUBg?si=okpJiiQ5lmLz_9rD">https://youtu.be/OwdYBxMNUBg?si=okpJiiQ5lmLz_9rD</a>   |
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| 12    | July 1,2025   | The Pioneer                      | Added to the document   |
| 13    | July 2,2025   | The Hans India                   | Added to the document   |
| 14    | June 29, 2025 | Prameya English                  | <a href="https://www.prameyanews.com/youth-lead-the-way-in-menstrual-health-awareness-at-berhampur-university">https://www.prameyanews.com/youth-lead-the-way-in-menstrual-health-awareness-at-berhampur-university</a>   |
| 15    | June 29, 2025 | Magzter                          | <a href="https://www.magzter.com/stories/newspaper/The-Political-and-Business-Daily/PUBLIC-HEALTH-YOUTH-OUTREACH-PROGRAM-ON-MENSTRUAL-HYGIENE-AT-BERHAMPUR-UNIVERSITY?srsId=AfmBOorQISJsgtGoLRSWvtQcD1H7Jor8igyfJtIcIc8-4GHfKXC4TdZ">https://www.magzter.com/stories/newspaper/The-Political-and-Business-Daily/PUBLIC-HEALTH-YOUTH-OUTREACH-PROGRAM-ON-MENSTRUAL-HYGIENE-AT-BERHAMPUR-UNIVERSITY?srsId=AfmBOorQISJsgtGoLRSWvtQcD1H7Jor8igyfJtIcIc8-4GHfKXC4TdZ</a> |
| 16    | June 28,2025  | Samaj Live                       | <a href="https://samajalive.in/odisha-news-3782/667540.html">https://samajalive.in/odisha-news-3782/667540.html</a>   |
| 17    | June 28,2025  | OdishaLIVE                       | <a href="https://odisha.live/2025/06/28/public-health-youth-outreach-program-on-menstrual-hygiene-at-berhampur-university-odia-news-odisha-news/">https://odisha.live/2025/06/28/public-health-youth-outreach-program-on-menstrual-hygiene-at-berhampur-university-odia-news-odisha-news/</a>   |

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| 18 | June 28,2025  | Odisha Plus    | <a href="https://x.com/Odisha_Plus/status/1938935295556362420">https://x.com/Odisha_Plus/status/1938935295556362420</a>   |
| 19 | June 30, 2025 | Zilla Khabar   | <a href="https://zillakhabar.com/62525/">https://zillakhabar.com/62525/</a>   |
| 20 | July 2,2025   | Odishabarta    | <a href="https://odishabarta.com/public-health-youth-outreach-program-on-menstrual-hygiene-at-berhampur-university/">https://odishabarta.com/public-health-youth-outreach-program-on-menstrual-hygiene-at-berhampur-university/</a>   |
| 21 | July 2, 2025  | Odishadiary    | <a href="https://orissadiary.com/public-health-youth-outreach-program-on-menstrual-hygiene-at-berhampur-university/">https://orissadiary.com/public-health-youth-outreach-program-on-menstrual-hygiene-at-berhampur-university/</a>   |
| 22 | July 2, 2025  | The Hans India | <a href="https://www.thehansindia.com/news/national/bu-hosts-menstrual-hygiene-awareness-drive-984394">https://www.thehansindia.com/news/national/bu-hosts-menstrual-hygiene-awareness-drive-984394</a>   |
| 23 | May 29, 2025  | Prameya News   | <a href="https://www.prameyanews.com/lets-talk-periods-campaign-sparks-open-dialogue-on-menstrual-hygiene-in-odisha">https://www.prameyanews.com/lets-talk-periods-campaign-sparks-open-dialogue-on-menstrual-hygiene-in-odisha</a>   |
| 24 | May 29, 2025  | Sambad.in      | <a href="https://sambad.in/leading/monthly-periods-of-gilr-9312419">https://sambad.in/leading/monthly-periods-of-gilr-9312419</a>   |
| 25 | May 29, 2025  | K News         | <a href="https://knewsodisha.com/state/digital-campaign-lets-talk-periods-launched-to-create-awareness-on-menstrual-hygiene-713839">https://knewsodisha.com/state/digital-campaign-lets-talk-periods-launched-to-create-awareness-on-menstrual-hygiene-713839</a>                   |
| 26 | May 29, 2025  | Odia Barta     | <a href="https://odiabarta.in/144195/">https://odiabarta.in/144195/</a>   |
| 27 | May 29, 2025  | Odisha Plus    | <a href="https://odisha.plus/2025/05/lets-talk-periods-odisha-campaign-ignites-conversation-on-menstrual-hygiene-for-a-periodfriendlyworld/">https://odisha.plus/2025/05/lets-talk-periods-odisha-campaign-ignites-conversation-on-menstrual-hygiene-for-a-periodfriendlyworld/</a> |



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| <b>Publication</b> | Pragativadi                                  |
| <b>Date</b>        | 29 May 2025                                  |
| <b>Headline</b>    | Menstrual Hygiene Campaign by IFI Foundation |

# ଆଇଏଫଆଇ ପକ୍ଷରୁ ରତ୍ନସ୍ରାବ ସଚେତନତା ଅଭିଯାନ

■ ଭୁବନେଶ୍ୱର, ଡା. ୨୭।୫ (ପିଏନଏସ) ମାସିକ ରତ୍ନସ୍ରାବ ବା ପିରିୟଡ୍ ସଜ୍ଜଣେ କିଶୋରୀ ଓ ନାରୀ ଜୀବନର ଏକ ପ୍ରାକୃତିକ ତଥା ସ୍ୱାଭାବିକ ପ୍ରକ୍ରିୟା କିନ୍ତୁ ଏହାକୁ ନେଇ ଏବେ ବି ମହିଳାଙ୍କ ଭିତରେ ଲାଜ ଓ ସଙ୍କୋଚ ରହିଛି। ଏପରିକି ଅନେକ କ୍ଷେତ୍ରରେ ସେମାନେ ନିଜ ଘରେ ବିଭିନ୍ନ ବାସନ୍ଦର ଶିକାର ହେବା ସହ ସମାଜ ଓ କାର୍ଯ୍ୟକ୍ଷେତ୍ରରେ ନାନା ପ୍ରତିବନ୍ଧକର ସମ୍ମୁଖୀନ ହେଉଛନ୍ତି। ତେଣୁ ଏ ବିଷୟରେ ଡିଜିଟାଲ ମିଡିଆ ମାଧ୍ୟମରେ ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି କରିବାକୁ କରାଯାଉଛି ବିଶେଷ ଅଭିଯାନ 'ଚାଲ ପିରିୟଡ୍ ବିଷୟରେ କଥା ହେବା'।

ବିଭିନ୍ନ ତାତ୍ତ୍ୱରଙ୍କ ସାକ୍ଷାତକାରକୁ ଆଧାରକରି ଭିଡିଓ ସିରିଜ ସୋସିଆଲ ମିଡିଆ ମାଧ୍ୟମରେ ପ୍ରସାରଣ କରାଯାଉଛି। ଏହାସହିତ ରତ୍ନସ୍ରାବକୁ ନେଇ ପ୍ରମୁଖ ସାମାଜିକ କର୍ମୀ, ସେଲିବ୍ରିଟି ତଥା ଯୁବପିଢ଼ିର ଅନୁଭୂତି ଓ ଅଭିମତକୁ ଗୁରୁତ୍ୱ ଦିଆଯାଉଛି। ବିଶେଷକରି, ପ୍ରଥମ ରତ୍ନସ୍ରାବରୁ (ମେନାର୍କି) ଶେଷ ରତ୍ନସ୍ରାବ (ମେନୋପଜ) ପର୍ଯ୍ୟନ୍ତ ଜଣେ ମହିଳାଙ୍କ ଜୀବନର ବିଭିନ୍ନ ଅବସ୍ଥା ସମ୍ପର୍କରେ ଏହି ଅଭିଯାନରେ ସଚେତନତାର ବାର୍ତ୍ତା ଦିଆଯାଉଛି ବୋଲି କ୍ୟାମ୍ପେନର ନିର୍ଦ୍ଦେଶକ ତଥା ସ୍ୱାସ୍ଥ୍ୟସୂଚକ ନେଟୱାର୍କର ସିଇଓ ସିଦ୍ଧାର୍ଥ ରଥ କହିଛନ୍ତି। ବରିଷ୍ଠ ସାମ୍ବାଦିକ ତଥା କମ୍ୟୁନିକେସନ ସ୍ପେଶାଲିଷ୍ଟ ନାକାମ୍ବର ରଥ 'ଚାଲ ପିରିୟଡ୍ ବିଷୟରେ କଥା ହେବା' ଅଭିଯାନର ଅଧ୍ୟକ୍ଷ ଅଛନ୍ତି। କଳିଙ୍ଗ ହସ୍ପିଟାଲ, ଭୁବନେଶ୍ୱର ଏବଂ ପାରାଦୀପ ପସପେଟ୍ସ ଲିମିଟେଡ୍ ଚଳିତ ବର୍ଷ ଏହି କ୍ୟାମ୍ପେନର ଆୟୋଜିତ ପାର୍ଟନର ରହିଛନ୍ତି। ଗତ କିଛି ଦଶନ୍ଧି ମଧ୍ୟରେ ଶିକ୍ଷା, ସ୍ୱାସ୍ଥ୍ୟ ଓ ବିଭିନ୍ନ ସାମାଜିକ କ୍ଷେତ୍ରରେ ମହିଳାମାନଙ୍କ ଲାଗି ଅନେକ ସୁଯୋଗ ସୃଷ୍ଟି ହୋଇଛି। କିନ୍ତୁ ଚିନ୍ତାର ବିଷୟ ଯେ, ଆଜି ବି ପୃଥିବୀର ପ୍ରାୟ ୫୦ କୋଟିରୁ ଅଧିକ କିଶୋରୀ ଓ ମହିଳାଙ୍କ ପାଖରେ ରତ୍ନସ୍ରାବ ସ୍ୱାସ୍ଥ୍ୟ ବାବଦରେ ଆବଶ୍ୟକ ସୂଚନା ନାହିଁ। ଏ ବିଷୟରେ ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି ପାଇଁ ପ୍ରତିବର୍ଷ ଆଇଏଫଆଇ ପାଉଣ୍ଡେସନ, ଓଡ଼ିଶା ଲାଇଭ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟସୂଚକ ପକ୍ଷରୁ ଏହି ମିଳିତ ଡିଜିଟାଲ କ୍ୟାମ୍ପେନ କରାଯାଉଛି।

## ଆଜି ବିଶ୍ୱ ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସ

ପ୍ରତିବର୍ଷ ମେ' ୨୮ ତାରିଖକୁ 'ବିଶ୍ୱ ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସ' ଭାବେ ପାଳନ କରାଯାଉଛି। ଏହାର ଥିମ ରହିଛି 'ଟୁଗେଟ୍ ଦର ପର ଏ ପିରିୟଡ୍ ପ୍ରେଣ୍ଡଲି ୱାଲୁ'। ଏହି ଅବସରରେ ଆଇଏଫଆଇ ପାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟସୂଚକ ଓ ଓଡ଼ିଶା ଲାଇଭ ପକ୍ଷରୁ ତୃତୀୟ ବର୍ଷ ଲାଗି 'ଚାଲ ପିରିୟଡ୍ ବିଷୟରେ କଥା ହେବା' ଶୀର୍ଷକରେ ଏକ ମିଳିତ କ୍ୟାମ୍ପେନ କରାଯାଉଛି। ମେ' ୨୦ରୁ ଆରମ୍ଭ ହୋଇଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମ ୨୯ ତାରିଖ ଯାଏଁ ଚାଲିବ। ଅଭିଯାନ ଅଧୀନରେ ରତ୍ନସ୍ରାବ ଭଳି ଏକ ସମ୍ବେଦନଶୀଳ ବିଷୟରେ

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| <b>Publication</b> | The Pioneer                                    |
| <b>Date</b>        | 01 July 2025                                   |
| <b>Headline</b>    | ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ବିଶ୍ୱ ମହିଳା ଦିବସ |

## Youth-led workshop on menstrual hygiene at BU

‘Let’s talk about periods’ drive focuses on awareness, dignity

**RAJEEV RATHAN** ■ Brahmapur

A youth-centric public health workshop on menstrual hygiene titled "Chal Periods Bishayare Kathaheba" (Let's talk about periods) was conducted at the Berhampur University last week aiming to break the silence and stigma around menstruation.

Organised in collaboration with the IFI Foundation, SwasthyaPlus and Odishalife, the awareness programme saw enthusiastic participation from over a hundred students and faculty members.

Vice-Chancellor Prof Geetanjali Dash underlined the importance of normalising conversations around menstruation. "Despite being a natural process, menstruation is still shrouded in taboos that limit women's

progress. Through education and awareness, we can overcome these social barriers. Students must act as change-makers in their communities," she said.

Campaign head and IFI Foundation Vice-President Pranati Parida highlighted the link between menstrual hygiene and women's physical and mental well-being. "We need to empower the youth to create safe and informed spaces around menstrual health. This campaign aims to foster that change," she said.

A specially-curated awareness video was screened, and an informational booklet on menstrual hygiene was released. Students actively interacted with experts during a Q&A session led by senior gynaecologist Dr Kusum Dash and public health specialist Dr Sanjukta Sabat.

The event was compered by Priyanka Sucharita and coordinated by Amit Kumar Mohanty, Sitanshu Sekhar Sutar and Suchismita Behera.

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| <b>Publication</b> | Dharitri  |
| <b>Date</b>        | 29 June 2025  |
| <b>Headline</b>    | Workshop on Menstrual Hygiene at Berhampur University |

## ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ରତ୍ନସ୍ରାବ ସମ୍ପର୍କିତ କର୍ମଶାଳା



ରତ୍ନସ୍ରାବ ସଂକ୍ରାନ୍ତ ପୁସ୍ତିକାକୁ କୁଳପତିଙ୍କ ସହ ଅନ୍ୟମାନେ ଲୋକାର୍ପିତ କରୁଛନ୍ତି ।

ବ୍ରହ୍ମପୁର, ୨୮.୬ (ସୁବାସ ଚନ୍ଦ୍ର ପାଢ଼ୀ)  
 ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟ ନୂତନ ସମ୍ମିଳନୀ କକ୍ଷରେ ଶନିବାର 'ଚାଲ ପିରିୟଡ୍ସ ବିଷୟରେ କଥାହେବା' ଶୀର୍ଷକ କର୍ମଶାଳା ଅନୁଷ୍ଠିତ ହୋଇଛି । ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟମୁଖ ପକ୍ଷରୁ ଏହି କାର୍ଯ୍ୟକ୍ରମ ହୋଇଥିଲା । ମୁଖ୍ୟ ଅତିଥି ଭାବେ ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଗୀତାଞ୍ଜଳି ଦାଶ ଯୋଗ ଦେଇ ମାସିକ ରତ୍ନସ୍ରାବ ନାରୀ ଜୀବନର ଏକ ସ୍ୱାଭାବିକ ପ୍ରକ୍ରିୟା । କିନ୍ତୁ ଏନେଇ ସମାଜରେ ଏବେବି ଅନ୍ଧବିଶ୍ୱାସ ଦେଖିବାକୁ ମିଳୁଛି । ଏହା ନାରୀ ଜୀବନର ବିକାଶ କ୍ଷେତ୍ରରେ ପ୍ରତିବନ୍ଧକ ହୋଇ ଠିଆହେଉଛି । ଶିକ୍ଷା ଓ ସଚେତନତା ମାଧ୍ୟମରେ ଏହାର ସମାଧାନ ହୋଇପାରିବ ବୋଲି ସେ କହିଥିଲେ । ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନର ସହ-ଅଧ୍ୟକ୍ଷା ତଥା ଅଭିଯାନର ଅଧ୍ୟକ୍ଷା ପ୍ରଣତି

ପରି କହିଥିଲେ, ମହିଳାଙ୍କ ଶାରୀରିକ ଓ ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ରତ୍ନସ୍ରାବ କ୍ଷେତ୍ରରେ ସ୍ୱଚ୍ଛତା ରୁଚୁଥିବା ଏବଂ ଏବିଗରେ ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି କରିବା ପାଇଁ ଏଭଳି କାର୍ଯ୍ୟକ୍ରମ କରାଯାଉଛି । ଭୁବନେଶ୍ୱର କଲିଙ୍ଗ ହସ୍ପିଟାଲ ପ୍ରା ଓ ପ୍ରସୂତି ବିଭାଗର ଡା.କୁମୁଦ ଦାଶ ଏବଂ ଜନସ୍ୱାସ୍ଥ୍ୟ ବିଶେଷଜ୍ଞ ସଂଯୁକ୍ତା ସାବତ ରତ୍ନସ୍ରାବ ସଂକ୍ରାନ୍ତ ବିଭିନ୍ନ ପ୍ରଶ୍ନର ଉତ୍ତର ଦେଇଥିଲେ । ଏହି ଅବସରରେ ଫାଉଣ୍ଡେସନ ପକ୍ଷରୁ ଏକ ସୂଚନା ପୁସ୍ତିକାର ଲୋକାର୍ପଣ କରାଯାଇଥିଲା । ପିଠି କାଉନସିଲ ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ସୁକାନ୍ତ କୁମାର ତ୍ରିପାଠୀ, ସାମ୍ବାଦିକତା ଓ ଗଣଯୋଗାଯୋଗ ବିଭାଗର ମୁଖ୍ୟ ଡ. ବନ୍ଦିତା କୁମାରୀ ପଣ୍ଡା, ଓଡ଼ିଶା ଲାଇଭ ସମ୍ବାଦକ ନୀଳାମ୍ବର ରଥ ପ୍ରମୁଖ ଯୋଗ ଦେଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ବିଭିନ୍ନ ବିଭାଗର ଛାତ୍ର, ଛାତ୍ରୀ, ଅଧ୍ୟାପକ, ଅଧ୍ୟାପିକା ଯୋଗ ଦେଇଥିଲେ ।

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| <b>Publication</b> | Political & Business Daily (PBD)               |
| <b>Date</b>        | 29 June 2025                                   |
| <b>Headline</b>    | ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ବିଶ୍ୱ ମହିଳା ଦିବସ |

## Public health youth outreach program on menstrual hygiene at Berhampur University

**PBD BUREAU**

BERHAMPUR, JUN 28

A public health awareness program on menstrual health, titled 'Let's Talk Periods', was held at Berhampur University on Saturday. The event aimed to engage youth as catalysts for change in creating a period-friendly world. The program was organized by IFI Foundation, Swasthya Plus, and OdishaLIVE, in collaboration with the university, with participation from students and faculty.

Prof. Geetanjali Dash, Vice Chancellor of the university, emphasized the importance of education in breaking societal taboos around menstruation. "Menstruation is natural, yet stigmas hinder women's growth. The youth can help spread awareness within their homes and communities,"



she said.

Pranati Parida, Co-Chair of IFI Foundation, highlighted the significance of menstrual hygiene for women's physical and mental health and stressed the role of youth in spreading awareness.

The event featured the release of a campaign brochure with educational resources and a poster display on sustainable menstrual practices. Additionally, a video capsule on menstrual health and hygiene was previewed. Dr. Kusum Dash, Senior Consultant at Kalinga Hospital, and Sanjukta Sabat, Public Health Educator, addressed students' queries on the subject.

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| <b>Publication</b> | The Hans India                                 |
| <b>Date</b>        | 29 June 2025                                   |
| <b>Headline</b>    | ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ବିଶ୍ୱ ମହିଳା ଦିବସ |

## *BU hosts menstrual hygiene awareness drive*

SUNIL MOHAN PATNAIK  
BERHAMPUR

IN a spirited initiative to destigmatise menstruation and foster awareness among the youth, Berhampur University organised a public health outreach programme titled 'Let's Talk Periods', focusing on menstrual health and hygiene. The event was a joint endeavour by IFI Foundation, Swasthya Plus and OdishaLIVE, in collaboration with the University. The event witnessed enthusiastic participation from hundreds of students and faculty members.

Gracing the occasion as Chief Guest, Geetanjali Dash, Vice Chancellor of Berhampur University, highlighted the importance of education in combating menstrual ta-

boos. "Menstruation is a natural biological process. Yet, societal stigma still shackles the lives of many women. Educating and engaging the youth is key to changing this narrative at grassroots levels," she said.

Pranati Parida, Co-Chair of IFI Foundation and Chair of the campaign, underlined the relevance of the initiative: "Menstrual hygiene is directly linked to the physical and emotional well-being of women. Our aim is to empower the youth to become informed ambassadors of change."

A campaign brochure filled with informative content and links to educational resources was launched during the event. Students added vibrancy with poster presentations carrying strong social

messages around sustainable menstrual practices.

The programme also featured the screening of an informative A-to-Z video capsule on menstrual health, addressing associated health concerns in a youth-friendly manner. Expert insights were shared by Kusum Dash, Senior Consultant (Gynaecology & Obstetrics) at Kalinga Hospital, and Sanjukta Sabat, public health educator, who interacted with the audience.

Dignitaries such as Sukant Kumar Tripathy, Chairman, PG Council; Bandita Kumari Panda, Head of Journalism & Mass Communication and Nilambar Rath, Editor & CEO of OdishaLIVE, enriched the occasion with their presence and perspectives.

The programme was mod-



erated by Priyanka Sucharita, with coordination support from Amit Kumar Mohanty, Sitansu Shekhar Sutar and Sushree Smita Behera of OdishaLIVE and Swasthya Plus. The IFI Foundation,

an official partner of the Global Menstrual Hygiene Day Campaign, continues to lead the digital awareness front, with support this year from Kalinga Hospital, Bhubaneswar and Paradeep

Phosphates Limited as Associate Partners. This initiative stands as a clarion call to youth—to break myths, spread awareness and build a compassionate, period-friendly society.

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| <b>Publication</b> | Anupam Bharat  |
| <b>Date</b>        | 29 June 2025   |
| <b>Headline</b>    | Workshop at Berhampur University, 'Let's Talk Periods' |

## ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ କର୍ମଶାଳା, 'ଚାଲ ପିରିୟସ୍ ବିଷୟରେ କଥାହେବା'

ଭୋଇନପୁର, ୨୮.୬(ଅନୁପମ ନିର୍ଦ୍ଦେଶ): ମହିଳାମାନଙ୍କ ମାସିକ ଉତ୍ପାଦନ ବା ପିରିୟସ୍ ପରିଚ୍ଛେଦରେ ସୁସ୍ୱଚାରଣ ଅନୁଭବ ପାଇଁ ଏକ ସୃଷ୍ଟି କରିବା ପାଇଁ ପିରିୟସ୍ ବିଷୟରେ କଥାହେବା' ଶୀର୍ଷକରେ ଏକ କଳ୍ପାଳୟ ସମ୍ପାଦନା କରାଯାଇଛି ।

କଳ୍ପାଳୟରେ ଅନୁପମ ନିର୍ଦ୍ଦେଶ ଓ ଅଧ୍ୟାପିକାମାନେ ଯୋଗ ଦେଇଥିଲେ । କଳ୍ପାଳୟରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତିଷ୍ଠାପକ ଶ୍ରୀମତୀ ସୁମିତ୍ରା ଦେବୀଙ୍କ ଦ୍ୱାରା ଆୟୋଜନ କରାଯାଇଥିଲା ।

ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତିଷ୍ଠାପକ ଶ୍ରୀମତୀ ସୁମିତ୍ରା ଦେବୀଙ୍କ ଦ୍ୱାରା ଆୟୋଜନ କରାଯାଇଥିଲା ।



କଳ୍ପାଳୟରେ ଅନୁପମ ନିର୍ଦ୍ଦେଶ ଓ ଅଧ୍ୟାପିକାମାନେ ଯୋଗ ଦେଇଥିଲେ । କଳ୍ପାଳୟରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତିଷ୍ଠାପକ ଶ୍ରୀମତୀ ସୁମିତ୍ରା ଦେବୀଙ୍କ ଦ୍ୱାରା ଆୟୋଜନ କରାଯାଇଥିଲା ।

ଅନୁପମ ନିର୍ଦ୍ଦେଶ ଓ ଅଧ୍ୟାପିକାମାନେ ଯୋଗ ଦେଇଥିଲେ । କଳ୍ପାଳୟରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତିଷ୍ଠାପକ ଶ୍ରୀମତୀ ସୁମିତ୍ରା ଦେବୀଙ୍କ ଦ୍ୱାରା ଆୟୋଜନ କରାଯାଇଥିଲା ।

କଳ୍ପାଳୟରେ ଅନୁପମ ନିର୍ଦ୍ଦେଶ ଓ ଅଧ୍ୟାପିକାମାନେ ଯୋଗ ଦେଇଥିଲେ । କଳ୍ପାଳୟରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତିଷ୍ଠାପକ ଶ୍ରୀମତୀ ସୁମିତ୍ରା ଦେବୀଙ୍କ ଦ୍ୱାରା ଆୟୋଜନ କରାଯାଇଥିଲା ।

କଳ୍ପାଳୟରେ ଅନୁପମ ନିର୍ଦ୍ଦେଶ ଓ ଅଧ୍ୟାପିକାମାନେ ଯୋଗ ଦେଇଥିଲେ । କଳ୍ପାଳୟରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତିଷ୍ଠାପକ ଶ୍ରୀମତୀ ସୁମିତ୍ରା ଦେବୀଙ୍କ ଦ୍ୱାରା ଆୟୋଜନ କରାଯାଇଥିଲା ।

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| <b>Publication</b> | The Kalinga Chronicles                                     |
| <b>Date</b>        | 29 May 2025  |
| <b>Headline</b>    | Menstrual Hygiene Awareness Campaign: 'Let's Talk Periods' |

## Menstrual Hygiene Awareness Campaign: 'Let's Talk About Periods'

\* May 28 Observed as World Menstrual Hygiene Day

Balasore, 28/5: (By Krushna Kumar Mohanty): Menstruation, or periods, is a natural and biological process in the life of every adolescent girl and woman. Yet, it continues to be surrounded by shame and silence. Even today, many women face social stigma and familial discrimination due to menstruation, encountering various obstacles both at home and in the workplace. In response, a special digital awareness campaign titled 'Let's Talk About Periods' has been launched to break the silence and build awareness. Every year, May 28 is globally observed as World Menstrual Hygiene Day, with this year's theme being 'Together for a Period-Friendly World.' Marking the occasion, IF I Foundation, Swasthya Plus, and Odishalive have



jointly undertaken this campaign for the third consecutive year under the banner 'Let's Talk About Periods.' Launched on May 20, the initiative will continue through May 29. Under this campaign, a series of videos featuring interviews with medical professionals is being disseminated through social media, focusing on menstruation as a sensitive health subject. The campaign also highlights perspectives and experiences shared by noted social activists, celebrities, and young

voices. It aims to cover various stages in a woman's menstrual journey — from menarche (first period) to menopause (last period) — and bring these discussions into the mainstream. Key topics addressed include the basics of menstruation, menstrual hygiene management, health issues related to periods and their treatments, as well as confronting age-old superstitions. The campaign also provides crucial information on menstrual products —

from sanitary pads to eco-friendly menstrual cups and tampons. "Countries across the world are now giving due importance to menstrual hygiene. Dedicated policies and programs are being formulated, and it's time we prioritize widespread awareness so that menstruation does not become a barrier to women's dreams and progress," stated Siddharth Rath, the campaign director and CEO of Swasthya Plus Network. "That's why IF I Foundation is using digital media to address this pressing public health issue," he added. IF I Foundation has partnered with international organizations coordinating World Menstrual Hygiene Day. Veteran journalist and communication specialist Nilambar Rath is leading the campaign as its

chairperson. Kalinga Hospital, Bhubaneswar, and Paradeep Phosphates Limited have come onboard as associate partners for this year's campaign. While the past decades have witnessed improved opportunities for women in education, healthcare, and social development, it is worrying that even today, over 500 million women and adolescent girls globally lack access to essential information, menstrual products, and proper hygiene management. The major reasons behind this include financial constraints, traditional societal taboos, and a lack of menstrual education and awareness. To address this gap, the IF I Foundation, Odishalive, and Swasthya Plus continue to run this collaborative digital campaign every year to build a more informed and inclusive society.

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| <b>Publication</b> | Samaja                               |
| <b>Date</b>        | 27 June 2025                         |
| <b>Headline</b>    | Menstrual Hygiene Awareness Campaign |

## ରତୁସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ସଚେତନତା ଅଭିଯାନ

ଭୁବନେଶ୍ୱର, ୨୭ ।୫ (ନି.ପ୍ର): ମାସିକ ରତୁସ୍ରାବ ବା ପିରିୟଡ୍‌ସ ଜଣେ କିଶୋରୀ ଓ ନାରୀ ଜୀବନର ଏକ ପ୍ରାକୃତିକ ତଥା ସ୍ୱାଭାବିକ ପ୍ରକ୍ରିୟା । କିନ୍ତୁ ଏହାକୁ ନେଇ ଏବେବି ମହିଳାଙ୍କ ଭିତରେ ଲାଜ ଓ ସଙ୍କୋଚ ରହିଛି । ଏପରିକି ଅନେକ କ୍ଷେତ୍ରରେ ସେମାନେ ନିଜ ଘରେ ବିଭିନ୍ନ ବାସନ୍ଦର ଶିକାର ହେବା ସହ ସମାଜ ଓ କାର୍ଯ୍ୟକ୍ଷେତ୍ରରେ ନାନା ପ୍ରତିବନ୍ଧକର ସମ୍ମୁଖୀନ ହେଉଛନ୍ତି । ପ୍ରତିବର୍ଷ ମେ ୨୮ ତାରିଖକୁ 'ବିଶ୍ୱ ରତୁସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସ' ଭାବେ ପାଳନ କରାଯାଉଛି । ଏହି ଅବସରରେ ଆଇଏଫଆଇ ପାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟପୁସ୍ ଏବଂ ଓଡ଼ିଶାଲାଇଭ୍ ପକ୍ସରୁ 'ଚାଲ ପିରିୟଡ୍ସ ବିଷୟରେ କଥା ହେବା' କାର୍ଯ୍ୟକ୍ରମ ମେ ୨୦ରୁ ଆରମ୍ଭ ହୋଇଛି । ଜନସ୍ୱାସ୍ଥ୍ୟ ବିଷୟକୁ ନେଇ ତିନିଟାଲ ମିଡ଼ିଆ ମାଧ୍ୟମରେ ଆଇଏଫଆଇ ପାଉଣ୍ଡେସନ ପକ୍ସରୁ ଏହି କାର୍ଯ୍ୟକ୍ରମ କରାଯାଉଛି ବୋଲି ସ୍ୱାସ୍ଥ୍ୟପୁସ୍ ନେତୃତ୍ୱର ସିଇଓ ସିଦ୍ଧାନ୍ତ ରଥ କହିଛନ୍ତି ।

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| <b>Headline</b>    | “Let’s Talk Periods” campaign sparks menstrual health revolution in Odisha |



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## “Let’s Talk Periods” campaign sparks menstrual health revolution in Odisha

**PBD BUREAU**  
BHUBANESWAR, MAY 27

IN a bold step towards ending menstrual stigma and building a #PeriodFriendlyWorld, a powerful digital campaign titled “Let’s Talk Periods” is igniting critical conversations across Odisha. Launched by IFI Foundation in collaboration with OdishaLIVE and Swasthya Plus Network, the campaign leverages the power of social media to educate, inspire, and normalize discussions on menstrual health.

Timed to coincide with Menstrual Hygiene Day on May 28, the campaign runs from May 20 to 29, using an engaging video series to spotlight doctors, celebri-



ties, social workers, and youth voices, all coming together to dismantle the silence and shame often surrounding menstruation.

“Menstruation should never be a barrier to confidence, well-being, or aspirations,” says Sidharth Rath, Campaign Director and CEO of Swasthya Plus Network. “Through this digital media initiative, we aim to foster openness and empower people with facts and choice.”

From the basics of menstruation to managing common period-related health issues, and from debunking myths to promoting

eco-friendly menstrual products, the campaign is a comprehensive journey through a woman’s menstrual life — from menarche to menopause.

Notably, “Let’s Talk Periods” also champions sustainable menstrual practices, introducing audiences to options like reusable menstrual cups and biodegradable tampons, promoting health-conscious and environment-friendly choices.

Despite increasing awareness globally, more than 50 million women and girls still lack essential knowledge and access to period care. Deep-rooted stigma, lack of proper facilities, and socio-economic barriers continue to hinder progress.

“This campaign is a humble yet necessary step to educate and engage, especially with young people, and break the silence around menstruation,” says Nilambar Rath, journalist.

With strategic support from partners like Kalinga Hospital and Paradip Phosphates Limited, and its affiliation with the global Menstrual Hygiene Day initiative, the IFI Foundation is driving this movement with a vision to create lasting impact.



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| <b>Publication</b> | Samaya   |
| <b>Date</b>        | 29 May 2025  |
| <b>Headline</b>    | Menstrual Hygiene Awareness Campaign: 'Let's Talk Periods' |

## ମେ' ୨୮ ବିଶ୍ୱ ଉତ୍ସୁସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସ ଉତ୍ସୁସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ସଚେତନତା ଅଭିଯାନ : 'ଚାଲ ପିରିୟଡ୍ସ ବିଷୟରେ କଥା ହେବା'

କୁଳନେଶ୍ୱର, (ସମ୍ବୁଧ): ମାସିକ ଉତ୍ସୁସ୍ରାବ ବା ପିରିୟଡ୍ସ ଉପରେ କିଶୋରୀ ଓ ନାରୀ ଜୀବନର ଏକ ପ୍ରାକୃତିକ ତଥା ସ୍ୱାଭାବିକ ପ୍ରକ୍ରିୟା । କିନ୍ତୁ ଏହାକୁ ନେଇ ଏବେ ବି ମହିଳାଙ୍କ ଭିତରେ ଲାଜ ଓ ସଙ୍କୋଚ ରହିଛି । ଏପରିକି ଅନେକ କ୍ଷେତ୍ରରେ ସେମାନେ ନିଜ ଘରେ ବିଭିନ୍ନ ବାସନ୍ତ ଶିକାର ହେବା ସହ ସମାଜ ଓ କାର୍ଯ୍ୟକ୍ଷେତ୍ରରେ ନାନା ପ୍ରତିବନ୍ଧକ ସମ୍ମୁଖୀନ ହେଉଛନ୍ତି । ତେଣୁ, ଏ ବିଷୟରେ ଠିକ୍‌ତାଲ ମିଡ଼ିଆ ମାଧ୍ୟମରେ ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି କରିବାକୁ କରାଯାଇଛି ବିଶେଷ ଅଭିଯାନ - 'ଚାଲ ପିରିୟଡ୍ସ ବିଷୟରେ କଥା ହେବା' । ପ୍ରତିବର୍ଷ ମେ' ୨୮ ତାରିଖକୁ 'ବିଶ୍ୱ ଉତ୍ସୁସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସ' ଭାବେ ପାଳନ କରାଯାଇଛି । ଏହାର ଥମ୍ପ ରହିଛି 'ରୁଗ୍‌ଗେଟ୍‌ ଫର ଏ ପିରିୟଡ୍ ଫ୍ରେଣ୍ଡ୍‌ ଷ୍ଟାର୍ଟ୍‌' । ଏହି ଅବସରରେ ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟସୁସ୍ ଏବଂ ଓଡ଼ିଶାଲାଇଭ୍ ପକ୍ସକୁ ଲଗାତର ଦୃତୀୟ ବର୍ଷ ପାଇଁ 'ଚାଲ ପିରିୟଡ୍ସ ବିଷୟରେ କଥା ହେବା' ଶୀର୍ଷକରେ ଏକ ମିଡ଼ିଆ କ୍ୟାମ୍ପେନ କରାଯାଇଛି । ମେ' ୨୦ରୁ ଆରମ୍ଭ ହୋଇଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମ ୨୯ ତାରିଖ ଯାଏଁ ଚାଲିବ । ଅଭିଯାନ ଅଧୀନରେ ଉତ୍ସୁସ୍ରାବ ଭବି ଏକ ସମ୍ବେଦନଶୀଳ ବିଷୟରେ ବିଭିନ୍ନ ଖବରକାଗଜରୁ ଆଧାରକରି ଭିଡିଓ ସିରିଜ ଯୋଗିଆଇ ମିଡିଆ ମାଧ୍ୟମରେ ପ୍ରସାରଣ କରାଯାଇଛି । ଏହାସହିତ ଉତ୍ସୁସ୍ରାବକୁ ନେଇ ପ୍ରମୁଖ ସାମାଜିକ କର୍ମୀ, ସେଲିବ୍ରିଟି ତଥା ଯୁବପିଠ ଅନୁଭୂତି ଓ ଅଭିମତକୁ ଶୁଣୁଥିବି ଆଯୋଜି । ବିଶେଷକରି, ପ୍ରଥମ ଉତ୍ସୁସ୍ରାବରୁ (ମେନାର୍କ) ଶେଷ ଉତ୍ସୁସ୍ରାବ (ମେନୋପାଉ) ପର୍ଯ୍ୟନ୍ତ ଉପର ମହିଳାଙ୍କ ଜୀବନର ବିଭିନ୍ନ ଅବସ୍ଥା ସମ୍ପର୍କରେ ଏହି ଅଭିଯାନରେ ସଚେତନତା ବାର୍ତ୍ତା ଦିଆଯାଇଛି । ଅଭିଯାନରେ ପ୍ରସାରିତ ବିଭିନ୍ନ ବିଷୟ ମଧ୍ୟରେ ରହିଛି ଉତ୍ସୁସ୍ରାବ କ'ଣ ଓ କାହିଁକି, ଉତ୍ସୁସ୍ରାବ ସମ୍ବନ୍ଧୀୟ ପରିଚାଳନା, ଉତ୍ସୁସ୍ରାବକଳିତ ବିଭିନ୍ନ ସ୍ୱାସ୍ଥ୍ୟ ସମସ୍ୟା ଓ ତା'ର ଉପଚାର ସହିତ ବିଭିନ୍ନ ଅନ୍ତର୍ଦ୍ଧ୍ୟାତ୍ମକ ମୁକାବିଲା । ସେହିପରି ସାନିଟାରି ପ୍ୟାଡ଼ଠାରୁ ଆରମ୍ଭକରି ପରିବେଶ ଉପଯୋଗୀ ପିରିୟଡ୍ କମ୍ ଏବଂ ଟାଣ୍ଡୁଲ୍ ଭଳି ଆଧୁନିକ ପିରିୟଡ୍ ପ୍ରଡକ୍ଟ୍‌ ସମ୍ପର୍କରେ ଲୋକଙ୍କୁ ସୂଚନା ଦିଆଯାଇଛି । ଏଭଳି ଏକ ବନସ୍ୱାସ୍ଥ୍ୟ ବିଷୟକୁ ନେଇ ଚିଡ଼ିଚାଲ ମିଡିଆ ମାଧ୍ୟମରେ ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ ପକ୍ସକୁ ଏହି କାର୍ଯ୍ୟକ୍ରମ କରାଯାଇଛି, କହିଛନ୍ତି କ୍ୟାମ୍ପେନର ନିର୍ଦ୍ଦେଶକ ତଥା ସ୍ୱାସ୍ଥ୍ୟସୁସ୍ ନେତୃତ୍ୱର ସିଇଓ ସିଦ୍ଧାନ୍ତ ରଥ । ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ ବିଶ୍ୱ ଉତ୍ସୁସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସକୁ ପରିଚାଳନା କରୁଥିବା ଅନ୍ତର୍ଜାତୀୟ ସଙ୍ଗଠନର ଅଫିସିଆଲ ପାର୍ଟନର ଭାବେ ଯୋଡ଼ି ହୋଇଛି । ଦରିଶ୍ଚ ସାମ୍ବାଦିକ ତଥା କମ୍ୟୁନିକେସନ ସେଣ୍ଟାଲିଷ୍ଟ ନୀଳାୟର ରଥ 'ଚାଲ ପିରିୟଡ୍ସ ବିଷୟରେ କଥା ହେବା' ଅଭିଯାନର ଅଧ୍ୟକ୍ଷ ଅଛନ୍ତି ।

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| <b>Publication</b> | The Common Times   |
| <b>Date</b>        | 30 July 2025   |
| <b>Headline</b>    | Menstrual Hygiene Awareness Campaign: 'Let's Talk Periods' |

## Menstrual Hygiene Awareness Campaign: 'Let's Talk About Periods'\* May 28 Observed as World Menstrual Hygiene Day

TCT, Balasore, 28/5: (By Krushna Kumar Mohanty) Menstruation, or periods, is a natural and biological process in the life of every adolescent girl and woman. Yet, it continues to be surrounded by shame and silence. Even today, many women face social stigma and familial discrimination due to menstruation, encountering various obstacles both at home and in the workplace. In response, a special digital awareness campaign titled 'Let's Talk About Periods' has been launched to break the silence and build awareness. Every year, May 28 is globally observed as World Menstrual Hygiene Day, with this year's theme being 'Together for a Period-Friendly World.' Marking the occasion, IF I Foundation, Swasthya Plus, and Odishalive have jointly undertaken this campaign for the third consecutive year under the banner 'Let's Talk About Periods.' Launched on May 20, the initiative will continue through May 29. Under this campaign, a series of videos featuring interviews with medical professionals is being disseminated through social media, focusing on menstruation as a sensitive health subject. The campaign also highlights



perspectives and experiences shared by noted social activists, celebrities, and young voices. It aims to cover various stages in a woman's menstrual journey — from menarche (first period) to menopause (last period) — and bring these discussions into the mainstream. Key topics addressed include the basics of menstruation, menstrual hygiene management, health issues related to periods and their treatments, as well as confronting age-old su-

perstitutions. The campaign also provides crucial information on menstrual products — from sanitary pads to eco-friendly menstrual cups and tampons. "Countries across the world are now giving due importance to menstrual hygiene. Dedicated policies and programs are being formulated, and it's time we prioritize widespread awareness so that menstruation does not become a barrier to women's dreams and progress," stated Sid-

dharth Rath, the campaign director and CEO of Swasthya Plus Network. "That's why IF I Foundation is using digital media to address this pressing public health issue," he added. IF I Foundation has partnered with international organizations coordinating World Menstrual Hygiene Day. Veteran journalist and communication specialist Nilambar Rath is leading the campaign as its chairperson. Kalinga Hospital, Bhubaneswar, and Paradeep Phosphates Limited have come onboard as associate partners for this year's campaign. While the past decades have witnessed improved opportunities for women in education, healthcare, and social development, it is worrying that even today, over 500 million women and adolescent girls globally lack access to essential information, menstrual products, and proper hygiene management. The major reasons behind this include financial constraints, traditional societal taboos, and a lack of menstrual education and awareness. To address this gap, the IF I Foundation, Odishalive, and Swasthya Plus continue to run this collaborative digital campaign every year to build a more informed and inclusive society.

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| <b>Publication</b> | Seithu Arambha   |
| <b>Date</b>        | 29 May 2025  |
| <b>Headline</b>    | Menstrual Hygiene Awareness Campaign: 'Let's Talk Periods' |

## ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ସଚେତନତା ଅଭିଯାନ : 'ଚାଲ ପିରିୟଡ୍ ବିଷୟରେ କଥା ହେବା'

ବାଲେଶ୍ୱର, ୨୮/୦୫ (ଆ.ପ୍ର) : ମାସିକ ରତ୍ନସ୍ରାବ ବା ପିରିୟଡ୍‌ସ୍ ଜଣେ କିଶୋରୀ ଓ ନାରୀ ଜୀବନର ଏକ ପ୍ରାକୃତିକ ଚକ୍ର। ସ୍ୱାଭାବିକ ପ୍ରକ୍ରିୟା। କିନ୍ତୁ ଏହାକୁ ନେଇ ଏବେ ବି ମହିଳାଙ୍କ ଭିତରେ ଜ୍ଞାନ ଓ ସଚେତନତା ରହିଛି। ଏପରିକି ଅନେକ କ୍ଷେତ୍ରରେ ସେମାନେ ନିଜ ପରେ ବିଭିନ୍ନ ବ୍ୟବହାର ଶିକ୍ଷା ହେବା ସହ ସମାଜ ଓ କାର୍ଯ୍ୟକ୍ଷେତ୍ରରେ ନାନା ପ୍ରତିବନ୍ଧକର ସମ୍ମୁଖୀନ ହେଉଛନ୍ତି । ତେଣୁ, ଏ ବିଷୟରେ ଡିଜିଟାଲ ମିଡିଆ ମାଧ୍ୟମରେ ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି କରିବାକୁ କରାଯାଇଛି ବିଶେଷ ଅଭିଯାନ - 'ଚାଲ ପିରିୟଡ୍ ବିଷୟରେ କଥା ହେବା'। ପ୍ରତିବର୍ଷ ମେ' ୨୮ ତାରିଖକୁ 'ବିଶ୍ୱ ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସ' ଭାବେ ପାଳନ କରାଯାଇଛି । ଏହାର ଅନ୍ତ ରହିଛି 'ରୂଟଗଟର ପର ଏ ପିରିୟଡ୍ ଫ୍ରେଣ୍ଡଲି ୱାର୍ଲ୍ଡ' । ଏହି ଅବସରରେ ଆଇଏପିଆଇ ପାଇଓସେସନ, ସ୍ୱାସ୍ଥ୍ୟସୂଚୀ ଏବଂ 'ଓଡ଼ିଶାଲାଇଭ୍' ପକ୍ଷରୁ ଲଗାତର ଦୁଇଦିନ ବର୍ଷ ପାଇଁ 'ଚାଲ ପିରିୟଡ୍

ବିଷୟରେ କଥା ହେବା' ଶୀର୍ଷକରେ ଏକ ମିଳିତ କ୍ୟାମ୍ପେନ କରାଯାଇଛି । ମେ' ୨୦ରୁ ଆରମ୍ଭ ହୋଇଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମ ୨୯ ତାରିଖ ଯାଏଁ ଚାଲିବ । ଅଭିଯାନ ଅଧୀନରେ ରତ୍ନସ୍ରାବ ଭଳି ଏକ ସମ୍ବେଦନଶୀଳ ବିଷୟରେ ବିଭିନ୍ନ ଡାକ୍ତରଙ୍କ ସାକ୍ଷାତକାରକୁ ଆଧାରକରି ଭିତ୍ତି ଓ ସିରିକ ସୋସିଆଲ ମିଡିଆ ମାଧ୍ୟମରେ ପ୍ରସାରଣ କରାଯାଇଛି । ଏହାସହିତ ରତ୍ନସ୍ରାବକୁ ନେଇ ପ୍ରମୁଖ ସାମାଜିକ କର୍ମୀ, ସେଲିବ୍ରିଟି ଚିଆ ମୁଭିପିକ୍ସର ଅନୁଭୂତି ଓ ଅଭିନେତ୍ରୀ ଗୁରୁତ୍ୱ ଦିଆଯାଇଛି । ବିଶେଷକରି, ପ୍ରଥମ ରତ୍ନସ୍ରାବରୁ (ମେନାର୍କ) ଶେଷ ରତ୍ନସ୍ରାବ (ମେନୋପଜ) ପର୍ଯ୍ୟନ୍ତ ଜଣେ ମହିଳାଙ୍କ ଜୀବନର ବିଭିନ୍ନ ଅବସ୍ଥା ସମ୍ପର୍କରେ ଏହି ଅଭିଯାନରେ ସଚେତନତା ଚାର୍ଟା ଦିଆଯାଇଛି । ଅଭିଯାନରେ ପ୍ରସାରିତ ବିଭିନ୍ନ ବିଷୟ ମଧ୍ୟରେ ରହିଛି ରତ୍ନସ୍ରାବ କ'ଣ ଓ କାହିଁକି, ରତ୍ନସ୍ରାବ ସୂଚକ ପରିଚାଳନା, ରତ୍ନସ୍ରାବକଳିତ ବିଭିନ୍ନ ସ୍ୱାସ୍ଥ୍ୟ ସମସ୍ୟା ଓ ଚା'ର ଉପଚାର ସହିତ ବିଭିନ୍ନ ଅନ୍ତର୍ଦ୍ଧାସର

ପ୍ରକାଶିତ। ସେହିପରି ସାନିଟାରୀ ଫାଇଓରୁ ଆରମ୍ଭକରି ପରିଚେଷ୍ଟ ଉପଯୋଗୀ ପିରିୟଡ୍ କପ୍ ଏବଂ ଚାମୁଚୁ ଭଳି ଆଧୁନିକ ପିରିୟଡ୍ ପ୍ରଦତ୍ତ ସମ୍ପର୍କରେ ଲୋକଙ୍କୁ ସୂଚନା ଦିଆଯାଇଛି । "ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଉପରେ ଆଜି ପୃଥିବୀର ବିଭିନ୍ନ ଦେଶ ଗୁରୁତ୍ୱ ଦେଉଛନ୍ତି । ଏହାକୁ ଅଗ୍ରାଧିକାର ଦେଇ ସୁଚେତନତା ଓ କାର୍ଯ୍ୟକ୍ରମ ପ୍ରସ୍ତୁତ କରାଯାଇଛି । ରତ୍ନସ୍ରାବ ଜଣେ ମହିଳାଙ୍କ ସ୍ୱସ୍ଥ ଏବଂ ଅନ୍ତରାଳ କ୍ଷେତ୍ରରେ ଯେପରି ବ୍ୟବହାର ନହୁଏ ସେ ବିଷୟରେ ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି କରିବାର ସମୟ ଆସିଛି । ତେଣୁ, ଏକାକି ଏକ ଜନସ୍ୱାସ୍ଥ୍ୟ ବିଷୟକୁ ନେଇ ଡିଜିଟାଲ ମିଡିଆ ମାଧ୍ୟମରେ ଆଇଏପିଆଇ ପାଇଓସେସନ ପକ୍ଷରୁ ଏହି କାର୍ଯ୍ୟକ୍ରମ କରାଯାଇଛି," କହିଛନ୍ତି କ୍ୟାମ୍ପେନର ନିର୍ଦ୍ଦେଶକ ଚିଆ ସ୍ୱାସ୍ଥ୍ୟସୂଚୀ ନେତୃତ୍ୱରେ ବିଭିନ୍ନ ବିଭାଗୀୟ ପାଇଓସେସନ ବିଭାଗର ପରିଚ୍ଛନ୍ନତା ବିବସକୁ ପରିଚାଳନା କରୁଥିବା ଅନ୍ତର୍ଦ୍ଧାସର ସମ୍ପର୍କରେ ଅଧିକାଂଶ ସଚେତନତା ଭାବେ ଯୋଡ଼ି

ହୋଇଛି । ବରିଷ୍ଠ ସାମାଜିକ ଚିଆ କମ୍ୟୁନିକେସନ ସେକ୍ସଲିଷ୍ଟ ନୀଳମ୍ବର ଚିଆ 'ଚାଲ ପିରିୟଡ୍ ବିଷୟରେ କଥା ହେବା' ଅଭିଯାନର ଅଧ୍ୟକ୍ଷ ଅଛନ୍ତି । କନିଙ୍ଗ ହସିଟାଲ, ଭୁବନେଶ୍ୱର ଏବଂ ପାଲାରାପ ଫାଉଣ୍ଡେସନ୍ ଲିମିଟେଡ୍, ଚର୍ଚ୍ଚିତ ବର୍ଷ ଏହି କ୍ୟାମ୍ପେନର ଆସୋସିଏଟ୍ ପାର୍ଟନର ରହିଛନ୍ତି । ଉଚ୍ଚ କିଛି ଦଶନ୍ଧି ମଧ୍ୟରେ ଶିକ୍ଷା, ସ୍ୱାସ୍ଥ୍ୟ ଓ ବିଭିନ୍ନ ସାମାଜିକ କ୍ଷେତ୍ରରେ ମହିଳାମାନଙ୍କ ପାଇଁ ଅନେକ ସୁଯୋଗ ସୃଷ୍ଟି ହୋଇଛି । କିନ୍ତୁ ବିଭିନ୍ନ ବିଷୟ ଯେ, ଆଜି ବି ପୃଥିବୀର ପ୍ରାୟ ୫୦ କୋଟିରୁ ଅଧିକ କିଶୋରୀ ଓ

ମହିଳାଙ୍କ ପାଖରେ ରତ୍ନସ୍ରାବ ସ୍ୱାସ୍ଥ୍ୟ ବାବଦରେ ଆବଶ୍ୟକ ସୂଚନା, ବିଭିନ୍ନ ପିରିୟଡ୍‌ସ୍ ପ୍ରଦତ୍ତ ଏବଂ ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ପରିଚାଳନା ପାଇଁ ଆବଶ୍ୟକ ସୂଚନା ନାହିଁ । ବିଶେଷକରି, ଆର୍ଥିକ ସମସ୍ୟା, ପୁରୁଣାକାଳିଆ ସାମାଜିକ ପ୍ରଥାର ପ୍ରଭାବ ସହ ରତ୍ନସ୍ରାବ ଶିକ୍ଷା ଓ ସଚେତନତାର ଅଭାବ ଏହାର ପ୍ରମୁଖ କାରଣ । ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି ପାଇଁ ପ୍ରତିବର୍ଷ ଆଇଏପିଆଇ ପାଇଓସେସନ, ଓଡ଼ିଶାଲାଇଭ୍ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟସୂଚୀ ପକ୍ଷରୁ ଏହି ମିଳିତ ଡିଜିଟାଲ କ୍ୟାମ୍ପେନ କରାଯାଇଛି ।



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| <b>Headline</b>    | Menstrual Hygiene Awareness Campaign: 'Let's Talk Periods' |

## ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ସଚେତନତା ଅଭିଯାନ: 'ଚାଲ ପିରିୟଡ୍ ବିଷୟରେ କଥା ହେବା'

ଓଡ଼ିଶା ସରକାର, ମହିଳା ଓ ଶିଶୁ ସୁରକ୍ଷା ବିଭାଗ ଓ ଓଡ଼ିଶା ସରକାରଙ୍କ ସହଯୋଗରେ ଏହି ଅଭିଯାନ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି।

ଏହି ଅଭିଯାନର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି।

### ମେ' ୨୮ ବିଶ୍ୱ ରତ୍ନସ୍ରାବ ପରିଚ୍ଛନ୍ନତା ଦିବସ ଭାବେ ହେଲା ପାଳନ



ଓଡ଼ିଶା ସରକାରଙ୍କ ସହଯୋଗରେ ଏହି ଅଭିଯାନ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି।

ଏହି ଅଭିଯାନର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି। ଏହା ଓଡ଼ିଶାରେ ଥିବା ସମସ୍ତ ସ୍କୁଲ, କଲେଜ, ଓ ଉଚ୍ଚ ମାଧ୍ୟମିକ ସ୍କୁଲରେ ଆରମ୍ଭ ହେଉଛି।

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# Highlights: Past Campaigns

The Let's Talk Periods campaign continued to grow stronger over the past year. From on-ground activities to digital outreach, each effort aimed to raise awareness, start conversations, and make menstrual health a priority. These highlights reflect the collective action, creativity, and commitment of everyone involved in building a more period-friendly Odisha.

## Highlights of 2023 Campaign Activities



As part of the 2023 campaign, impactful videos were created to raise awareness, share real stories, and educate audiences about menstrual health. Scan the QR Codes to Watch the Videos.





As part of the campaign, interactive sessions were held with doctors, students, and community activists to spark conversations around menstruation. At the same time, awareness drives were conducted in slum areas to educate girls and women about menstrual hygiene management, product use, and breaking taboos.



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# ପିରିସ୍ତ୍ରମ୍

## ବସ୍ତ୍ର ଝିଅଙ୍କ ମନର କଥା



## Highlights of 2024 Campaign Activities



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ମେନାକିରୁ  
ମେନୋପଙ୍କ  
ଚାଲନ୍ତୁ କଥା ହେବା



As part of the 2024 Let's Talk Periods campaign, a series of informational videos and personal experience stories were produced to break the silence around menstruation. A special highlight was an exclusive A-to-Z video covering the entire journey from menarche to menopause, designed to educate, empower, and normalize conversations across all age groups. You can check out this health information on the Swasthya Plus Odia and OdishaLIVE YouTube channels.



“  
ପିରିୟଡ୍‌ସ କଥା  
ଘର ଲୋକ  
ଜଣାନ୍ତୁ”

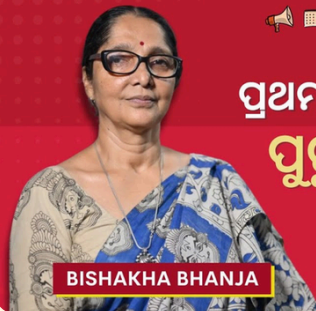


SWASTIKA PANDA

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ପ୍ରଥମ ପିରିୟଡ୍‌ସ ବେଳେ  
ପୁରୁଷଙ୍କୁ ଦେଖିବା  
ମନା ଥିଲା



BISHAKHA BHANJA

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ପିରିୟଡ୍‌ସକୁ  
ଲାଜ  
କରିବା ନାହିଁ



SRUTI MOHAPATRA




ପିରିୟଡ୍‌ସ କଥା?  
ରୁପ୍ ରହ!



ANU CHOUDHURY

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Boost

... ×

ମେନ୍ସୁଆଲ କପ୍ କେମିତି ବ୍ୟବହାର କରିବେ? | How to use Menstrual Cup...  
 May 30, 2024, 8:30 PM  
 ID: 863742095769208

**Interactions**

👍 11,943 reactions

💬 131 comments

➦ 171 shares

Overview
Performance
Feed preview

**Performance**


Top performer

Continue getting results when you boost this post and spend ₹ 171 each day Estimated daily results 2.7K - 7.7K more reach

Boost

**Overview**

| Reach ⓘ   | Impressions ⓘ | Interactions ⓘ | Link clicks ⓘ |
|-----------|---------------|----------------|---------------|
| 2,239,356 | 2,307,725     | 11,876         | 3             |



Boost

... ×

ମେନାର୍ଚ୍ଚୁ ମେନୋପଜ୍ - ଚାଲନ୍ତୁ କଥା ହେବା | Menarche to Menopause - ...  
 May 29, 2024, 12:22 AM  
 ID: 862637345879683

**Interactions**

👍 123 reactions

💬 1 comment

➦ 18 shares

Overview
Performance
Feed preview

**Performance**

Top performer

Continue getting results when you boost this post and spend ₹ 171 each day Estimated daily results 2.7K - 7.7K more reach

Boost

**Overview**

| Reach ⓘ | Impressions ⓘ | Interactions ⓘ | Link clicks ⓘ |
|---------|---------------|----------------|---------------|
| 54,394  | 55,560        | 138            | --            |

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# Let's Talk **Periods**

#PeriodFriendlyWorld



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