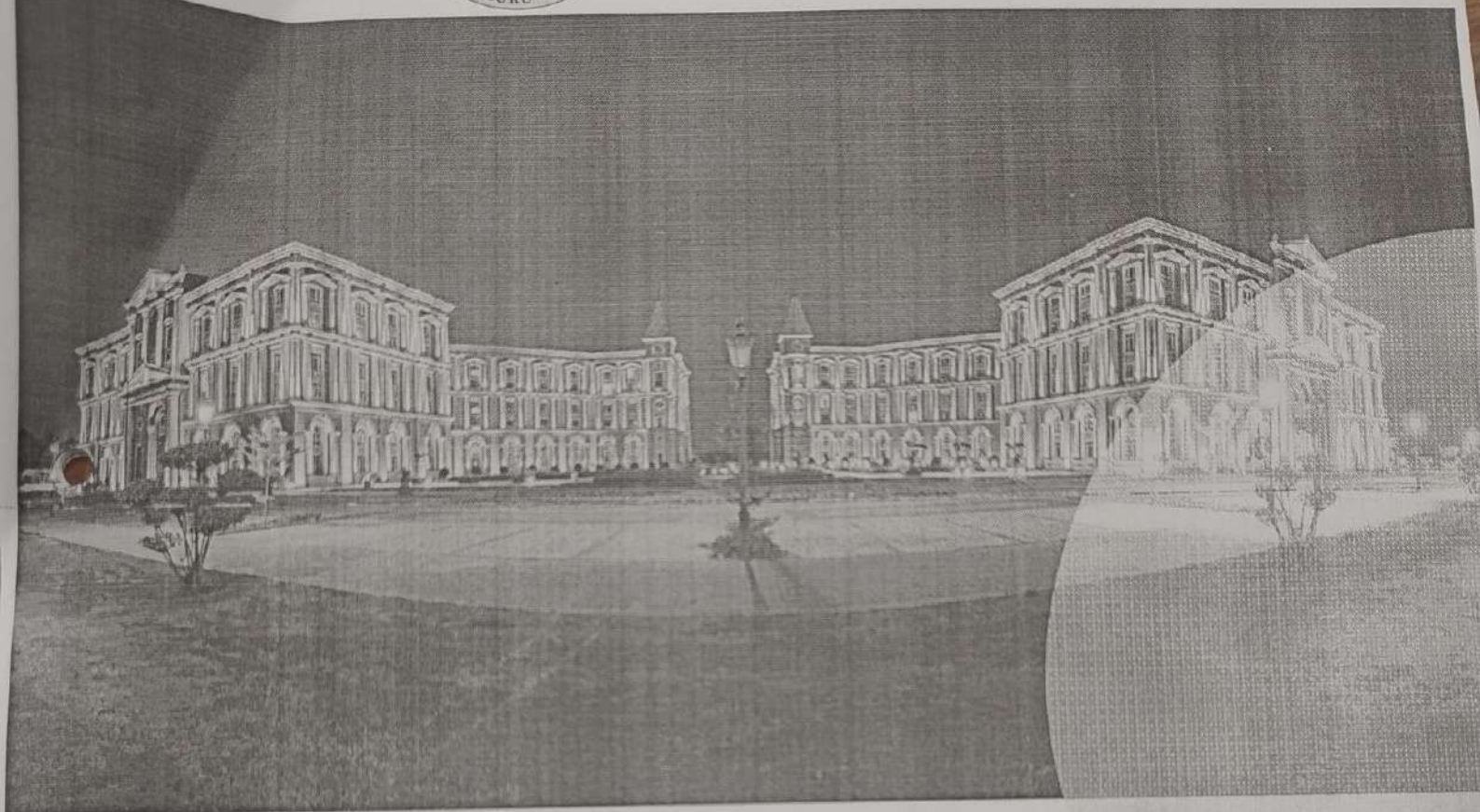




DAYANANDA SAGAR
UNIVERSITY



Strong Bodies, Stronger Futures: Why Girls Need to Move

SCHOOL OF HEALTH SCIENCE
COLLEGE OF PHYSIOTHERAPY

COORDINATOR OF EVENT: Dr.Feba Roy

(20/06/2025)



INDEX

1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event
4. Brief Description of the event
5. Photographs
6. Brochure or creative of the event
7. Schedule of the Event
8. Attendance of the Event

1. Introduction of the Event

The College of Physiotherapy, Dayananda Sagar University, conducted a community outreach awareness event titled **“Strong Bodies, Stronger Futures: Why Girls Need to Move”** on **20th June 2025** at **Government High School, Kaggalipura**. The session focused on educating adolescent school girls about the importance of physical activity and menstrual health. The event was part of DSU’s ongoing initiative to promote youth wellness and health education among underserved populations.

2. Objective of the Event

1. To raise awareness among adolescent girls about the importance of regular physical activity.
2. To educate students on menstrual health and break stigmas associated with menstruation.
3. To encourage girls to adopt healthy habits that foster physical, emotional, and academic well-being.
4. To empower students with knowledge and motivation for long-term self-care and health literacy.

3. Beneficiaries of the Event

- ☐ 150 schoolgirls from 7th to 10th standard of Government High School, Kaggalipura.
- ☐ The faculty and school staff who engaged with the outreach effort.
- ☐ ~~DSU~~ DSU students and interns who were part of the organizing and delivery team, gaining hands-on experience in public health education and community engagement.

4. Brief Description of the event

The awareness session was thoughtfully conducted by **Dr. Feba Roy (PT)**, Assistant Professor, and **Ms. Anusha (PT)**, Physiotherapy Intern, from the **College of Physiotherapy, Dayananda Sagar University**. With a compassionate, interactive, and student-centered approach, the facilitators effectively connected with the participants and created a safe, open space for discussion.

The session addressed crucial topics related to adolescent health, with a special focus on **the importance of movement and physical activity, developing healthy exercise habits during teenage years, and practical and hygienic menstrual care practices**. The speakers emphasized how regular movement contributes not just to physical strength, but also to emotional well-being and confidence in young girls.

Interactive demonstrations, relatable analogies, and a lively Q&A session ensured the session was both **engaging and enriching**. Students were encouraged to share their views, clarify doubts, and reflect on their current lifestyle practices.

A total of **150 girls** participated enthusiastically, expressing their curiosity, concerns, and appreciation. To reinforce the learning, **educational pamphlets** were distributed at the end of the session, offering simple takeaways and actionable tips. Feedback collected orally from students and teachers reflected an overwhelmingly positive response, with many highlighting the **relevance, clarity, and motivational tone** of the session.

Overall, the event successfully created awareness, encouraged open dialogue on adolescent health, and inspired young girls to take charge of their physical and emotional well-being.



5. Photographs





Pic 1& 2 – Interactive session with students

6. Brochure or creative of the event



Dayananda Sagar
University

COLLEGE OF
PHYSIOTHERAPY

School of Health Sciences

STRONG BODIES, STRONGER FUTURES: WHY GIRLS NEED TO MOVE

Awareness Talk

By



Dr. Feba Roy (PT)
Assistant professor



Ms. Anusha (PT)
Physiotherapy Intern

on

20th June, 2025, Friday

2pm onwards

Government High School, Kaggalipura.
ಸರ್ಕಾರಿ ಪ್ರೌಢಶಾಲೆ, ಕಗ್ಗಲಿಪುರ.



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7. Schedule of the Event

Date : 12th JULY 2025.

Time : 10am to 4:30 pm

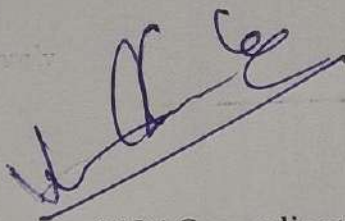
Venue: SOE ,HALL 1

8. Attendance of the Event

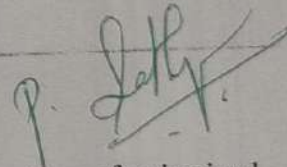
Attendance has been attached separately



Signature of coordinator



Signature of IQAC coordinator



Signature of principal

