



# RAGHUNATH GIRLS' POST GRADUATE COLLEGE

Western Kutchery Road, Meerut-250001

Re-Accredited 'B<sup>+</sup>' Grade by NAAC (CPE Status since 2006)  
College of Excellence 2014

Prof. Nivedita Kumari  
Principal

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Ref. No. 1123 / 2024-25

Dated : 25.04.2025

## NOTICE

### 15-Day Certificate Course on "Menstrual Health & Wellness: A Natural & Integrative Approach"

The Medical Aid Committee, in collaboration with Vardan Institute of Alternative Therapies & Healing Sciences (under MoU), is organizing a 15-day Certificate Course on Menstrual Health & Wellness, focusing on natural and integrative approaches to improve women's health.

Duration : 15 Days Course

Fee : ₹500/-

Registration Starts : 25.04.2025

#### Key Highlights:

- Understanding the menstrual cycle
- Common issues & natural management techniques
- Yoga & relaxation therapy
- Diet therapy & holistic nutrition
- Acupressure and color therapy
- Managing PCOD, PCOS, leucorrhea, irregular periods
- Emotional & psychological well-being

#### For Registration, Contact:

Dr. Gitika Singhal 

(M): 6396021214



Incharge

Medical Aid Committee

Prof. ANURADHA

Incharge

Copy to : Medical Aid Committee

1. Staff Notice Board
2. Students Notice Board
3. Record File



Principal

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