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"LET'S TALK PERIOD MENSTRUAL HEALTH AWARENESS WORKSHOP"



Attendees ::

Girl Students (2024-29, 2025-30), All Female Faculties, All Female Staffs in Housekeeping.

Distinguished Speaker

Dr. Surbhi Kumari

Co-founder of SumArth

Date
Monday 23 March 2026

Time
IST 11:00 am - 02:30 pm

Venue
Auditorium, Lloyd School of Law

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Dr. Surbhi Kumari

Co-founder of SumArth



Dr. Surbhi Kumari is the Co-founder of SumArth, a social impact organization based in Gaya, Bihar, dedicated to empowering marginalized communities through climate-resilient agriculture, women's livelihoods, and menstrual health dignity. Her work focuses primarily on rural Mahadalit communities, addressing the intersection of economic vulnerability, gender inequality, and health awareness.

Surbhi has led extensive grassroots initiatives on menstrual health education, reaching more than 30,000 women and over 5,000 adolescent girls, helping them adopt safe menstrual hygiene practices and challenge deep-rooted stigma around menstruation. Alongside this, she promotes climate-resilient farming models such as mushroom cultivation, creating sustainable income opportunities for rural women.

Under her leadership, SumArth has been recognized as the Outstanding Menstrual Health Organization by The Pad Project. Her enterprise Tekari Agro is one of the cohorts of the UN Women Care & Climate Accelerator Program, supporting women-led climate innovation and sustainable rural livelihoods.

Ma'am, we welcome you to Lloyd!

Mon.-23rd-March-2026

Lets Talk : Menstrual Health Awareness

Dear Parent / Student,

Greetings from Lloyd Academic Community!

Menstrual health is a fundamental aspect of women's well-being, yet it continues to be surrounded by silence, stigma, and misinformation in many parts of society. Despite growing awareness, conversations around menstruation remain limited, often leading to unhealthy practices, shame, and exclusion—particularly among young girls and women. Recognizing the importance of addressing this critical issue, it is essential to create safe, informed spaces where menstruation can be discussed openly, scientifically, and without bias.

In this context, **Lloyd Law College and Lloyd School of Law** are organizing a *Workshop on Menstrual Health Awareness & Dignity* in collaboration with **SamArth**, a social impact organization based in Gaya, Bihar. SamArth works towards empowering marginalized communities through initiatives focused on menstrual health, women's livelihoods, and climate-resilient agriculture.

The workshop will be conducted by **Dr. Surbhi Kumari**, Co-founder of SamArth, whose work has significantly impacted grassroots communities, particularly among rural Mahadalit women. She has led menstrual health awareness initiatives reaching over 30,000 women and more than 5,000 adolescent girls, promoting safe hygiene practices and challenging deep-rooted stigma. Under her leadership, SamArth has been recognized as an Outstanding Menstrual Health Organization by The Pad Project, and her enterprise, Tekari Agro, has been selected for the UN Women Care & Climate Accelerator Program, supporting women-led climate innovation and sustainable livelihoods.

The workshop will adopt an interactive and participatory approach. It will include a short film screening on menstrual awareness, followed by engaging activities, discussions, and an open Q&A session. The aim is to encourage dialogue, dispel myths, and create a comfortable environment where participants can freely express and learn.

Through this workshop, students will gain a deeper understanding of menstrual health and hygiene, develop a critical awareness of the social stigma attached to menstruation, and learn about sustainable and safe practices. More importantly, the session will foster sensitivity, confidence, and a sense of responsibility among students to contribute towards building a more informed and inclusive society.

Distinguished Speakers :: Dr. Surbhi Kumari, Co-Founder at SumArth, Entrepreneur and Period Educator

Attendees :: ONLY Female Students of B.A.LL.B./B.Com.LL.B. (2025-30) (2024-2029); All Female Faculties & All Female Housekeeping Staff.

Program Schedule :: Monday 23 March. 2026, IST 11 AM

Venue :: Auditorium, Lloyd School of Law

Program In-charge :: Prof. Devina Sharma, Dr. Afsara Ayub.

Attendance :: Back in class room in 4th Lecture.

Dr. Mohd. Salim
Senior Director & Dean
Lloyd Law College & Lloyd School of Law
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