



Legal Aid Society
ICFAI Law School, IFHE, Hyderabad

**Report of the Legal Podcast on Women's Health and Hygiene by Dr. J. Kiranmaya on
25th December 2025**

The Legal Aid Society of ICFAI Law School, IFHE, Hyderabad, produced a legal podcast focused on the legal protections under the Sexual Harassment of Women at the Workplace Act and related Constitutional Articles. The episode features Dr. Kiranmaya, a certified trainer of the POSH Act, and Centre head of CSR, leading a podcast discussing the legal protections under the Sexual Harassment of Women at the Workplace Act and related Constitutional Articles. The conversation covered menstrual equity, proposed menstrual leave policy, and the need for accessible hygiene products, highlighting the importance of breaking cultural taboos around menstruation.

Key topics included the mental health impacts of period stigma, the necessity of proper WASH facilities in educational institutions, and the challenges of implementing paid menstrual leave in developing countries like India. The discussion also addressed symptoms related to PCOS and the importance of seeking medical assistance.

The podcast emphasized that menstrual health is closely tied to broader issues of human rights and gender equality, highlighting the need to educate both men and women about menstruation. Engaging influencers can help challenge rural taboos, though progress may take time.

In conclusion, understanding menstrual health and its accompanying changes is vital for women, and involving men in these discussions is essential for dismantling unfounded societal stigmas. The Legal Podcast recording is coordinated by Dr. S. Kannan and recorded by the Legal Aid Member of ICFAI Law School, Hyderabad, with the aim of raising awareness about women's health and safety through this podcast.



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మహిళల ఆరోగ్య భద్రతలై అవగాహన

శామీర్ పేటు, మూర్ఖుడుడే: మహిళల ఆరోగ్యం తోపాటు భద్రతలై ప్రాదరాబాద్ పొండెషన్ ఫర్ హాయ్యర్ ఎడ్యుకేషన్ ఇన్స్టిట్యూట్ అప్ప చార్టెడ్ ప్లేనాస్టియల్ అనలిస్ట్ ఆప్ ఇండియా యూనివ్రిటీ (ఐఎస్ఎప్ఎప్) విద్యార్థినుల బ్యండం శామీర్ పేటు ఇన్స్టిట్యూట్ అప్ప పట్టిక్ ఎంటర్ప్రైజ్- (ఐఎస్) క్యాంపస్‌ను బుధవారం సందర్శించారు. ఆ విద్యా సంస్థ అద్యాపకురాలు, మహిళల లైంగిక వేదింపుల చట్టం సర్టిఫైడ్ ట్రైనర్ డాక్టర్

కిరణ్యిలో విద్యార్థులు చర్చించారు. ఆమె చట్ట పరమైన రక్షణ, రాజ్యాంగ ఆర్డీకన్స్ 14, 15, 21 అంశాలపై విద్యార్థులు అవగాహన కల్పించారు. రుతు క్రమం సెలవు, పరిశుభ్రత ఉత్సత్తులపై పన్నులు, రాయితీ అంశాలను వివరించారు. ఈ అంశాలపై (ఐఎస్ఎప్ఎప్) లా స్కూల్ విద్యార్థులు మహిళల ఆరోగ్యం, భద్రతలై అవగాహన కల్పించేందుకు ప్రాపెసర్ కిరణ్యి వివరించిన విషయాలను పొడకాస్టును రికార్డు చేశారు.

ICFAI Law School Produces Legal Podcast on Women's Health, Hygiene and POSH Act Awareness



DECCAN NEWS SERVICE
■ RANGAREDDY

The Legal Aid Society of ICFAI Law School, IFHE, Hyderabad, has produced a professional legal podcast focusing on women's health and hygiene, with an emphasis on legal awareness and workplace protections. The podcast featured Dr. J Kiranmai from the Institute of Public Enterprise, Hyderabad, who is a certified trainer under the Sexual Harassment of Women at Workplace (POSH) Act.

During the podcast, Dr. J Kiranmai elaborated on the legal safeguards available to women under the POSH Act and explained the relevance of Constitutional Articles 14, 15, and 21, which guarantee equality, non-discrimination, and the right to life and personal liberty. The discussion connected these constitutional protections to everyday issues faced by women in workplaces and society.

Key topics addressed in the podcast included menstrual equity, the proposed menstrual leave policy, and the taxation and subsidization of menstrual hygiene products. The speakers highlighted the need for greater awareness and policy support to ensure access to safe, affordable, and socially acceptable menstrual hygiene products for women across different sections of society.

The podcast also focused on breaking long-standing cultural taboos surrounding menstruation, stressing the importance of open dialogue, education, and legal awareness as tools for social change. The session concluded with practical strategies to normalize conversations on menstrual health and promote dignity and inclusivity for women. The legal podcast initiative was funded by IFHE Management as part of its efforts to spread legal awareness and promote social responsibility across Telangana.