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16.3.2026

To
Tirubaa Social Welfare Foundation (TSWF)
Pune, Maharashtra.

Attn: **Mr. Milind Kshirsagar**

Subject: Appreciation for Initiative on Menstrual Health Awareness

Dear Mr. Kshirsagar,

The **Federation of Obstetric and Gynaecological Societies of India** appreciates the efforts of **Tirubaa Social Welfare Foundation** in promoting awareness about menstrual health and hygiene through digital education.

We understand that your organization has developed the **TTOM – Tirubaa Technology of Menstruation** awareness course available on www.tirubaa.in, aimed at educating adolescent girls, students, teachers and communities about menstrual health, hygiene practices and related reproductive health awareness.

Menstrual health education plays an important role in improving **health outcomes, confidence, dignity and school participation of adolescent girls**. Initiatives that simplify scientific information and make it accessible through digital platforms can help address misinformation and social stigma associated with menstruation.

We appreciate the efforts of **Tirubaa Social Welfare Foundation** in taking this initiative and contributing toward greater awareness on menstrual health among young girls and communities.

We wish you success in your continued efforts to spread awareness and education on this important aspect of women's health.

With best wishes,

Sincerely,

Dr. Bhaskar Pal
President, FOGSI

Dr. Suvarna Khadilkar
Secretary General, FOGSI