

Cycle Wise: Period Health from First Flow to Age 23

Categories: Educational Awareness

Wishlist Share



Course Info Reviews

About Course

This course is designed for *girls who have recently started their periods up to age 23*, helping them understand their bodies, manage menstrual health, and build confidence in hygiene, nutrition, and self-care. Guardians or mothers are *welcome to attend alongside their daughters*, which is highly appreciated, as their support helps girls feel safer and more confident while learning about feminine health. The program provides practical, culturally relevant guidance in a simple and friendly way so girls can manage their period with knowledge, confidence, and independence.

Course Fee: 3,000 PKR
Duration: 2 Days (1.5 hours per day)
Credit Hours: 3 Total Credit Hours

After This Course You Will Receive

- * 7-Day Period-Friendly Diet Plan
- * Hygiene and comfort checklist
- * Simple period-tracking guide
- * Personalized monthly period routine
- * Self-care plan for pain, weakness, and mood support
- * 15% Discount on a personalized period-friendly diet plan and customized self-care plan (optional add-ons)

Group Access

- * Access to a private support group (optional, for questions and discussion)
- * Coaches available for guidance if needed
- * A safe and respectful environment for girls and their guardians

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What Will You Learn?

- * What a period is and why it starts
- * Hygiene routines and infection prevention
- * Nutrition basics for healthier periods
- * How to track your cycle and practice self-care
- * What a normal period looks like and what needs attention
- * Managing pain, cramps, and fatigue
- * Emotional well-being and confidence-building tips
- * When to seek help for unusual symptoms

Course Content

Day 1 – Understanding Periods & Personal Hygiene	
What happens during the first period	🔒
Common period issues: irregularity, mild cramps, discomfort	🔒
Understanding normal flow, color, and cycle patterns	🔒
Hygiene essentials: pads, liners, washing, and changing routine	🔒
Preventing rashes, itching, and odor	🔒
Emotional changes: mood swings, shyness, anxiety	🔒
Breaking myths and cultural taboos	🔒
Tips to stay confident during daily activities and outdoor routines	🔒
Day 2 – Comfort, Emotional Health & Long-Term Self-Care	
Managing cramps and mild pain with safe, simple methods	🔒
Mood support: stress management, confidence, and emotional well-being	🔒
Sleep, hydration, and energy management	🔒
Foods that help reduce fatigue and support hormonal balance	🔒
Foods to avoid during periods	🔒
How to track cycles and notice early warning signs	🔒
Building a simple, monthly self-care routine	🔒

Rs 3,000

ADD TO CART

All Levels

0 Total Enrolled

3 hours Duration

December 16, 2025 Last Updated

A course by

Curelium International

Requirements

- * Notebook or phone for taking notes
- * Ability to join on Google Meet or Zoom
- * No prior knowledge needed

Tags

#GirlsHealthPakistan

#MenstrualHealthCourse

#PeriodHealthEducation

#PubertyAndPeriods

#TeenPeriodEducation

Audience

- * Girls who got their first period recently up to age 23
- * Young teens (10–17)
- * Young women (18–23)
- * Guardians or mothers are welcome and appreciated to attend alongside girls
- * Anyone wanting guidance on hygiene, nutrition, emotional health, and confidence