



29 Sept 2022

Awareness program on Menstrual Hygiene

Name of activity : Awareness program on Menstrual Hygiene
Date : 29 Sept 2022
Organized by : DLLE
Venue : Shri Vasudevananda Sarasvati Vidyalay Mangaon.
Event co-ordinator : Ms. Sheetal S. Samant
Event advisor : Dr Vijay A Jagtap



**DLLE UNIT OF SENSE CLUB OF
YASHWANTRAO BHONSALE COLLEGE OF PHARMACY
ORGANISES**

AWARENESS ON MENSTRUAL HYGIENE

VENUE | Shri Vasudevananda Sarasvati Vidyalay,
Mangaon

DATE | 29th September 2022 **TIME** | 3pm to 5pm



Dr. Vijay Jagtap
principle of
Yahswantrao bhonsale
college of pharmacy



Ms. Sheetal Samant
Extentin Teacher

Objectives:

1. To eradicate their stigma and to open their mind to talk about menstruation and related problems
2. To enhance the knowledge of all the girls about the different menstrual hygiene products.
3. To enhance their knowledge on diet they should follow during their menstrual cycle.

About the Program:

Menstrual hygiene is a hygienic practice during menstruation which can prevent women from the infection in reproductive and urinary tract. In India, menstruation is surrounded by myths and misconceptions with a long list of “do’s” and “don’ts” for women. Menstruation and menstrual practices are still clouded by taboos and socio – cultural restrictions resulting in adolescent girls lacking knowledge and remaining ignorant of the scientific facts and hygienic health practices, which sometimes results into adverse health outcomes. On this accounts, the students of Yashwantrao Bonsale College of pharmacy decided to impart Knowledge to these girl students about menstrual hygiene. On 29th September 2022 a group of eight were present at the Shri Vasudevanand Sarasvati Vidyalay, mangaon.

The officials of the High school were already informed about our arrival. The students met the principle of the high school asking for the permission for the event and handed over the request letter to the principle. The principle was convinced and happy for us to introduce to his students.

A classroom with a LED TV was allotted to the students for presentation.

The awareness program begin with giving them brief knowledge of Mensural cycles, its symptoms and measures to be taken during it.

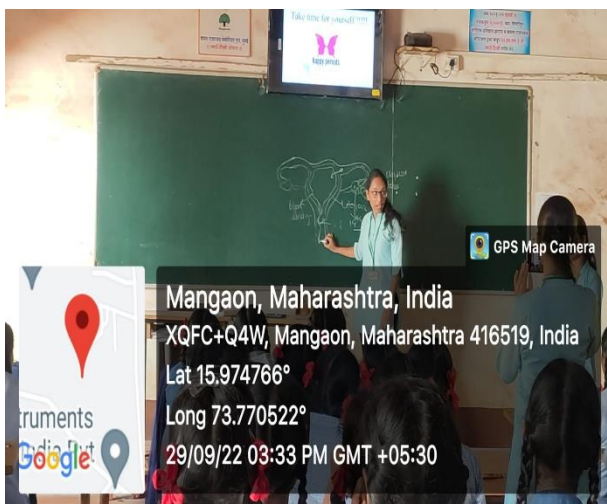
Followed by educating Girls regarding the diet that girls should follow for a healthy lifestyle during their period; also about different menstrual product including menstrual cups.

Thereafter, for their better understanding a video about menstrual hygiene was played for all the girls.

Details of participants :

Number of participants : 73

Glimpse of the event:



Report prepared and approved by :

Ms. Sheetal S. Samant
Event Coordinator

Dr Rohan K Barse
Spandan Club Head

Dr Vijay A Jagtap
Convener