



# **Dr S.C. Gulhane Prerna College of Commerce, Science and Arts**

Run by Prerna Sewa Mandal  
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University  
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32).

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## **REPORT**

**ON**

### **Menstrual Hygiene**

**Department: Women's Cell**

**Guest Speaker: - Dr Amruta Choudhari, Gynaecologist, Agrawal Clinic, Nagpur.**

**Coordinator: Ms Neha Samundre, Coordinator, Women's Cell.**

**Guest of Honour: Dr Manjiri Pathak, Program Officer, NSS Unit.**

**Date and Time: Saturday, 3<sup>rd</sup> Feb, 2024.**

#### **Objectives:**

1. To Increase knowledge about the menstrual cycle, anatomy, and the physiological aspects of menstruation and Dispel myths and misconceptions surrounding menstruation.
2. Encourage the use of sanitary products to maintain cleanliness during menstruation and Promote proper disposal methods for menstrual waste, emphasizing environmental sustainability.
3. Address issues related to economic barriers and provide solutions for those who struggle to afford menstrual products.
4. Highlight the importance of maintaining good menstrual hygiene for overall health and well-being and Discuss common menstrual disorders and when to seek medical help.
5. Challenge societal stigmas and taboos surrounding menstruation to foster a more open and understanding environment and Promote inclusivity and gender sensitivity in discussions about menstruation.
6. Promote sustainable and eco-friendly menstrual products and practices to reduce the environmental impact.

#### **Highlights:**

1. Dr Sapna Ghutke, Assistant Professor, Dept. of Commerce compered and introduced the Guest Speaker Dr Amruta Choudhri, Gynaecologist, Agrawal Clinic, to all the girl students.
2. Ms Neha Samundre, Coordinator, Women's Cell was the Chairperson and Dr Manjiri Pathak, Program Officer, NSS Unit was the Guest of Honour on this Occasion.

3. Dr Amruta Choudhari explained the importance of maintaining menstrual hygiene and the types of problems can arise if the good hygiene level during menstruations is not maintained.
4. The students aware about the variety of products available in the market for menstruations like sanitary napkins, Menstrual Cup, Tampon, etc. And also explained who these can be used for menstrual cycle.
5. She also discussed about the taboos and the various problems faced by the girls during menstruation and the students got cleared the misconception about the menstruation.
6. Ms Neha Samundre the coordinator of the Women's Cell explained the students about the various types of hygiene practice the can adopt. She also explained about the use of reusable and eco-friendly menstrual products, leading to long-term environmental benefits.
7. Ms Sakshi Hajare, Assistant Professor, Dept of Commerce proposed a vote of thanks.

**Outcomes:**

1. Individuals and communities have a better understanding of menstrual health, hygiene practices, and related issues.
2. Myths and misconceptions surrounding menstruation are dispelled, leading to more informed attitudes and behaviours.
3. Adoption of proper menstrual hygiene practices, including the use of sanitary products, proper disposal methods, and maintaining cleanliness during menstruation.
4. Reduced risk of infections and other health complications related to poor menstrual hygiene.
5. Increased availability and accessibility of affordable menstrual products, ensuring that individuals can manage their periods with dignity and Reduction in economic barriers to accessing menstrual products, particularly among marginalized populations.
6. Adoption of sustainable menstrual practices and products, reducing the environmental impact of menstruation and Increased use of reusable and eco-friendly menstrual products, leading to long-term environmental benefits.
7. Reduction in menstrual-related health issues and infections due to improved hygiene practices.
8. Better overall health outcomes for individuals experiencing menstruation and their communities.

No. of Beneficiaries: 117 Students

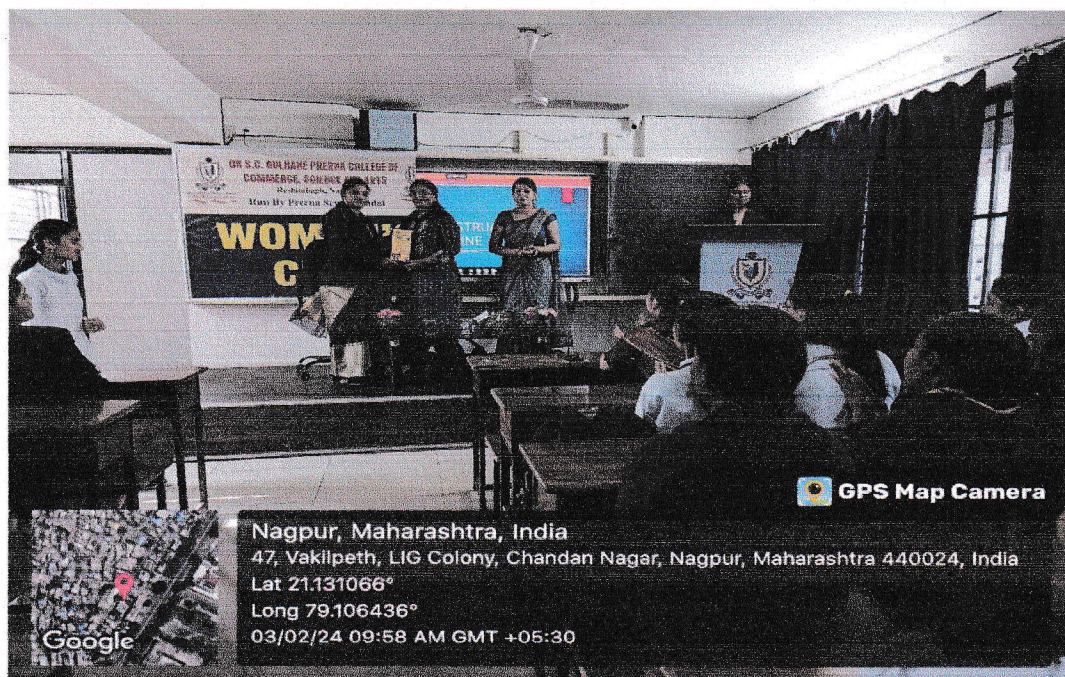
Programme Coordinator: Ms Neha Samundre



## Glimpses of the program



**Ms Neha Samundre welcoming the Guest Speaker Dr Amruta Choudhary**



**Dr Manjiri Pathak welcoming the Guest Speaker Mrs. Amruta Choudhary**





**The Guest Speaker Dr Amruta Choudhary Addressing the girl students.**



**Ms Neha Samundre addressing the students during her speech.**

*N Samundre*  
 Coordinator  
 Women's Cell  
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