



Report

Name of Activity	Workshop on women's health and hygiene- one day for menstrual hygiene
Date	7 th June, 2022
Venue	Seminar Hall
Organized by	Mangalmay Institute of Management & Technology
No. of Participants	85
Resource Person	Ms Ankita Sukhwai, CSR Executive, Unicharm India.
Activity In-charge	Dr. Suruchi Khanna, Faculty, MIMT
Objectives	To increase awareness among girl students on menstrual hygiene To sensitize girl students about high-quality sanitary napkins and other products available for menstrual hygiene. To aware girl students about safe disposal of sanitary napkins in an environmentally friendly manner.
Content	<p>Menstruation is a natural part of the reproductive cycle. However, in most parts of the world, it remains a taboo and is rarely talked about. Cultural practices and taboos around menstruation negatively impact the lives of women and girls, and reinforce gender inequities and exclusion. Moreover, poor menstrual hygiene can lead to urinary or reproductive tract infections and other illnesses.</p> <p>Keeping this in mind, Mangalmay Institute of Management and Technology in association with Grievance Redressal Committee had organized an awareness workshop on menstrual hygiene for the girls 'students of the institute on 7th June, 2022, at 10:00am in the seminar hall. The expert for this workshop was Ms Ankita Sukhwai, CSR Executive, Unicharm India.</p> <p>The guests, Mr. Ashish Thakur, Program Co-ordinator, Center for Education and Health Research Organization and Ms Ankita Sukhwai were introduced and welcomed with a bouquet of flowers. The talk was started by Mr. Ashish Thakur who introduced the students with his organization and told how they are helping the children of rural background with their education. It was followed by an exhaustive session by Ms. Ankita Sukhwai focused on menstrual cycle and menstrual hygiene. She started her session by educating students about the female reproductive system and what actually causes menstrual blood. Further, discussions veered on orienting</p>



	<p>girls on good menstrual hygienic practices such as use of sanitary napkins; washing and cleaning; proper disposal of sanitary napkins, followed by precautions to be taken during the period and dietary habits, so, as to enable them to lead a healthy reproductive life in future. She also discussed certain common female problems related to menstrual cycle and educated students how to tackle with them and when to visit a doctor. Ms. Ankita also talked about the importance of healthy balanced diet, physical exercise and yoga to keep menstrual disorders at bay. After the workshop, Q/A session was conducted and each and every doubt of the girls on menstrual hygiene was cleared. It was a well-organized and well conducted workshop. The girls were very happy and content after attending the workshop and mentioned that they will be more conscious about maintaining hygiene in future and will further spread the message among other women in their neighborhood. In last, sanitary napkins were distributed among girls and female staff of the organization.</p> <p>The session came to an end by vote of thanks by Dr. Suruchi Khanna, faculty, MIMT. Mementos were given to the guests by Mr. Aayush Mangal, vice-chairman, MIMT.</p>
Outcome of Activity	<p>Students became aware of importance of menstrual hygiene and also about using high quality sanitary napkins so that they can be protected from unknown diseases, urinary tract infections etc.</p> <p>Students became sensitized about the importance of healthy lifestyle in maintaining good menstrual health.</p>



Date-1st, June, 2022



Gils' students and faculty members of MIMT attending the workshop on menstrual hygiene



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Ms Ankita Sukhwani distributing sanitary napkins to non-teaching staff



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Vice-chairman Mr. Ayush Mangal, Director- Planning and Corporate affairs, Mr. Arun Kumar Rana and faculty members of MBA with MBA students



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Vice-chairman Mr. Aayush Mangal, Director- Planning and Corporate affairs, Mr. Arun Kumar Rana, Associate Dean, Dr. Meenakshi Sharma giving away a memento to the guest Ms. Ankita Sukhwai.



Mr. Aayush Mangal, vice-chairman, MIMT along with Mr. Arun Rana, Presenting a memento guest, Mr. Ashish Thakur

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