

## **MENSTRUAL HYGIENE & PERSONALITY DEVELOPMENT**

**Date:** 21<sup>st</sup> April 2023

**Venue:** IPS Auditorium

**Introduction:** ASM and P&G jointly organized seminar on "Menstrual Hygiene and Personality Development" for female students and staff as a part of P&G [#MYWAY](#) program. Expert Ms. Kanchan Yadav discussed various aspects of menstrual hygiene and also gave tips for personality enhancement with proper dressing, body language and communication during interviews.

**Objective:** The objective of the program was to educate the female students about i) menstrual hygiene, ii) personality enhancement and iii) to boost their inner confidence.

**Speaker /Guest:** Ms. Kanchan Yadav

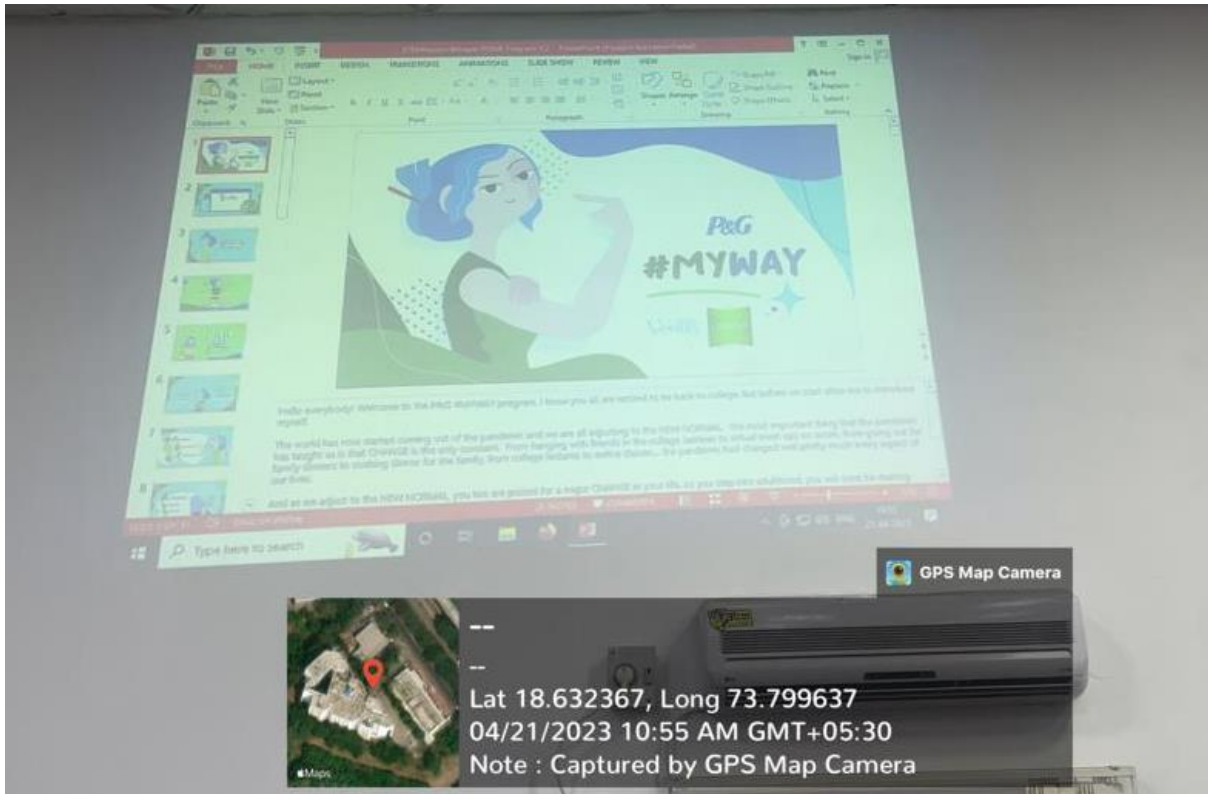
**Report: P&G (Procter and Gamble)** under their [#myway](#) program conducted a session on Female menstrual hygiene for Audyogik Shikshan Mandal's Institute of Professional Studies on 21<sup>st</sup> April 2023 in IPS Auditorium, wherein their expert Ms. Kanchan Yadav addressed the female students and faculties, a gathering of around 50 students and 08 faculties. The registration link was shared and students were asked to register for the program online. The expert discussed various aspects of female hygiene with the gathering. She discussed the reason for girls feeling under confident during their menstrual cycle and gave tips to boost confidence and reduce the cramps during periods. She said that diet can be modified to feel better during periods. She shared the importance of exercise and yoga daily to ease periods cramps.

The expert also spoke about how to boost the inner confidence by telling the ABC, where in A stands for Appearance, B for Body Language and C for Communication skills. Details were shared by way of a PowerPoint presentation and videos were given to explain the difference between preparedness for an interview and reverse way.

At the end of the session free samples of women hygiene kit were distributed among the participants.

**Students will get an E-Certificates after the session.**

**Photos:**





VENUS

**A PPEARANCE**

- GROOMING
- DRESSING
- HYGIENE

GPS Map Camera

**Pimpri Chinchwad, MH, India**

Chinchwad, Pimpri Chinchwad, 411019, MH, India

Lat 18.632410, Long 73.799616

04/21/2023 11:34 AM GMT+05:30

Note : Captured by GPS Map Camera



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Chinchwad, Pimpri Chinchwad, 411019, MH, India

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**Pimpri Chinchwad, MH, India**  
Chinchwad, Pimpri Chinchwad, 411019, MH, India  
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Chinchwad, Pimpri Chinchwad, 411019, MH, India  
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04/21/2023 11:56 AM GMT+05:30  
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**Outcomes:** Students were happy and confident after getting inputs on how to boost their inner confidence, specially during their periods. They also got inputs about how to face interviews, by improving their body language , taking charge of how they should present themselves during the interviews and about the importance of communication skills.