

## **MENSTRUAL HYGIENE & PERSONALITY DEVELOPMENT**

**Date:** 11<sup>th</sup> January 2024

**Time:** 11:30 pm to 2:30 pm

**Venue:** IPS Auditorium

**Introduction:** An awareness Seminar was conducted on “Personality Development & Menstrual Hygiene” on 11th Jan 24 by ASM’s Institute of Professional Studies in Collaboration with Campus Konnect & Brandtouch & Analytics.

**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. Harshita Raman

**Report:** The Guest Speaker for the program was Harshita Raman, the representative of Campus Konnect & Brandtouch & Analytics. She shared her vast experience, knowledge and her thoughts about menstrual hygiene and its taboos. The programme was hosted by Asst. Prof. Purna Shinde.

She expressed that, Menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result in adverse health outcomes.

Menstruation is a major part of life for millions of young girls and women worldwide.

However, the needs and challenges faced by many young women and girls as they struggle to manage their menstrual hygiene are largely ignored. She guided students about how to maintain personal hygiene and tips for interview preparation.

The session lasted for 3 hours and proved to be very engaging and captivating for all the participants. Around 130 female students of the college participated in the program along with teaching & non-teaching female staff. The session was concluded with questions and answers by Harshita Mam. All participants registered on their website. The program ended with the distribution of a Goodie Bag worth Rs.120 with sanitary pads and razor to all the participants.

Vote of thanks was proposed by Asst. Prof. Pooja Nawadkar. The event was a grand success, and everyone appreciated the opportunity and were aware about menstrual hygiene & neatness in daily life interaction.

**Photos:**













### Outcomes:

- 1 Students became aware about the importance of menstrual hygiene.
- 2 Female students are empowered to talk about menstrual hygiene management and best practices to others.
- 3 Myths and misconception associated with menstruation are eliminated.
- 4 All students demonstrate knowledge and best practices on improved personnel hygiene and menstrual hygiene management through the question answer session..