

Rabindra Mahavidyalaya
Report
Of
Online Seminar on “Menstrual Health and Hygiene”

Theme : This online seminar was held for helping our girl students and female staff to solve their various problems related to menstruation, their queries about gynaecological problems and how to overcome social taboos and superstitions related to menstruation.

Venue : This was an online programme, so students had been participated from their residence.
Date : 18.01.2023.

Organizer : IQAC, ICC, Women Cell in collaboration with Unicharm India, New Delhi, A social workers' N. G. O.

Objectives : The aim of this programme is to aware our girl students about the importance of maintaining cleanliness and hygienic atmosphere during menstruation and to provide other women of their relation and neighborhood about menstruation related knowledge.

Summary : The programme started at 4.30 PM on 18.01.2023. Ms Roshnee Bhoumick, CSR Executive, Unicharm India, New Delhi had discussed on menstrual health of women in detail. Girl students participated in question answer session. Prof Sujata Bandyopadhyay, Convenor, Women Cell and Presiding Officer, ICC conducted the programme. 30 girl students from different stream took part in the programme and discussed their problems and Ms Bhoumick provided them guidance about not only on menstrual health but also on cervical cancer, uterian cancer, P. O. D. ovarian cancer, pregnancy and childbirth related problems, and menopause also.

Feedback : This programme is highly appreciated by the girls, they requested us to organize more this type of programmes. Ms Bhoumick also pleased with the girls' intelligent queries without any inhibition and she also expressed her hope that our college will organize such programmes in future in order to make our girls as healthy and well informed citizens.