



# ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

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## *Report on Menstrual Hygiene*

**Event:** Workshop on Menstrual Hygiene

**Date:** 28<sup>th</sup> September 2019

**Time:** 10:00AM to 12:00PM

**Venue:** Multipurpose Hall, Block-A

**Chief Convenor:** Mrs.Sanjana Mittal

**Convenor:** Mrs.Madhubala (Faculty ASD, Department)

Mrs.Anupama Gupta (Faculty ASD, Department)

**No. of Students:** 200

**Purpose of event:** To create awareness regarding use of eco-friendly menstrual hygiene options.

**Objectives:** 1. The students were aware about Plastic waste which is effecting our environment .  
2. To aware students regarding Health and Hygiene.  
3. To aware students regarding use of Bio Degradable sanitary options.

**Report :** The Programme began by showcasing small video regarding Increase of pollution to a saturation in the environment Dr. Kamal Saxena briefed the students regarding unhealthy usage of plastic Sanitary napkins by most of the populations which is effecting both the user and the environment . She also awared the students regarding availability of eco friendly menstrual options. Her main effort was to sensitize Deaf female students regarding eco friendly menstrual options by explaining her concept through interpreter. The girls students were physically shown the usage of eco friendly napkins. Thereafter the medical director of the institute elaborated the problems faced by females during menopause and how to cop up with them in an effective manner. Atlast Mrs. Sanjana Mittal, Deputy Director of Ashtavakra Institute thanks to Mrs. Kamal Saxena and Medical Director of the Institute to providing the support to organize such type of gender specific workshops.

### **Learning outcome:**

1. The students learnt to dispose of plastic waste in effective manner.
2. The students learnt how to make environment eco friendly .
3. The students learnt about how to maintain healthy lifestyle.

Glimpse of programme:



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