



# Ashtavakra Institute of Rehabilitation Sciences & Research

Formerly Special Art School

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India  
Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY  
PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13  
Fax : 011-27550018 • Email : info rehab@tecnia.in Website : www.rehab.tecnia.in

Date: - 24.03.2022

## CIRCULAR

All the students of ID/Hi/ASD Dept. are hereby informed that Awareness on Menstrual Health Management activity will be held on 26<sup>th</sup> March 2022. The details of which will be discussed with your class In- Charge.

Mrs. Priyanka Singh  
UBA In Charge

Mrs. Sanjana Mittal  
Deputy Director

- Copy to:
1. Dean Academics
  2. All Course Coordinators/Class In Charges
  3. Student Welfare Dept.
  4. Website for Updation







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## Report on Awareness on Menstrual Health Management Activity

**Events:** Awareness on Menstrual Health Management

**Faculty:** Mrs Priyanka Singh

**Participation:** Students of B.Ed. SE (ID/HI/ASD)

**Date:** 26<sup>th</sup> March 2022 (Saturday)

**Venue:** Microsoft Teams App

**Timing:** 10:30Am to 1:00Pm

### Objectives:

1. To aware the people about concept of the 'MHM' campaign, creating awareness and openness is one of the most effective ways to help teach girls how to properly manage their menstrual hygiene.
2. To aware the students about practicing hygiene regularly create healthier communities. Menstrual hygiene helps prevent diseases.
3. To aware the parents about accurate, pragmatic, and age-appropriate information – includes using textbooks or open discussions to create awareness about menarche.
4. To aware the people about providing moral support to girls and spreading knowledge to other sectors of the population so that girls with mensuration are not treated as outcasts.

### UBA – Awareness on Menstrual Health Management

The MHM drive cum awareness programme play important role for pupil about breaking stereotypes and gender equality. Under this programme, the B.Ed students participated in the MHM activity under the supervision of mentor Chauhan Priyanka. We are firm believers that we need to help break the silence, raise awareness and change negative social norms surrounding menstrual hygiene around the world, so that women and girls feel empowered to manage their periods safely, hygienically, with confidence and without embarrassment. We should live in a world where no woman or girl is limited by something as natural and normal as menstruating.

To support this belief, we have created a free toolkit to help schools across the globe raise awareness and educate students around periods and good menstrual hygiene.





This toolkit contains a versatile range of downloadable and printable assets. Hand outs, leaflets and posters are made available for you to circulate in washrooms, classrooms and staff rooms. Here is what it contains:

- Hand-out: Tips for getting through your period at school
- Leaflet: 6 myth-busters about periods
- Posters for washrooms to raise awareness managing periods safely and hygienically
- Poster for teachers and support staff to raise awareness around period poverty

The event commenced by a small presentation on the significance of **Unnat Bharat Abhiyan** and how it is helping to reach out to masses. The students showed their creativity by making informative videos on **'Awareness on Menstrual Health Management'**. Our students were able to pass a very strong message in very light mood by sharing their Videos, Podcasts etc. The students prepared Posters to spread their message of **"Menstrual, Hygiene"**.

Mrs. Sanjana Mittal Ma'am, Deputy Director shared her words of wisdom and knowledge and encouraged the students for being a part of many more events and initiatives like this.

### Glimpse of the Activity:-





**Learning Outcomes:**

1. All the students were able to spread awareness among people, changing pads and napkins often can help prevent infections.
2. All the students were able to learn practicing hygiene regularly creating healthier communities. Menstrual hygiene helps prevent diseases.
3. All the students were able to promote accurate, pragmatic, and age-appropriate information – includes using textbooks or open discussions to create awareness about menarche.
4. All the students were able to provide moral support to girls and spreading knowledge to other sectors of the population so that menstruating girls are not treated as outcasts.
5. All the Students were able to gain knowledge about the initiatives and impact of Unnat Bharat Abhiyan







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### LIST OF BENEFICIARIES

S.No.	Enrolment No.	Name of the Participants
1	00352312520	URMI AGRAWAL
2	01252312520	DEEPIKA
3	01952312520	RUHI
4	01152312520	BHAWNA
5	00652312520	ANKUR BHARDWAJ
6	00852312520	AASHIMA AGARWAL
7	01852312520	HIMANSHI DHINGRA
8	00152312520	ANKIT CHHIKARA
9	00952312520	NIKITA ARORA
10	01452312520	TANNU MALIK
11	00552312520	PARUL JINDAL
12	01352312520	UMA KUMARI
13	00452312520	SAKSHI
14	00252312520	MANASVI
15	01752312520	MUSKAN RANA
16	02352312520	MANISHA
17	01552312520	HIMANI BENIWAL
18	02252312520	MINKU
19	01052312520	AASHIMA NANDA
20	02052312520	INDU NIGAM
21	35252312520	SHIVANI
22	35152312520	VANDANA SHARMA
23	01652312520	SANCHITA KHANNA
24	00352312420	SHRISHTI SINGHAL
25	01052312420	VANSHIKA
26	00452312420	MANISHA TIWARI
27	01252312420	MONIKA SHARMA
28	00652312420	JYOTI NAHARIA
29	00152312420	SONALI SWAROOP
30	00752312420	HIMANI SHARMA
31	01152312420	ABHISHEK RAGHAV
32	00552312420	SAKSHI JOSHI
33	00252312420	NAMAN KUMAR
34	01352312420	MANMEET KAUR SETHI
35	00852312420	SAFEZ MALIK
36	01552312420	SANJAY
37	01852312420	SUMIT
38	02152312420	AAKANSHA SINGH
39	02252312420	MUSKAN WADHWA
40	01652312420	KIRAN KUMARI







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S.No.	Name of the Beneficiaries	Enrollment No.
41	01052312220	POOJA KUMARI
42	01452312220	TANU
43	01552312220	KHUSHALI
44	01652312220	PRATIBHA
45	00352312220	VARSHA MEENA
46	00952312220	PRIYANKA SHARMA
47	00552312220	VIBHA GUPTA
48	00152312220	TEENA KHANNA
49	00252312220	KOMAL SHARMA
50	01752312220	PAYAL NAGPAL
51	00852312220	SAKSHI
52	01252312220	MEGHA BISHT
53	00452312220	NIRUKTA TRIPATHI
54	01152312220	BHAVIKA
55	00752312220	SHIVANI YADAV
56	01852312220	BABITA POUDEL
57	01952312220	SAKSHI YADAV
58	35152312220	KAJAL RATHEE
59	35252312220	KAVITA
60	02052312220	SHELLY JAIN
61	01652312420	KIRAN KUMARI
62	01952312420	SALONI
63	01752312420	DIVYA GUPTA
64	00952312420	LAKSHMI HARIKA AKEY
65	02052312420	SANA
66	01452312420	SHELIKA MADAN

