



# Gandhinagar Institute of Technology

A Report on

“MENSTRUAL HYGIENE”

(21<sup>st</sup> July 2022, Thursday)

## **Abstract:**

Gandhinagar University, conducted a webinar on Menstrual Hygiene on 21<sup>st</sup> July 2022. The objective of arranging such type of webinar was to make aware about the importance of hygiene management. The event was organized by the Women Development Cell of GIT under the guidance of Dr. H N Shah (Director, GIT), trustees, and the management. The event was organized for the female faculties and understudies' girl students of GIT. Around 50 Participants participated in this webinar. It was led for an hour which totally explained about the menstrual hygiene management. Following are the details about the webinar.

## **Program overview:**

The webinar was organised for the female faculties and students of GIT to motivate the female students and give them the knowledge and understanding regarding the Menstrual Hygiene management. The webinar was conducted by Mrs. Nitya Chaudhary, specialist in Social work, women empowerment and project management has been working with Unicharm India since 2016 as an integral part of CSR team, she is managing all the CSR activities in Rajasthan which include management of awareness program on menstrual health and hygiene, program associated with ICDS and government of Rajasthan. She holds an experience of conducting more than 700 sessions. Nitya is a techie, Master of Technology in computer science, and has experience of training and assessment in skill development and education program with IL&FS on Cairn India CSR project.

She firstly explained about the terms Menstruation (Menstruation is a naturally occurring physiological phenomenon in adolescent girls and pre-menopausal women) and its importance. Further, she continued the session by explaining the terms like puberty, adolescence, biological and genetically and social factors which are commonly observed during the specific intervals in female youth. She elucidated about the hormonal changes in the girls and the boys. Additionally, she clarified the hormonal change with respect to the behavioural and emotional deviations with different aspects like peer pressure, mood swings, looking for an identity, compassion, being conscious about self.

Moreover, she carried the session by illustrating different phases and structure of reproductive system. Lastly, she talked about the Menstrual management where she illustrated about the duration and the tracking and make the female students understand about the cycle. Even, she talked about the pre-menstrual syndrome and concluded the session by explaining about the healthy lifestyle and misunderstanding with respect to PCOD and PCOS which are considered during specific time.

The webinar ended successfully with a huge round of questions and answer session by the participants. The expert made them understood very well. The webinar was fruitfully accomplished under the guidance of Trustees, Director of the institute-Dr H N Shah, WDC Coordinators and Participants.

### **Proportion of Women Benefited:**

This webinar was for all the female students, faculties, and staff in which they are benefitted from the following points:

- They got to know about changing sanitary napkins or tampons within every 4-6 hours is the cardinal rule to establish menstrual hygiene.
- There was a discussion on ways to overcome cramps, body ache and weakness due to menstruation.
- An awareness was created regarding PCOS (Polycystic ovary syndrome) and PCOD (Polycystic ovary syndrome disorder), and measures to be taken care of.
- A talk about hormonal imbalance and change in emotional and physical behavior was shared.

### **Measurable gains in knowledge:**

While conducting the webinar, they got knowledge about the mentioned below norms:

1. To enable girls to cross barriers caused by cultural and gender norms that prevent them from articulating their menstrual needs.
2. To guide girls in having safe and acceptable access to appropriate healthcare information so as to help oneself in overall health management.
3. To provide knowledge to girls about the anatomy and physiology of their bodies because changes in these affect their emotional, psychological and social developments.
4. Providing right and timely education to the young girls to prepare them for building healthy lifestyles that can protect and improve their menstrual and reproductive health.
5. To enable knowledge about phases of menstruation in women, hormonal change, risk and prevention of infection during periods, feminine hygiene management.

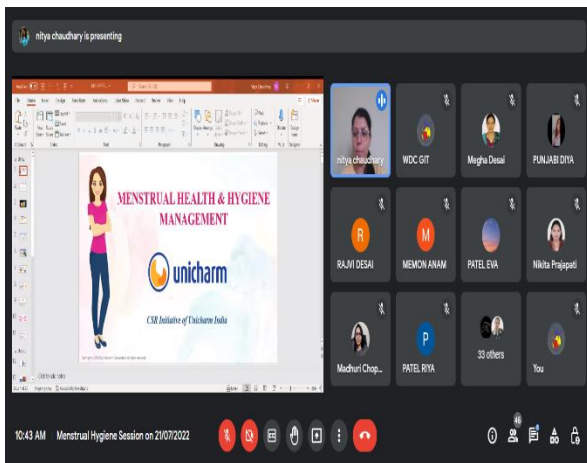
### **Measurable gains in skill:**

While conducting this session on Menstrual Hygiene, the participants got to know about various products related Menstrual Hygiene and how to use them. They also came to know about the benefits of using them.

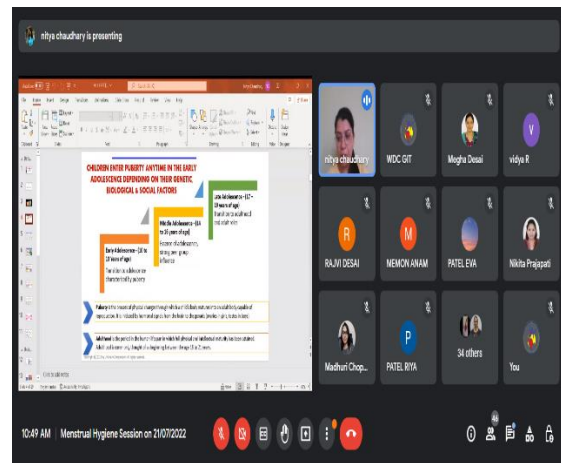
## Feedback:

The program which was organized by the Gandhinagar Institute of Technology included educational webinar on “Menstrual Hygiene Session” for women which helped them to understand different aspects where girl students are given free education about periods. The girls enjoyed the webinar and were motivated to take one step forward to menstrual sanitation. The webinar was showcased through Google Meet with mentor and techie Mrs. Nitya Chaudhary to educate the girls about menstrual health and hygiene. Our Girl students also interacted with the CSR Executive and cleared their questions and doubts. There has been a grave lack of awareness around this subject due to social stigma and therefore, the faculties, staff members and the girls were quite happy to be a part of this discussion.

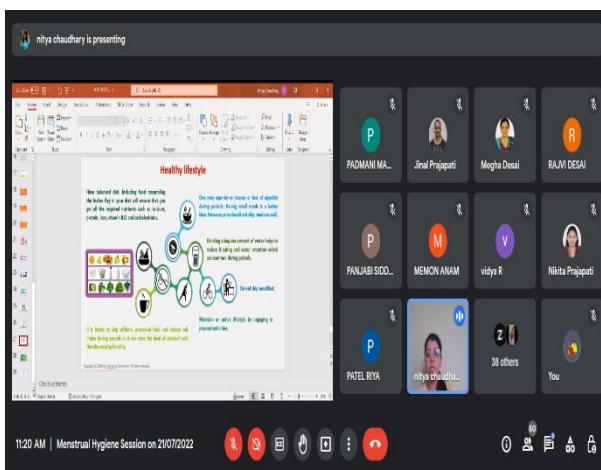
## Photo Gallery:



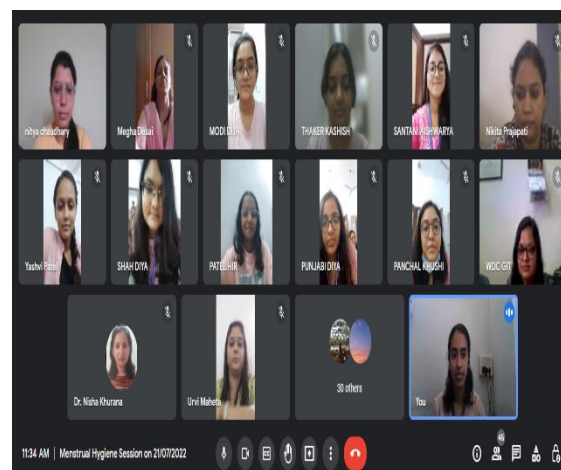
Initiation of the webinar on “ Menstrual Hygiene”



A brief about puberty and adolescence by the expert



An explanation about healthy lifestyle



A group Picture of the Webinar