

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
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HANSRAJ COLLEGE

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NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-2025

Name of the Event: Step into her shoes

Organised by: Women Development Cell

Date of the Event: 24th April

Duration/Event Timing :10:30 AM

Venue of the Event: Yagya Shala

Name of Coordinator(s): Team WDC and Team Havan

Name of Convener: Professor Dr. Jnaneswari Malik

On 24th April, the Women Development Cell, under the guidance of Rama Ma'am, organized an event called Step Into Her Shoes to raise awareness about the challenges women face during menstruation. The highlight of the event was the use of a period pain stimulator on male participants, allowing them to experience the kind of pain women endure during their menstrual cycles.

The event began with Rama Ma'am explaining the importance of understanding women's health issues, particularly the physical and emotional strain caused by menstrual cramps. Male volunteers were hooked up to the stimulator and experienced different levels of pain, simulating the discomfort women feel each month. Many of the participants were visibly surprised and admitted that they had underestimated the intensity of the pain. It sparked conversations about the difficulty women face in balancing their daily tasks while enduring menstrual pain.

Following the simulation, an open discussion was held where male and female students shared their reactions. Male students expressed newfound respect and

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empathy, while female students shared their personal experiences, emphasizing how painful periods affect their daily lives.

The event was successful in promoting gender sensitivity and reducing the stigma surrounding menstruation. It encouraged more open discussions about menstrual health and left a lasting impression on all attendees. The use of the period pain simulator was an effective way to foster understanding between genders, ensuring that women's struggles are acknowledged and appreciated.



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ATTENDANCE

1. Abhinav
2. Shreya
3. Satyam
4. Prashita
5. Raghav
6. Kanav
7. Sushil
8. Rainy
9. Adarsh
10. Aditi
11. Aakansha
12. Nandini
13. Shalini
14. Vinit
15. Saloni
16. Palak
17. Pravesh
18. Ayush
19. Alok
20. Vinay
21. Rohit
22. Unnati
23. Rahul
24. Avinash
25. Aayushi
26. Himani

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