

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली -110007

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HANSRAJ COLLEGE

UNIVERSITY OF DELHI

Mahatma Hansraj Marg

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NAAC ACCREDITED 'A++ GRADE COLLEGE

2023-2024

Name of the Event: Menstrual Hygiene Awareness Session for Padhaku Girls.

Organised by: NSS Hansraj

Date of the Event: 29th November 2023

Duration/Event Timing: 12:00 PM

Venue of the Event: Hansraj College

Name of Coordinator: Muskan Yadav

Name of Convener: Dr. Romila Rawat Bisht

Event Description

A Menstrual Awareness session was conducted on 29th of November 2023 by Yashvi Education Foundation, collaborated with Dr. Shalu, a distinguished Obstetrician and Gynecologist, for padhaku girls aged 10 and above. The event focused on providing crucial insights of menstruation, hormonal changes during puberty, and the significance of maintaining menstrual hygiene. Dr. Shalu, a recipient of the Corona Warrior Award, spearheaded the session, breaking societal taboos around menstruation.

In a candid and informative setting, around 20 girls actively participated in the session. Dr. Shalu not only addressed the biological aspects of menstruation but also emphasized the importance of hygiene and self-care during mensuration. The session reached its zenith with a dynamic QnA segment, where each question asked by the girls received thoughtful and comprehensive answers. To reinforce the knowledge imparted, sanitary napkins were distributed with a message underscoring the significance of maintaining hygiene during menstruation.

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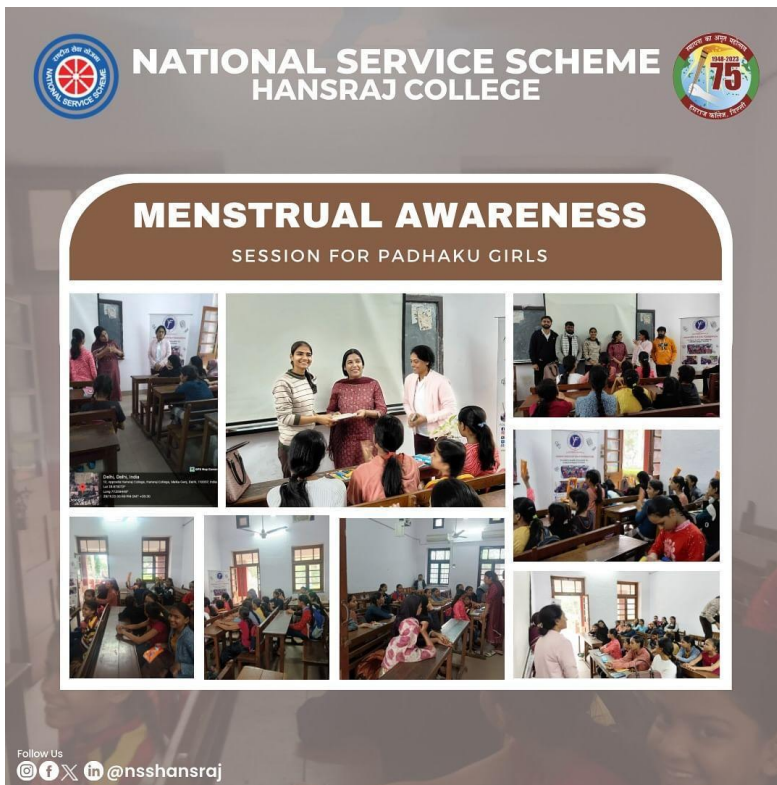
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The Menstrual Awareness session was transformative, fostering enlightenment and empowerment among padhaku girls. The collaboration between Yashvi Education Foundation and Dr. Shalu created an open dialogue on the often-silenced subject, leaving a lasting impact. Addressing biological nuances, dispelling taboos, and providing resources significantly contributed to the well-being and knowledge of the Participants.

Brochure/Poster:



Photographs of the event:

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List of volunteers

- Muskan Yadav
- Anita Meena
- Garima Papra
- Shivani
- Minakshi