



## **SARVAJANIK UNIVERSITY**

### **Sarvajnik College of Engineering & Technology**

**Report for expert session on**

## **“Menstrual Health and Hygiene Session”**

**Organized under,  
Women Development Cell**

**Date:** 11 February, 2025

**Time:** 3:00 pm to 4:00 pm

**Venue:** Online

### **Faculty Coordinators:**

Prof. Bhumika Patel

Prof. Palak Desai

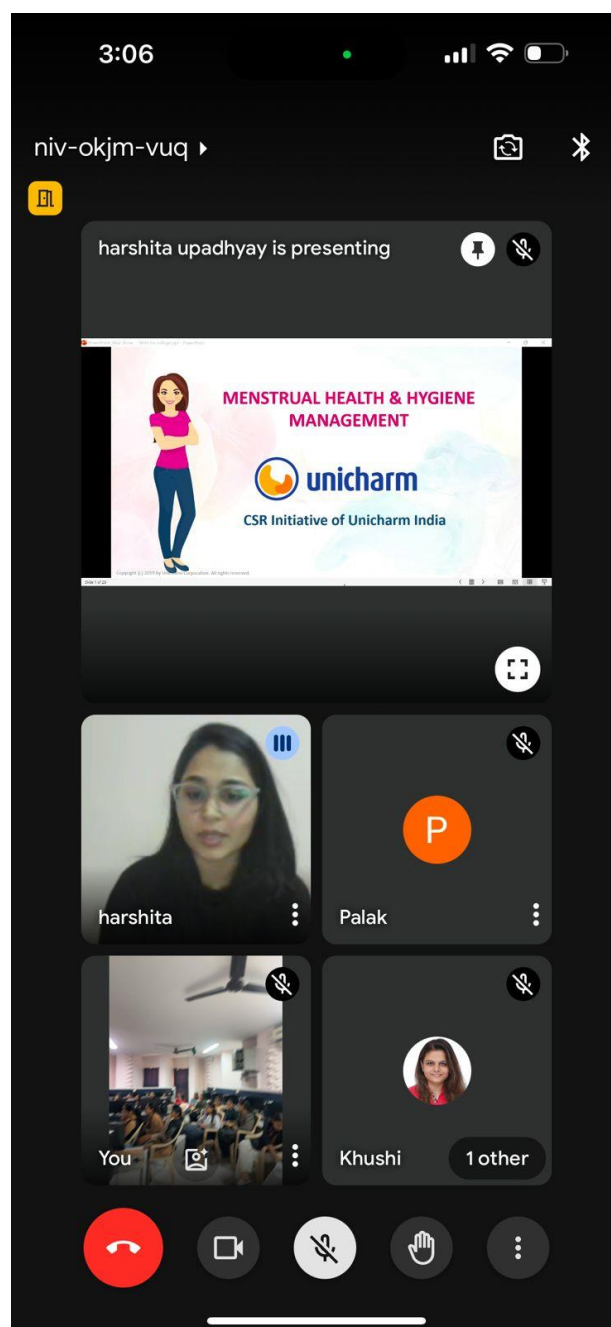
A special expert session arranged on Menstrual Health and Hygiene was conducted on February 11, 2025, from 3:00 PM to 4:00 PM. The session was held online and live-streamed at the IT Phase-1 Laboratory, with a total of 48 girls in attendance. The expert of session was Mrs. Harshita Upadhyay, a member of the NGO Globalhunt Foundation, in association with Unicharm.

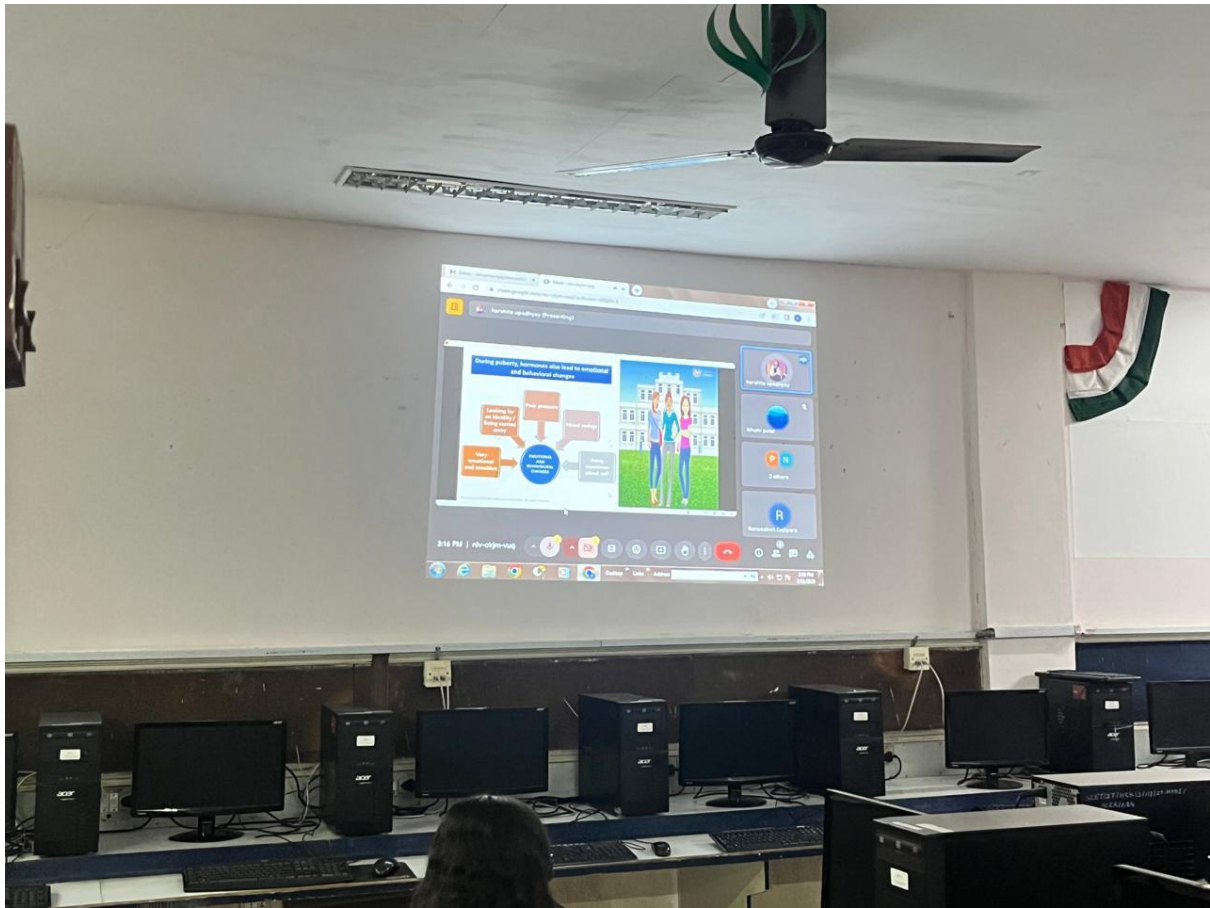
The session covered essential topics, including the biological aspects of menstruation, maintaining personal hygiene, and the importance of using safe and hygienic menstrual

products. The speaker emphasized healthy menstrual practices, debunking myths, and addressing common concerns related to periods.

Key topics covered in the session included:

- Understanding the menstrual cycle and hormonal changes
- Importance of menstrual hygiene and common hygiene mistakes to avoid
- Different menstrual products (sanitary pads, tampons, menstrual cups) and their proper usage
- Managing menstrual discomfort and pain.









Participants were encouraged to ask questions, fostering an open and stigma-free discussion. The session also highlighted the significance of proper disposal of menstrual waste, dietary recommendations, and managing menstrual pain effectively.

The interactive session received positive feedback from participants. The event successfully raised awareness, educated participants, and encouraged open conversations about menstrual health and hygiene.

This initiative reflects the institution's commitment to promoting women's health and well-being by equipping young girls with the necessary knowledge to manage their menstrual cycles with confidence and care.