

POST EVENT REPORT SUMMARY

Name of event : Talk on Achieving Menstrual Hygiene, A Saga From Grassroots

Date of event : 12 March 2024

Location of event : Multipurpose Hall, TB- 1

Timings of event : 12 p.m. – 3 p.m.

Organising Authority : Dhara Eco Club (An environment society of BPSMV)

Leading Organisers : Dr. Bhupender Singh and Dr. Deepali Mathur

Guest of Honour : Ms. Prachi Kaushik (Director & Founder of Vyomini Social Foundation)

Guest and faculty present during the session

- Ms. Prachi Kaushik (Director & Founder of Vyomini Social Foundation)
- Prof Shweta (Dean student's welfare)
- Dr. Bhupender Singh (Director of Horticulture and Sanitation)
- Dr. Deepali Mathur (Deputy Director of Horticulture and Sanitation)
- Dr. Sudipta Sil
- Dr. Suman Dalal



About the Event

- Event tagline : Talk on “ACHIEVING MENSTRUAL HYGIENE, A SAGA FROM GRASSROOTS”.
- The main motive behind Organising this event was to create awareness about the significance of Menstrual Hygiene and challenging the myths and superstitious belief related to Menstrual cycle.
- The event also focused on the use of modern eco-friendly methods to tackle the problems and uneasiness faced by the females during menstruation.
- Moreover, the information about Dhara Eco Club and its functioning was also shared with the students, to make them aware of such extra eco- friendly activities of their university.

This grand show of knowledge was started with a inspirational speech by Dr. Deepali Mathur. She highlighted the significance of eco- Club on every organisation. “The Dhara Eco Club, is not just a club of students or members. It’s a union of such pure souls, who have taken the pledge to make their surroundings a living heaven. We all want clean and hygienic surroundings but don’t even bother to initiate from our own head. But all this should be stopped and we together are going to make this happen”. She encouraged students to start showing concern for their surroundings and handed over the stage to Dr. Bhupender Sir.

- Dr. Bhupender Singh started their speech with a brief introduction and management of Dhara Eco Club, starting from his moto 'THINK GLOBALLY AND ACT LOCALLY' and logo (made by Ms. Heena) to its operating authorities along with their duties. He further raised many environment issues like smog and fog in Delhi, contaminated water bodies of Jharkhand, Cancer Train etc. He sensitise the students about environmental issues and made them aware of their roles as future generation.
- After the inspirational speech of Bhupender Sir, the stage was handed over to the students of Dhara Eco Club. Ms. Neha and Ms. Anshu, who welcomed the guest, Ms. Prachi Kaushik with warm hearts and saplings . Ms. Manshi gave a brief introduction about the background and achievements of Prachi mam and then she was invited on the stage.
- Ms. Prachi Kaushik mam started her speech by thanking the organisers to invite her for their first event and started sharing her experiences with the students.
 - Firstly, she told about the Menstrual cycle and its significance in nurturing a society. She said that Menstrual Cycle is a key to the lock of healthy and disease free world. She also tried to break myths and superstitious belief of people related to menses.
 - She gave many scientific reasons to challenge the Menstrual myths or taboos prevailing in our society like we should going to temple and holy places during menstruation etc. Also, she stated that periods blood isn't impure, its contaminated; which is quiet similar to blood coming out from any part of our body. Also, the periods blood is good for soil because it has iron, calcium, potassium etc.
 - She also shared some data related to the public age of girl , which has decreased from 15-16 years to 9-10 Years in India. She also revealed some major reasons for this like intake of hybrid food, lake of physical work, change in lifestyle, use of pesticides in agriculture etc. She aware the young girls to not to worry about periods.
 - Then, she told us about Menstrual health and hygienic and role of both men and women, in Achieving the same. She lays emphasis that it is the duty if men also to take care of female of his house during their Menstrual cycle. She also told about various products available in the market, specialised for helping women during menses. Like sanitary napkins, Sanitation pads, period panties, reusable pads, Menstrual cups, pad-bins, sanitary pads vending machine etc. She inspired us to always carry a safety kit with us having napkins, pads , sanitizers etc.
 - She played emphasis on healthy diet during menses to ensure a healthy uterus or reproductive system because it ensures us our healthy future (babies). She also said that we shouldn't feel shy while talking about periods because they stays with us for 3000 days, which is like 40 to 50 years of our life, which is much more than the time we spend with our parents or in-laws.
 - She ended her speech by giving a brief of her organisation and her twitter handle named, 'Green rakshak'. She motivated the students to join her fir away campaigns and leadership roles and left the stage with a thanking smile.

- Dean student's welfare, Prof Shweta Ma'am took the stage afterwards. She also motivated the students as well as the hostel wardens to ensure hygienic surroundings in the campus and ensured her helping hand with them.
- Afterwards, Prof. Shweta Ma'am and Dr. Bhupender Sir honoured Ms. Prachi Kaushik Ma'am with a memento and flowers .
- A vote of thanks was given by Ms. Sneha, leading to the end of an educational talk with fun and query session.

The event was informative, interactive and presentation could be easily understood by everyone. Students were dispersed with a ray of hope of working together to bring a change in the surroundings and would have more such events to participate so that the student community may be guided further.



Dr. Bhupender Singh motivating the our students about the environmental issues. and their role as future generation.



Dr. Deepali Mathur welcoming guest, Ms Prachi Kaushik with a sapling.



Dr. Deepali Mathur telling the students about Dhara Eco Club and its objectives.



Ms. Prachi Kaushik,

Director of Vyomini Social



Foundation.

Students, Faculty members and wardens from various hostels attending the event.

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