

REPORT ON



AWARENESS PROGRAMME ON MENSTRUAL SENSITIVITY AND MENSTRUAL HYGIENE.

The Women Cell, ACTA Unit, Lumding College, organized an awareness programme on 'Menstrual Sensitivity and Menstrual Hygiene' on the 23rd of June, 2022. This awareness programme was organized in association with the Rotaract Club of South Kolkata. The invited speakers for the occasion were Dr. Sumitra Dey, Deputy Superintendent of Lumding FRU and Miss Sneha Chakraborty, Director to Service Project, Rotaract Club of South Kolkata. The main objective behind this awareness programme was to address the audience about the key issues of Menstrual Sensitivity, to understand their issues and difficulties on the subject, to bridge the gap of understanding and throw light on period positivity.

The programme started at 11:00 am in the seminar hall of the college. At the very onset, the invited speakers, along with the Principal of the college Dr. Mrinal Kanti Paul, were called upon the dais to take their seats, followed by which they were duly felicitated. The host for the occasion, Dr. Onkita Misra from the Bengali Department, welcomed everyone including the speakers and proceeded with an inaugural speech. In her speech she stated the objectives behind the awareness programme and also talked about the stigmas associated with menstruation. Thirty two faculties and 68 students participated in the programme.



Dr. Onkita Misra while anchoring the programme

After her speech, she invited Dr. Sumitra Dey to enlighten the audience on the topic. Dr. Sumitra Dey, in her talk, gave an overview on menstruation as a natural biological process. She proceeded to talk on normal and abnormal bleeding during one's period. She also stressed on the importance of hygiene during periods. Furthermore, she talked about diseases associated with menstruation, especially Polycystic ovary syndrome (PCOD). She also suggested medicines for several menstrual disorders.



Dr. Sumitra Dey while delivering her talk.

Next, Miss Sneha Chakroborty was invited to give a presentation on the topic. In her presentation, titled 'Period. End of Sentence', she talked about menstrual sensitivity and various myths associated with menstruation. She also talked about period inclusivity and disabled menstruators. She further highlighted the issue of period poverty which refers to the social, economic, political and cultural barriers to menstrual products, education and sanitation. She also talked about sustainable period products like tampons and menstrual cups which can we used instead of sanitary napkins.

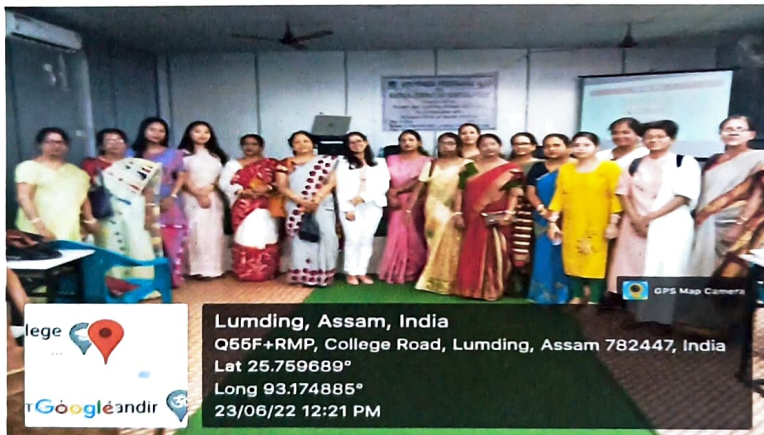


Miss Sneha Chakroborty while delivering her talk.

The programme ended with a Vote of thanks by Dr. Jahnvi Das Bhattacharjee from the Bengali Department. She, on behalf of the Women Cell thanked the speakers for their presence in the occasion. She also thanked all the students and teachers for their presence and cooperation.



Dr. Jahnvi Das Bhattacharjee while delivering the Vote of Thanks.





Snapshots from the programme.

Report prepared by:

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Rapporteur Group, IQAC, Lumding College

1. Mrs. Seema Nath (Convener)
2. Mrs. Antara Choudhury (Member)
3. Ms. Sudhangshu Priya Bharati (Member)
4. Ms. Sampurna Bora (Member)
5. Ms. Deborah Daolagupu (Member)
6. Dr. Jahnabi Das (Member)



Signature

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