



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**



Online Webinar on Menstrual Health and Hygiene

Women Cell and Gender Champion Club of St. Bede's College, Shimla in collaboration with Uncharm India And Global Hunt Foundation, organised an online webinar on “Menstrual Health and Hygiene” on August 14, 2024, in Room no. A12 at 10:40 am . The resource person for this virtual webinar was Mrs. Nitya Chaudhary, CSR Executive Unicharm India.

Objectives: The session commenced with an engaging and energetic introduction by the resource person, who shared her experiences with menstrual health challenges. She highlighted the common struggles due to lack of awareness, stigma, and inadequate hygiene practices. By sharing her journey, she created a comfortable and open environment, encouraging participants to engage freely. Her introduction emphasised the importance of education, breaking societal taboos, and adopting safe menstrual hygiene practices. This set a positive and interactive tone for the workshop, ensuring active participation from attendees.

Description: Menstrual health and hygiene are essential aspects of overall well-being, yet they are often surrounded by misinformation and stigma. This workshop aims to educate, empower, and promote safe menstrual practices to ensure dignity and confidence for all.

Topics covered in the sessions were as follows:

- **Educate on Menstrual Health** – Provide accurate information on menstruation, the menstrual cycle, and its biological and hormonal changes.
- **Promote Hygiene Practices** – Teach proper menstrual hygiene management, including the use of sanitary products, disposal methods, and personal hygiene.
- **Break Myths and Taboos** – Address and debunk common myths, misconceptions, and cultural taboos surrounding menstruation.
- **Boost Confidence and Self-Esteem** – Encourage open discussions to help participants feel comfortable and confident about their bodies and menstrual health.
- **Provide Product Awareness** – Introduce different menstrual products (pads, tampons, menstrual cups, cloth pads) and their safe usage.
- **Ensure Accessibility and Sustainability** – Discuss eco-friendly and cost-effective menstrual hygiene solutions and advocate for better access to sanitary products.
- **Improve Menstrual Health Management in Schools and Communities** – Guide institutions on setting up menstrual-friendly environments, including clean washrooms and availability of hygiene products.
- **Encourage Male Involvement and Awareness** – Foster understanding and support among men and boys to help reduce stigma and promote inclusivity.
- **Empower Through Self-Care and Nutrition** – Highlight the importance of diet, exercise, and mental well-being during menstruation.



- **Advocate for Policy and Social Change** – Encourage discussions on government policies, workplace and school accommodations, and initiatives for menstrual equity.

The session concluded on a positive and encouraging note, with an interactive question and answer segment where students actively participated by asking insightful questions. The resource person addressed their concerns, provided practical solutions, and reinforced the importance of maintaining proper menstrual hygiene. Additionally, students were advised to incorporate meditation and regular exercise into their daily routines to manage menstrual discomfort and promote overall well-being.

Outcome: The webinar successfully enhanced participants' understanding of menstrual health, hygiene practices, and the importance of breaking societal taboos. Students gained awareness about different menstrual products, safe disposal methods, and the significance of maintaining personal hygiene. The interactive session helped dispel common myths, fostering a more open and supportive environment for discussions on menstruation. Additionally, attendees learned about the role of meditation and exercise in managing menstrual health. Overall, the webinar empowered participants with knowledge and confidence, encouraging them to prioritize self-care and advocate for menstrual health awareness in their communities.

St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL
IN COLLABORATION WITH
UNICHARM INDIA
& GLOBALHUNT
FOUNDATION
ORGANIZES AN
ONLINE WEBINAR
ON
Menstrual Health and Hygiene

DATE : AUGUST 14, 2024
TIME : 10:50 AM
VENUE : A12

GUEST SPEAKER



Mrs. Nitya Chaudhary
CSR Executive
Unicharm India

Menstruation (Puberty)

CHILDREN ENTER PUBERTY ANYTIME IN THE EARLY ADOLESCENCE DEPENDING ON THEIR GENETIC, BIOLOGICAL & SOCIAL FACTORS

Early Adolescence - (8 to 13 years of age)
Transition to adolescence characterised by puberty

Middle Adolescence - (14 to 18 years of age)
Exuberance of adolescence, strong peer group influences

Late Adolescence - (19 - 24 years of age)
Transition to adulthood and adult life

Adolescence is the process of physical change through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to the gonads (ovaries in girls, testes in boys).

Adolescence is the period in the human lifespan in which full physical and intellectual maturity has been attained. Adolescence is commonly thought of as beginning between the ages 10 to 22 years.

11:05 AM | No-Feedback

Brochure



Online Webinar on “Menstrual Health and Hygiene” (August 14, 2024)



Women Cell
St. Bede's College, Shimla



ATTENDANCE SHEET

Activity: Webinar on Menstrual Health and Hygiene

Date: August 14, 2024

Organising Unit: Women Cell

Sr. No.	Name of the Student	Signature
1.	Pooja Chauhan	Pooja
2.	Pranjal Thakur	Pranjal
3.	Gauri Mehta	Gauri
4.	Vanshika	Vanshika
5.	Kajal	Kajal
6.	Himani Sharma	Himani
7.	Sainal Sawant	Sainal
8.	Kritika Shyam	Kritika
9.	Anshika Chugh	Anshika
10.	Sneha Bansal	Sneha
11.	Pavithra Neeraj	Pavithra
12.	Jyoti Varshika	Jyoti
13.	Radhika Sood	Radhika
14.	Rehmi Thakur	Rehmi
15.	Varundha Sharma	Varundha
16.	Kritika Pundir	Kritika
17.	Rashika Sharma	Rashika
18.	Kritika Arad	Kritika
19.	Sanchi	Sanchi
20.	Ujjwala Sharma	Ujjwala
21.	Savita Shringta	Savita
22.	Hauita Mehta	Hauita
23.	Anshika Bhatia (B.com 2 nd)	Anshika

Mr. Munshi
Principal
14 August 2024
Shimla

Attendance Sheet



Women Cell
St. Bede's College, Shimla

24.	Hemangini (B.Com 2 nd year)	Hemangini
25.	Yuvika Saini (B.Com 2 nd year)	Yuvika
26.	Alka Chauhan (B.Com 2 nd year)	Alka
27.	Yashika (B.Com 2 nd year)	Yashika
28.	Shruti Chauhan (B.Com 2 nd year)	Shruti
29.	Tamanna (B.Com 2 nd year)	Tamanna
30.	Kavita Sharma (M.Sc. Botany 1 st year)	Kavita
31.	Ujita Chauhan (M.Sc. Botany 1 st year)	Ujita
32.	Anita (M.Sc. Botany 1 st year)	Anita
33.	Sakshi Chauhan (M.Sc. Botany 1 st year)	Sakshi
34.	Vidushi Gupta (B.Com 2 nd year)	Vidushi Gupta
35.	Shreya (B.Com 2 nd year)	Shreya
36.	Shreya Verma (B.Sc. Non-Med. 1 st year)	Shreya
37.	Priya Sharma (B.Sc. Non-Med. 1 st year)	Priya
38.	Rakshita Karmal (B.Sc. Non-Med. 1 st year)	Rakshita
39.	Sakshi Chauhan (B.Sc. Non-Med. 1 st year)	Sakshi
40.	Angelina Nooki (" ")	Angelina
41.	Amritika Thakur (" ")	Amritika
42.	Niyati Sharma (" ")	Niyati
43.	Jamvee Verma (" ")	Jamvee
44.	Kritika Verma (BA pass course 2 nd year)	Kritika Verma
45.	Priyanshu Rukta (" " ")	Priyanshu
46.	Akshita Thakur (M.Sc. Botany 1 st year)	Akshita
47.	Tishya Thakur (BA 2 nd year)	Tishya
48.	Reya (BA 2 nd year)	Reya
49.	Priyanka Laxmi (BA 2 nd year)	Priyanka
50.	Neeti Chauhan (BA 2 nd year)	Neeti
51.	Akshita Phantai (BA 2 nd year)	Akshita
52.	Sara Chaudhary (BA 2 nd year)	Sara

10/10/2014
Priyanshu Rukta
St. Bede's College
Shimla

Attendance Sheet



Women Cell
St. Bede's College, Shimla

53.	Shreeta monta msc botany sem-I	Shreeta
54.	Priyti msc botany sem-I	Priyti
55.	Dipika Demuth Msc Botany (1 st sem)	Dipika
56.	Divyanka Sharma Msc Botany (1 st sem)	Divyanka
57.	Nehal Verma MSC Botany 1 st Sem	Nehal
58.	Anisha Lakra MSc Botany Sem I	Anisha
59.	Divyanka Sharma Msc Botany Sem I	Divyanka
60.	Shruti Sharma BA 2 nd year	Shruti
61.	Shruti Sharma BA 2 nd year	Shruti
62.	Usha Rawat BA 2 nd year	Usha
63.	Vanshika Chantia	Vanshika
64.	Muskaan Sharma BA 2 nd year	Muskaan
65.	Annandita Sharma BA 2 nd year	Annandita
66.	Diana Kaitth BA 2 nd year	Diana
67.	AVANI THAKUR BA ECO HONS 1 st yr.	AVANI
68.	Garbha Ray BA ECO HONS 1 st year	Garbha
69.	Pragya BA ECO HONS 1 st year	Pragya
70.	Silki BA ECO HONS 1 st year	Silki
71.	Mehak Thakur BA ECO HONS 1 st year	Mehak
72.	Divyansha Sharma BA ECO HONS 1 st year	Divyansha
73.	Ramimraan Kaur BA ECO HONS 1 st year	Ramimraan Kaur
74.	Ananta Kaurkay BA ECO HONS 1 st year	Ananta
75.	Tanveera Sharma BA ECO HONS 1 st year	Tanveera
76.	Prayya Uniyal BA ECO HONS 1 st year	Prayya
77.	Diksha Uniyal BA ECO HONS 1 st year	Diksha
78.	Harsikha Thakur BA ECO HONS 1 st yr.	Harsikha
79.	Srichiki Gupta BA ECO HONS 1 st yr.	Srichiki
80.	Samaira Sharma BA ECO HONS 1 st yr.	Samaira
81.	Banshee Sharma BA ECO 3 rd year	Banshee

19.1.2020
Shimla

Attendance Sheet



Women Cell
St. Bede's College, Shimla

82.	Nikita Shabir	hikita
83.	Sujal Sharma	Suans
84.	Kritika Rathore	Kritika
85.	Sheetal Sharma	Sheetal
86.	Himani	Himani
87.	Nisham	Nisham
88.	Deepaastuti	Deepaastuti
89.	Payal	Payal
90.	Nancy	Nancy
91.	Anuska	Anuska
92.	Sanya	Sanya
93.	Dhivya Shethi	Dhivya Shethi
94.	Vaccunika	Vaccunika
95.	Riya	Riya
96.	Arushi	Arushi
97.	Meesha	Meesha
98.	Mehak	Mehak
99.		
100.		

Convenor

Women Cell

mollym
14/3/24
St. Bede's College
Shimla

Attendance Sheet