



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 Unicharm 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.



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 Chaurhan	Pooja
2.	Pranjal Thakur	Pranjal
3.	Saurashi Mehta	Saurashi Mehta
4.	Vanshika	Vanshika
5.	Kajal	Kajal
6.	Himani Sharma	Himani
7.	Saimal Sawant	Saimal
8.	Kritika Shyam	Kritika
9.	Anshika Chugh	Anshika
10.	Sneha Bansal	Sneha
11.	Pankshita Naurat	Pankshita
12.	Jushita Varshita	Jushita
13.	Radhika Singh	Radhika
14.	Suhani Thakur	Suhani
15.	Vasundhara Sharma	Vasundhara
16.	Kritika Pundeer	Kritika
17.	Rashika Sharma	Rashika
18.	Kritika Azad	Kritika
19.	Sanchi	Sanchi
20.	Vishnu Sharma	Vishnu
21.	Sanya Jhingra	Sanya
22.	Hanika Mehra	Hanika
23.	Anshika Bhatia (B.com 2 nd)	Anshika

Mallam
Principal
St. Bede's College
Shimla

Attendance Sheet



Women Cell
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24.	Hemang (B.Com 2 nd)	Hemang
25.	Yuvika Saini (B.Com 2 nd)	Yuvika
26.	Ashwini Bhatnagar (B.Com 2 nd)	A. Bhatnagar
27.	Yuvika (B.Com 2 nd year)	Yuvika
28.	Arshika Chauhan (Biotech Hon II nd year)	Arshika
29.	Tomar (Biotech Hon II nd year)	Tomar
30.	Kaushik Sharma (M.Sc. Botany I Sem)	Kaushik
31.	Ojha Chauhan (M.Sc. Botany I Sem)	Ojha
32.	Anita (M.Sc. Botany I Sem)	Anita
33.	Lakshmi Sharan (M.Sc. Botany I Sem)	Lakshmi
34.	Vidushi Gupta (B.Com 2 nd year)	Vidushi Gupta
35.	Gurleen (B.Com 2 nd year)	Gurleen
36.	Aashika Verma (B.Sc. Non-Med. 1 st year)	Aashika
37.	Pooja Sharma (B.Sc. Non-Med. 1 st year)	Pooja
38.	Rakshita Kumal (B.Sc. Non-Med. 1 st year)	Rakshita
39.	Sakshi Chauhan (Biotech Hon II nd year)	Sakshi
40.	Angelina Nook (" ")	Angelina
41.	Amisha Thakur (" ")	Amisha
42.	Niyati Sharma (" ")	Niyati
43.	Jamvee Verma (" ")	Jamvee
44.	Kritika Verma (BA Pass Course 2 nd year)	Kritika Verma
45.	Priyanshu Rastogi (" ")	Priyanshu
46.	Ashwini Thakur (M.Sc. Botany I Sem)	Ashwini
47.	Tushya Thakur (BA II nd year)	Tushya
48.	Riya (BA II nd year)	Riya
49.	Priyanshu Laxoo (BA 2 nd year)	Priyanshu Laxoo
50.	Neelam Chandra (BA 2 nd year)	Neelam
51.	Ashika Phanta (BA 2 nd year)	Ashika
52.	Saba Chaudhary (BA 2 nd year)	Saba

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Attendance Sheet



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53.	Shubhi montu msc botany sem I	Shubhi
54.	Priyanshu msc botany sem I	Priyanshu
55.	Dipika Doshi MSc Botany (1st sem)	Dipika
56.	Divyansha Sharma M Sc Botany (1st sem)	Divyansha
57.	Sheetal Yerma MSc Botany (1st sem)	Sheetal
58.	Anisha Lakra MSc Botany Sem I	Anisha
59.	Divyansha Sharma MSc Botany sem I	Divyansha
60.	Shikha Sharma B.A 2nd year.	Shikha
61.	Divyansha Sharma B.A 2nd year.	Divyansha
62.	Divyansha Sharma B.A 2nd year.	Divyansha
63.	Kanchika Shanta "	Kanchika
64.	Muskaan Sharma BA 2 year	Muskaan
65.	Anandita Sharma BA 2nd year	Anandita
66.	Diana Kaith BA 2nd year	Diana
67.	AVANI THAKUR BA ECO HONS II Year.	Avani
68.	Arshita Ray BA ECO HONS II Year.	Arshita
69.	Paagya BA ECO HONS II Year.	Paagya
70.	Silvi BA ECO HONS II Year.	Silvi
71.	Mehak Thakur BA ECO HONS II Year.	Mehak
72.	Anurima Sharma BA ECO HONS II Year.	Anurima
73.	Pransimran Kaur BA ECO HONS II Year.	Pransimran
74.	Ananta Kaur BA ECO HONS II Year.	Ananta
75.	Tamanna Sharma BA ECO HONS II Year.	Tamanna
76.	Priya Uniyal BA ECO HONS II Year.	Priya
77.	Diksha Uniyal BA ECO HONS II Year.	Diksha
78.	Harshita Thakur BA ECO HONS II Year.	Harshita
79.	Srishti Gupta BA ECO HONS II Year.	Srishti
80.	Samaira Sharma BA ECO HONS II Year.	Samaira
81.	Sarika Sharma BA ECO HONS II Year.	Sarika

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82.	Nikita Shokeer	Nikita
83.	Sufat Sharma	Sufat
84.	Kritika Rathore	Kritika
85.	Sheetal Sharma	Sheetal
86.	Himani	Himani
87.	Sushanti	Sushanti
88.	Korpanshi	Korpanshi
89.	Pooja	Pooja
90.	Namya	Namya
91.	Anushka	Anushka
92.	Sanya	Sanya
93.	Divyakeshi	Divyakeshi
94.	Varunika	Varunika
95.	Riya	Riya
96.	Arushi	Arushi
97.	Mehar	Mehar
98.	Mehak	Mehak
99.		
100.		

Convenor
Women Cell

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14/8/24
St. Bede's College
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Attendance Sheet