



Oriental Education Society's
Oriental College of Education & Research
UGC NCTE Approved, Affiliated to University of Mumbai,
(NCTE Code- 123016)
Adarsh Nagar, Andheri (W)
NAAC Accreditation 'B' Grade

Report

Menstrual Hygiene Training Program

The Women Development Cell (WDC) of Oriental College of Education and Research, in collaboration with Nirmala Memorial Foundation, successfully organized a Menstrual Hygiene Training Program on 1st February 2025 from 11:00 AM to 12:00 Noon. The session was conducted online via Google Meet and aimed at educating students on the importance of menstrual health, breaking taboos surrounding menstruation, and promoting hygiene practices for better well-being.

Objectives:

- To educate students about menstrual hygiene and its impact on health.
- To break taboos and address misconceptions surrounding menstruation.
- To promote the use of sustainable and hygienic menstrual products.
- To encourage open discussions and awareness on menstrual health.
- To empower students with knowledge to support menstrual well-being.

A total of 82 students participated in the session, including 21 students from Oriental College of Education and Research and 61 students from Nirmala Memorial Foundation. The guest speaker, Mrs. Nitya Chaudhary from GlobalHunt Foundation, facilitated the session, sharing valuable insights on menstrual hygiene management, health concerns, and sustainable menstrual practices. Her expertise and engaging approach made the session highly impactful.

The session included discussions on the importance of menstrual hygiene in women's health and

well-being, myths and misconceptions surrounding menstruation, the use of sustainable menstrual products, addressing social taboos and stigma related to menstruation, and the role of education and awareness in promoting menstrual health. Mrs. Nitya Chaudhary introduced herself at the beginning of the session, and the vote of thanks was delivered by Ms. Shifa, a First-Year B.Ed. student.

Additionally, staff members Manisha Sonavane, Anita Yadav, and Sanabano Shaikh attended the training program, contributing to the success of the session. Their participation emphasized the commitment of faculty members in promoting menstrual health awareness among students.

Outcome of the Program:

- Increased awareness and understanding of menstrual hygiene among students.
- Encouraged open discussions and reduced stigma surrounding menstruation.
- Improved knowledge of sustainable menstrual products and hygiene practices.
- Strengthened confidence in addressing menstrual health concerns.
- Reinforced the importance of continued awareness programs and education.

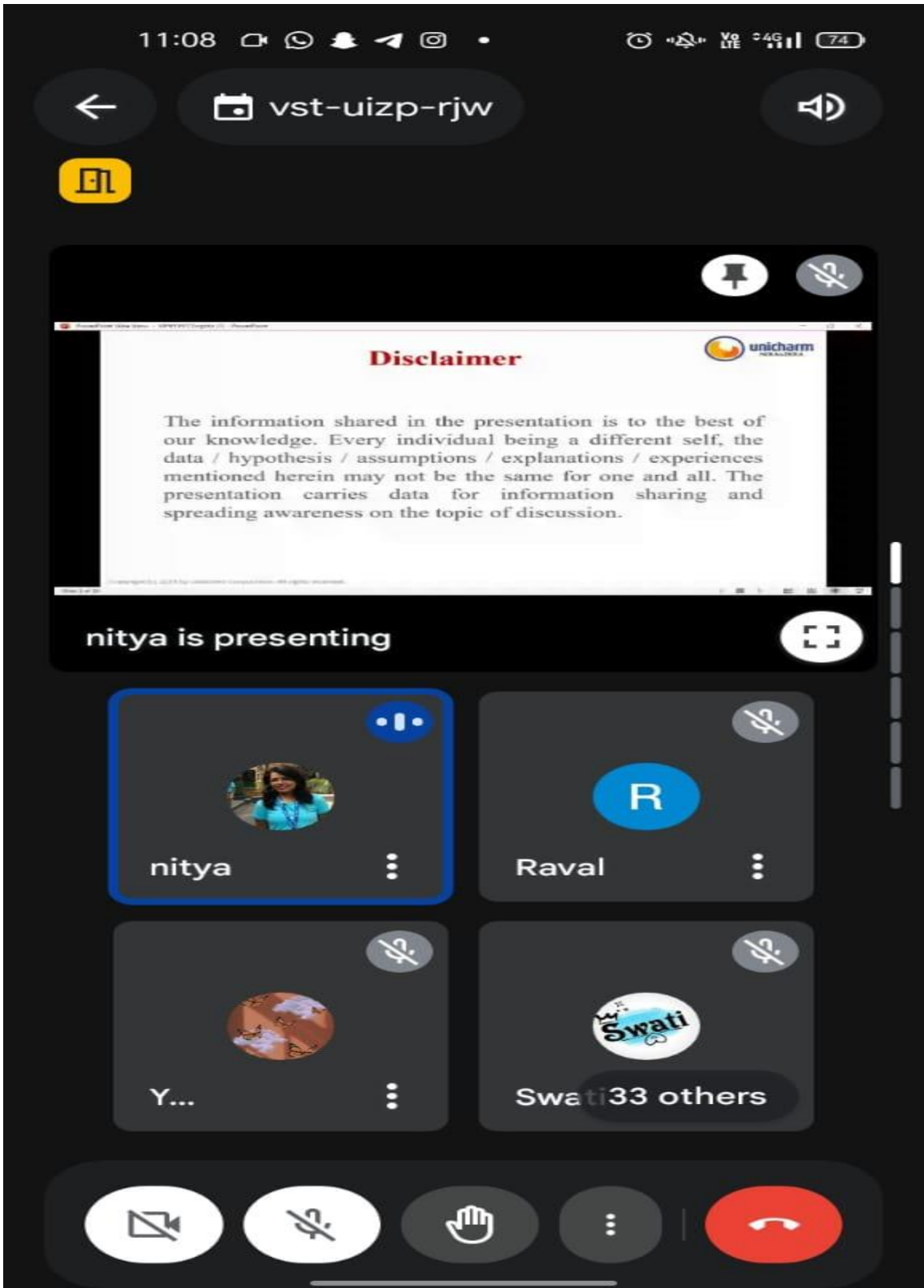
The Menstrual Hygiene Training Program was a highly informative and engaging session that empowered students with knowledge on menstrual hygiene. The initiative by Oriental College of Education and Research, in collaboration with Nirmala Memorial Foundation, received positive feedback from participants, emphasizing the need for continued awareness programs. The college remains committed to promoting health education and addressing crucial topics for student welfare.

Following are the links

MEET <https://meet.google.com/vst-uizp-rjw>

ATTENDANCE <https://forms.gle/HSNoAKd7gYacHQ2v5>

FEEDBACK-<https://forms.gle/Hcg6PgrvvFmBTuLM7>



Photos

nitya chaudhary (Presenting)

Healthy lifestyle

Have balanced diet. Including food resembling the Indian flag in your diet will ensure that you get all the required nutrients such as calcium, protein, iron, vitamin B12 and carbohydrates.

One may experience nausea or loss of appetite during periods. Having small meals is a better idea. However, one should not skip meals as well.

Drinking adequate amount of water helps to reduce bloating and water retention which are common during periods.

Do not skip breakfast.

Maintain an active lifestyle by engaging in physical activities.

It is better to skip caffeine, processed food and reduce salt intake during periods as it can raise the level of stomach acid thereby causing bloating.

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People

- Faiza Adhikari
- Harsha Saini
- Jayanti Soni
- Jenisha Alwina
- Kajal Patil
- KINJAL KHAIRMODE
- Komal Dubey
- Komal Pathak
- Lavita
- LINGAMPALLY PRIYANKA

Pratima Yadav, Shrushti Prajapati, Ruby Ghosh, Nirmala B.Ed. C..., nitya chaudhary, 60 others, Sana Bano Shaikh

nitya chaudhary (Presenting)

Menstrual Management

This will give you an idea about:

- Length of your menstrual cycle
- Number of days you bleed

Tracking your menstrual cycle will help you to stay prepared for the next menstruation.

Tracking is important to understand our cycle, as well as to have healthy periods. Missing periods or having prolonged periods are causes of-

- PCOS
- Thyroid disorders
- Uterine fibroids
- Diabetes
- Endometriosis
- PID (Pelvic Inflammatory Disease)

The average menstrual cycle is 28 days long.

It usually happens between 21-40 days.

A menstrual cycle is counted from the first day of one menstruation to the first day of the next menstruation.

January 2014

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People


- Shikha Kurmi
- Shilpa Gowalkar
- Shruti Vishwakarma
- shweta dubey
- Sneha Baviskar
- Sneha Dubey
- Stedal Inas Chunekar
- Swati Nandhini
- Vedika Rane
- Veronica Kamrao

Pratima Yadav, Ruby Ghosh, Nirmala B.Ed. C..., nitya chaudhary, Swati Nandhini, 57 others, Sana Bano Shaikh




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Saba naaz

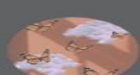

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Jesseina


Sana Ba...


Swati


Raval


Y...


Jenish 7 others