



Date: 10.08.2020

CIRCULAR

NSS Cell of Presidency University, Kolkata in collaboration with 'Unicharm India' cordially invites you to join a Webinar on Menstrual Hygiene Session to be held on 14th of August, 2020.

*for
Munish Kumar*

Coordinator
NSS
Presidency University

Brief report regarding the programme on

Menstrual Hygiene Session

Organised by NSS cell, Presidency University

Date – 14th Aug, 2020

Breaking the Blood Taboo - On *August 14, 2020*, the NSS cell, in collaboration with Presidency University, collaborated with Unicharm India Hygiene. The session started with an introduction about 'Menstruation' where a detailed presentation was held to first unroll the taboo and misconception it has in society. The elementary focus of the session was educating women about 'what is menstruation?' and 'how the menstruation cycle works?' (The female reproductive system and how it functions). One of the key issues of discussion was about potential risks associated with menstrual hygiene unclean sanitary napkins can lead to various infections.



**NSS CELL
PRESIDENCY UNIVERSITY**
in collaboration with

Unicharm India
brings to you

'MENSTRUAL HYGIENE SESSION'

on

14th August, 2020 | 11:00 am – 12:00 pm

Resource Person

Ms. Roshnee Bhowmick
CSR Executive
Unicharm India

Knowledge Partner



Pranita Gaba
Programme Co-ordinator
NSS CELL
Presidency University

Director
Internal Quality Assurance Cell (IQAC)
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Registrar
Presidency University
Kolkata - 700 073

From the session the importance of properly dispose of sanitary napkins were highlighted. Girls should be urged to wrap used napkins in an old newspaper and place them in daily-emptied trash cans where there are facilities for regular rubbish pickup. The napkins should be burned or buried in a deep pit after being gathered each day. Some schools have equipment that can burn a sizable quantity of napkins. They are referred to as incinerators.

During the lockdown such webinar was enriching which discussed and encouraged girls to plan for their menstrual periods. This includes keeping track of their menstrual cycles so that they are prepared for the me when the bleeding starts. As periods may be irregular in the early years, girls should be encouraged to be alert for the bleeding. If they are school going girls or plan to be out of home for a long while, they should carry a sanitary napkin with them.

The elementary locus of the session was based on the following aspects: -

- Educating women about what is menstruation and how the menstruation cycle works (Female reproductive system and how it functions) – The menstrual cycle is usually around 28 days but can vary from 21 to 35 days. Each cycle involves the release of an egg (ovulation) which moves into the uterus through the fallopian tubes. Most women and girls suffer from period pains such as abdominal cramps, nausea, fatigue, feeling faint, headaches, back ache and general discomfort. They can also experience emotional and psychological changes (e.g., heightened feelings of sadness, irritability, or anger) due to changing hormones. This varies from person to person and can change significantly over time.

- Potential risks to health of poor menstrual hygiene: -
 - a) Unclean sanitary napkins can lead to potential infection, urine infection is a common infection which occurs frequently on women.
 - b) Vaginal products are often harmful and not safe which causes bacterial infections.
 - c) Using tampons in certain conditions can lead to unusual vaginal discharges.

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④ hygiene

Menstrual Hygiene Workshop.

Tanay Datta
Pallabi Pramanik
Sayanti Adhikari
Dipam Debnath
Umaima Tasneem
Deep Das
Saed Ali
Suchandra Pal
Kaushik Paul
Imran Khan
Krishu Rungta
kajal Karjee
Abhishek Podder
Aakansha Mukhia
Shraddha Linbu
Pronil Mridha
Ainkita Singh
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