


Bharati Vidyapeeth's
Dr. Patangrao Kadam Mahavidyalaya, Sangli.
Ladies' Association
A Lecture on menstrual hygiene, 23/7/2018
Report (2018-2019)

Bharati Vidyapeeth's Dr. Patangrao Kadam Mahavidyalaya, Sangli, Ladies' association in association with Innerwheel club of Sangli midtown Sunrise organized a program of installing Sanitary Napkin Vending Machine and Sanitary Napkin incinerator in the college on 23/7/2018.


Hon. Members of Innerwheel club of Sangli midtown Sunrise were invited for this program. Dr. Mrs. Prabha Patil (President of the Club), Mrs. Vandana Zadbuke (Zonal President) and many other members were present. Hon. Principal Dr. D. G. Kanase presided over the function. Dr. Mrs. Prabha Patil hosted the function.

After the installation and demo a Lecture on menstrual hygiene was conducted for girl students of college. Resource person Mrs. Bharati Bhavikatti. enlightened girls' regarding cleanliness, Hygiene, physiology of menstrual cycle, hormonal changes during menstrual, possible infections and other microbiological information. She said Menstruation is a normal and healthy part of life for most women, roughly half of the female population around 26 per cent of the global population are of reproductive age. Most women menstruate each month for about two to seven days. Yet, as normal as it is, menstruation is stigmatized around the world. A lack of information about menstruation leads to damaging misconceptions and discrimination, and can cause girls to miss out on normal childhood experiences and activities. Stigma, taboos and myths prevent adolescent girls and boys from the opportunity to learn about menstruation and develop healthy habits. She further elaborated on myths about menstrual cycle and its importance for physical and mental wellbeing of women. In addition, she talked on balanced diet.

A question answer session was conducted and the program was concluded by thanking all the guests and participants. Vote of thanks was delivered by Mrs. Ujjwala Desai.


(Ms. B.K. Bhavikatti)
Convener,
Ladies' association




(Dr. D. G. Kanase)
PRINCIPAL,
Dr. Patangrao Kadam Mahavidyalaya,
Sangli - 416416 (Sangliwadi)



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