



Hindi Vidya Prachar Samiti's

HINDI VIDYA PRACHAR SAMITI'S COLLEGE OF LAW

(Affiliated to University of Mumbai & Recognised by Bar Council of India)

R. J. College Premises, Opp. Ghatkopar Railway Station, Ghatkopar (W), Mumbai- 400 086, Maharashtra, INDIA
Tel: +91 22 25151763 | Fax: +91 22 25150957 | Website : www.hvpslawcollege.org.in | Email: hvpslawcollege@gmail.com

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REPORT ON WOMEN'S HEALTH AND HYGIENE AWARENESS PROGRAM

Draft prepared by Asst. Prof. Tanavi Naik

Good health is essential for leading a happy and fulfilling life. Unfortunately, many women around the world face numerous challenges when it comes to accessing proper healthcare and maintaining good hygiene practices. This is particularly true in developing countries, where poverty, lack of education, and cultural norms often prevent women from taking care of their health and hygiene needs. So, initiatives like this women's health and hygiene program are so important. By providing education and resources to women, we can help empower them to take control of their health and well-being. This program focuses on several key areas, including menstrual hygiene management, reproductive health, and general wellness practices.

An awareness program on "Menstrual Health and Hygiene" was conducted on 10th April 2023 by Hindi Vidya Prachar Samiti's College of Law in collaboration with Kartavya Charitable Trust. The objective of the program was to enhance the knowledge regarding menstrual health and hygiene among the students and the faculty members about menstrual hygiene. Principal Dr Mrs. Madhura Kalamkar in her address stated that women's health and hygiene is a fundamental human right. No woman should have to suffer from preventable health problems or be denied access to essential healthcare services. By working together to promote women's health and hygiene, we can create a world where all women have the resources and support, they need to thrive.

The Guest Speaker for the program was Ms Khushboo Goel the representative of Kartavya Charitable Trust. The speaker shared their vast experience, knowledge and their thoughts about menstrual hygiene and its taboos. She exclusively referred the importance of health care and maintaining hygiene in daily life of every one especially woman. The session lasted for 2.5 hours and proved to be very engaging and captivating for all the participants during which she provided demonstration on the proper usage of menstrual cups, its advantages on human body as well as environment using presentations and discussions. She also distributed menstrual cups to all the participants. The program saw participation from diverse schools and colleges, including Shri Indradeo Singh International School, MCT College of Law and Gokhale Education Society's Law college, with approximately 100 students and faculty members taking part.

The program was followed by the question-and-answer session wherein the students came forward and asked their questions to which the guest speaker was requested to clear their doubts for which she gave clear-cut yet simple and comprehensive answers. The session concluded with a vote of thanks, which bought an end to a fruitful event.

Dr. (Mrs.) Madhura Kalamkar
I/C Principal
Hindi Vidya Prachar Samiti's College of Law,
Ramniranjan Jhunjhunwala College Premises,
Opp. Railway Station, Ghatkopar (W),
Mumbai-400086.

