HALDIA GOVERNMENT COLLEGE
P.O.-Debhog, Purba Medinipur

Program Report

Name of the activities: Menstruation: Health, Hygiene and Social Stigma || Celebrating World Menstrual Hygiene Day

Category of the activity: Women and Health

Date, Time & venue:

28/05/2023, 11 am

"The Uncertainty Principle"

https://youtube.com/live/cNZ3xZbl1sk

Name of the resource person:

Dr. Atreyi Chakraborty, MBBS, MD, Assistant Professor and Clinical Microbiologist, Department of Microbiology Medical College, Kolkata

Prof Moutan Roy, Assistant Professor, Department of Sociology, Haldia Government College, Haldia, Purba Medinipur

No. of the participants: 376

Brief description of the program:

This webinar was organized by The Uncertainty Principle in collaboration with the Women's Cell, Haldia Government College and IQAC, Haldia Government College, for the students in order to raise awareness regarding menstruation and fight the social stigma around it. Owing to the social stigma around this simple physiological phenomenon, menstruation and relevant health issues always remain under curtain. Hence many women fall ill due to certain unhygienic practices during this period. 28th May is observed as World Menstrual Hygiene Day. This webinar was held as part of celebrating the occasion and raising the awareness among adolescents on 28th May from 11 am.

Outcome:

1. Especially in the rural region, the phenomenon of menstruation is not a topic to be discussed owing to social stigma. This webinar encouraged the students to fight the stigma and come out to discuss their issues.
2. Many women suffer due to unhealthy habits during menstruation. In this webinar they learnt about what to do and what not to do during this period.
3. Women were encouraged to talk about this issue which is by no means a great feat achieved in this webinar.
4. Male students also participated which is really necessary. It is very much essential that menstruation be seen in the same light as other health issues and physiological phenomena. The less its seen as taboo, the better.

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