



The Women Cell of CGPIT organized a special Session for female faculty and girl's student as an awareness about "Menstrual Hygiene" dated February 25, 2020 at J.D Hall between 1.30 pm to 3.30 pm. Expert invited for the same was Ms. Hiral Mistry, lecturer, MNBC, UTU. Total 150 Girl students, Women cell members and few faculty members were present for the session.



Session was started with UTU anthem and brief introduction of the expert Ms. Hiral Mistry.



She started with the background of menstruation and lack of awareness. The session continued with the cycle and basics of it. Later on hygiene was discussed. She explained in detail the purposes for hygiene management such as Reduction in risk of urinary tract infections, Reduction in risk of rashes in genital areas, Minimizes risk of cervical cancer, Ensures good reproductive health. After this, she informed and explained the exact way of the disposal with proper images and description. One very nice and informative video of dos and don'ts during the menstrual period was shown which was liked by all.

In addition to it, different products for maintaining menstrual hygiene such as sanitary pads, tampons and menstrual cup was discussed in detail such as types, its usage and comparison of the same.

The session was concluded with question and answer round and some perfect suggestions for regular practice.



