



# Vidya Prasarak Mandal, Mulund (E)

## R Z Shah College of Arts, Science and Commerce

Established in 2003 - Affiliated to University of Mumbai

Mithagar Road, Mulund East, Mumbai - 81 | [www.vpmrzshahcollege.edu.in](http://www.vpmrzshahcollege.edu.in)  
Accredited by NAAC Grade "A"

### Report on the session

## 'Menstrual Hygiene Management'

Date : 20<sup>th</sup> December, 2022

Venue : College Auditorium

**VPM'S R Z SHAH COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
Mithagar Road, Mulund East, Mumbai 400081  
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Women Development Cell In Collaboration  
With Inner Wheel Club Of Mulund

Organizes  
Talk On  
**MENSTRUAL HYGIENE MANAGEMENT**

By  
**DR. APARNA PADGAONKAR**  
MD, DGO, DNB

DATE : 20TH DECEMBER 2022  
TIME : 9.00 AM  
Venue : Auditorium

Mrs. Anita Lopez  
Convenor, WDC

Dr. Kavita Sharma  
I/C, Principal

The process in a woman, of discharging blood and other material from the lining of the uterus at intervals of about certain days is known as Menstruation. Menstruation is a fact of life of nearly every woman. It has always been a part of their life though it has always been the least talked topic among people and the people in society because many considered it as a taboo and the other reason was lack of awareness. But as the world is evolving and developing awareness is being created to make sure women accepts it and embrace it as a part of their body and life as well. NGOs and groups are working to empower the women in the society.

With the very same idea of empowering the women, young girls, Women Development Cell of our in collaboration with Inner Wheel Club of Mulund organized a talk on **Menstruation Hygiene Management** with Dr. Aparna Padgaonkar as the Guest Speaker. She is an Obstetrician and a Gynecologist.

The talk began with a welcome speech given by Pragati Kamath, student of TYCS where she addressed I/C Principal, Dr. Kavita Sharma, Guest speaker and the students. Then, Dr. Kavita Sharma expressed her gratitude towards the event organizers and Dr. Aparna Padgaonkar for taking out time from their busy schedules.







The event was handed over to the main speaker of the event. Dr. Aparna madam where she introduced herself and explained what exactly menstruation is, female reproductive organs and various other things through a PowerPoint presentation. The presentation talked about hygiene management during periods, what to do to relief pain and why it is important to follow a healthy and balanced diet and how it affects the body.

28<sup>th</sup> May is celebrated as Menstrual Hygiene Day around the globe. And thus, the speaker emphasized on imparting knowledge about menstruation among who young girls who are not aware about this cycle. She also stated about switching from sanitary napkins and pads to cloth pads, tampons and menstrual cups that are reusable and not harmful to the environment in any way. The presentation was informative and provided knowledge among everyone present over there at the moment.

Further, a Q&A round was held where the women present asked questions about their bodies, periods and other aspects while Dr. Aparna Madam answered and cleared their doubts.

The session ended with a vote of thanks given by the orator Pragati Kamath and it wrapped up with the distribution of immunity capsules, syrups and cramps relief tablets (by Himalaya) among everyone for free of cost.

*Anita Lopez*

**Mrs. Anita Lopez**  
Convener, WDC Committee



*Dr. Kavita Sharma*

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I/c, Principal