

# **Bharati Vidyapeeth (Deemed To Be University)**

## **College of Engineering**

### **Report on**

#### **“PAD FOR PAD- MENSTRUAL HEALTH EDUCATION PROGRAM ON 5<sup>th</sup> OCTOBER 2023”**

Bharati Vidyapeeth (Deemed to be University) College of Engineering, Dhanakwadi, Pune has established “Women's cell” with the objective of encouragement for the development of girls in all the perspectives of life which will further promote their growth socially and economically. Every Semester Women's cell of Bharati Vidyapeeth (Deemed to be University) College of Engineering conducts activities in various domains such as Safety for women, Wellness of women, Rights of women, etc.

Menstruation is a normal natural process in women. Lack of awareness about menstruation exposes the backwardness or mental conservativeness of the society. Not using sanitary pads during periods can lead to urine infection, cervix infection, infection in the fallopian tubes and ovaries, infertility and even cervical cancer. So Educating girls and women about menstruation and most importantly the easy availability of sanitary pads is a praiseworthy initiative.

By keeping all the above points in mind, Women Cell of Bharati Vidyapeeth (Deemed to be University) College of Engineering has organised “Pad for Pad” event for menstrual health education on 5<sup>th</sup> October 2023 at Zilha parishad school, Hingne, Sinhgad Road in collaboration with **Eco Femme**, a non-profit organization based in Auroville, South India. The goal of the program was to create awareness among the girls about menstrual cycle with scientific base.

The team members of Women Cell Dr. Pallavi Deshpande and Prof. Prachi Dixit interacted with the 7<sup>th</sup> standard students of the school and explained the menstrual cycle with charts and diagrams. The girls were given the detail information about 28 days menstruation and the various phases in it. They were explained how important it is to take care of ourselves. Personal hygiene, Exercise, Nutrition, Ways to alleviate pain were also discussed. Girls were given information about Menstrual Products & safe practices for cloth and washable cloth pads. Girls were encouraged to ask questions related to menstruation and to open up about their personal problems during periods. Session was concluded with various questions from

the girls and happiness of content on their faces. Along with menstrual health education, free washable cloth pads for adolescent girls were distributed.



