

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

## **College of Engineering**

### **Report on**

#### **“PAD FOR PAD- MENSTRUAL HEALTH EDUCATION”**

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.

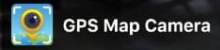
Every Semester Women's cell of Bharati Vidyapeeth (Deemed to be University) College of Engineering conducts activities in various domains such as Safety for women, Wellness of women, Rights of women, etc.

Women Cell “Pad for Pad” event for menstrual health education was organized on 5<sup>th</sup> April 2022 at Thorve High school, Katraj 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 girls were informed about the topic of discussion and made comfortable to speak openly about the menstrual cycle. Initially the girls were shy to open up, but the friendly discussion slowly made them open up with their doubts and concerns. They were given the scientific information about Female reproductive system and the menstrual cycle. Thereafter a detail discussion was held on, what is Puberty? Which is the age of Puberty? What changes takes place in a body during Puberty age?

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.

Session was concluded with various questions from the girls and happiness of content on their faces. It was a great achievement for Women cell. Along with menstrual health education, free washable cloth pads for adolescent girls were distributed at Thorave high school, Katraj



**Pune, Maharashtra, India**

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Long 73.851416°

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