

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.

Menstruation is a normal natural process in women. We are in the 21st century still women are reluctant to discuss about menstruation openly. 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 29th September 2022 at Pushpa Devi Dugad school, Ambegaon BK, 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 team members of Women Cell under the leadership of Dr. Kavita Kulkarni interacted with the 8th standard students of the school and explained the menstrual cycle with charts and diagrams. Initially the girls were shy to open up, but the friendly discussion slowly made them

open up with their doubts and concerns. 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. It was a great achievement for Women cell. Along with menstrual health education, free washable cloth pads for adolescent girls were distributed.





GPS Map Camera

Pune, Maharashtra, India

CVR2+QJH, Ambegaon Rd, Shani Nagar,

Ambegaon BK, Pune, Maharashtra 411046, India

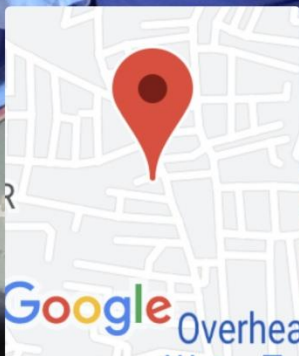
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sr no 66 shop no 02 near Dugad school Aagam
mandir road, Shani Nagar, Ambegaon BK, Pune,
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Lat 18.441742°

Long 73.852444°

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