

# Prasanta Chandra Mahalanobis Mahavidyalaya

(Accredited by NAAC)

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## Report of "Menstrual Health and Hygiene" Workshop in collaboration with Anahat for Change Foundation

**No. of Participants: 90** (90 students along with 3 faculty members)

Organized by Gender Equity Cell and Internal Quality Assurance Cell, Prasanta Chandra Mahalanobis Mahavidyalaya, held on 9th June 2022 from 12.30 p.m.

A Menstrual Health and Hygiene Workshop in collaboration with Anahat for Change Foundation was organized by the Gender Equity Cell and Internal Quality Assurance Cell of Prasanta Chandra Mahalanobis Mahavidyalaya on the 9th of June 2022 from 12.30 pm. The lecture was hosted in offline mode in Room No 15. 90 students from Prasanta Chandra Mahalanobis Mahavidyalaya attended this lecture along with 3 faculty members.

Anahat For Change Foundation is a youth led NGO. Their team consists of urban planners, management degree holders, social workers and interns. They work through various strata of the society and help create awareness on various social issues. Their beneficiaries mainly include underprivileged schools, rural areas and urban slums. They have tried to safeguard our environment for women and children and society at large in a sustainable manner. Project Unnatibiy Anahat for Change Foundation and Supported by SVP India is working to expand the skills and livelihood opportunities for women. They are training the women from the Kankura Masat Village in South 24 Parganas which has been worst hit by the super cyclone Amphan. These women are being trained to make feminine hygiene products such as reusable cloth pads, underwear, etc. They are also focusing on creating demand for these products. They are also trying to distribute these sanitary hygiene kits among the needy by partnering with other organizations.

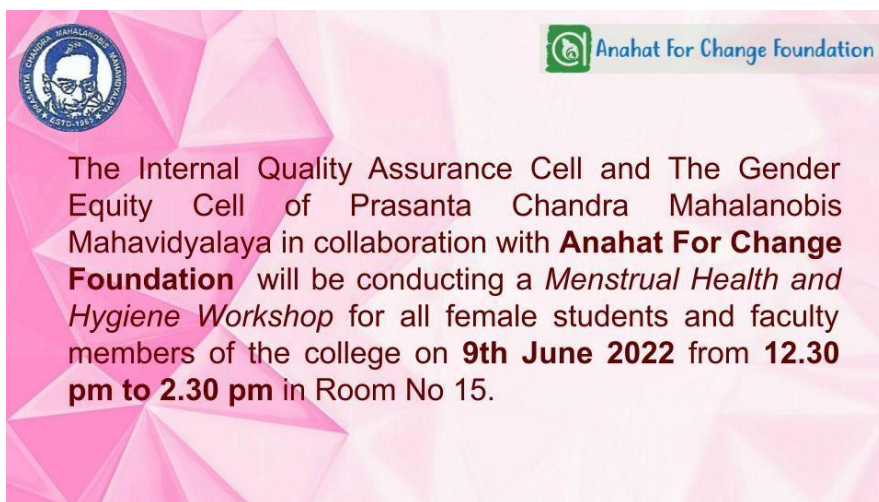
Respected Teacher-In-Charge, Dr Parthasarathi Dutta delivered the Welcome Address. Dr Uttara Kundu Chowdhury, member of the Gender Equity Cell extended a warm welcome to the members of Anahat for Change Foundation and introduced the resource persons. Dr Sreyasi Chatterjee, Convener of the Gender Equity Cell spoke about the



importance and relevance of this workshop. Ms Purvi Tanwani, Co-Founder, Anahat for Change Foundation started the workshop by introducing the concept of Menstrual Hygiene. Ms Deblina Chatterjee, Training Coordinator, Anahat For Change Foundation, spoke about the biology behind menstruation; healthy practices to keep in mind during menstruation; yoga techniques to follow to combat discomfort during menstruation, shattering stigma attached to menstruation and hygienic habits to maintain during menstruation. Ms Chatterjee also delivered a lecture on sustainable menstrual practices like use of eco-friendly sanitary napkins, in place of plastic napkins.



The workshop ended with a vote of thanks by Dr Uttara Kundu Chowdhury, member of the Gender Equity Cell.



Poster of Menstrual Health and Hygiene Workshop



Welcome Address by Respected Teacher-In-Charge, Dr Parthasarathi Dutta



Menstrual Health and Hygiene Workshop in Progress





Healthy Practices During Menstruation



Explaining Menstruation



*Palma Salathi Dutta*

Teacher-in-charge  
 Prasanta Chandra Mahalanobis Mahavidyalaya  
 Kolkata-700108





Anahat For Change Foundation

The Internal Quality Assurance Cell and The Gender Equity Cell of Prasanta Chandra Mahalanobis Mahavidyalaya in collaboration with **Anahat For Change Foundation** will be conducting a *Menstrual Health and Hygiene Workshop* for all female students and faculty members of the college on **9th June 2022** from **12.30 pm to 2.30 pm** in Room No 15.