

# NOTICE

**10-04-2022**

This is to inform you all that Economics Society and NSS Department are organising *One Day Workshop* On **"WOMEN HEALTH AND MENSTRUATION HYGIENE"** on 12-04-2022. All the girls students are requested to attend this workshop in Room No 84 from 9:00 am to 3 pm.

K. A. Satish  
NSS  
(Girls unit)



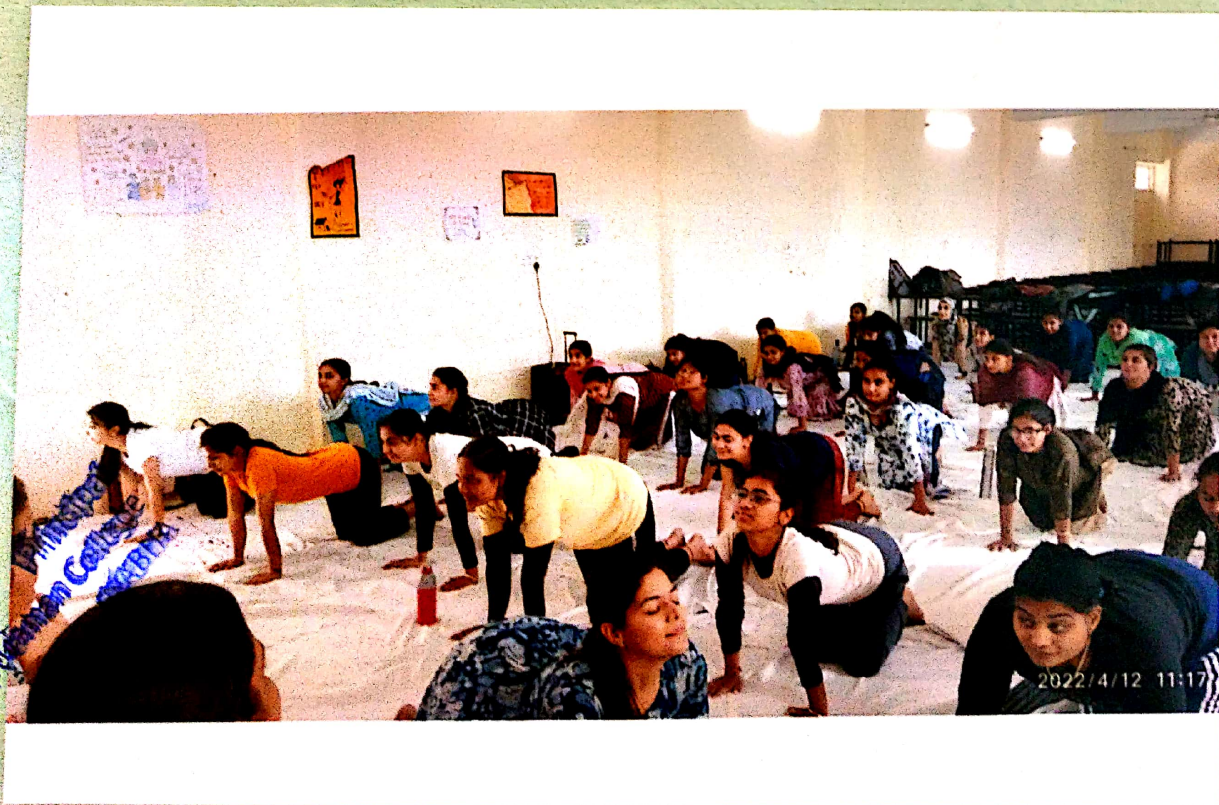
# ONE DAY WORKSHOP ON "WOMEN HEALTH AND MENSTRUAL HYGEINE"

12-04-2022



Principal  
Government College  
NABHA





178  
Gout. Rajyaman College



# REPORT

## One Day workshop on 'Women Health and Menstruation Hygiene

Date:- 12-04-2022

Department:- Economics Dept and NSS girls unit

No of participants:- 48

**Objectives:-** To create awareness, information and confidence to manage menstruation with safety and dignity using safe hygienic materials together with yog asanas to correct the disorder related to this.

This workshop was Conducted by Kalpna Batra Incharge NSS girls unit and Prof Deepika and Prof Aashima also helped the girls in this workshop. Girls were made aware of the menstrual cycle, female reproductive system, their process, balanced diet, hygiene during cycle. Problems related to Menstrual cycle were discussed and yog asanas were taught to come out of this .Sanitary pads were also distributed.

  
Principal  
Govt. Ripudaman College  
NABHA