



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

**TIAS NATIONAL SERVICE SCHEME (NSS) CELL**

SELF-FINANCING UNIT\* - I



Donate Blood  
Save Life



Beti Bachao  
Beti Padhao



Health  
Camps



Tree  
Plantation

## Report

**Event** : Online Workshop on Menstrual Health and Hygiene

**Date** : 7<sup>th</sup> April, 2021

**Time** : 4:30 pm onwards

**Venue** : Virtual Platform

**Participants** : MBA,BBA , BA (J&MC), BCA

**No of Benefirices:** 100

**Link** : <https://www.youtube.com/watch?v=KfL0fy-RVa8>

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**TIAS NATIONAL SERVICE SCHEME (NSS) CELL**

**Organizes**

**World Health Day(Online Workshop  
on Menstrual Health and Hygiene )**

**Departments: MBA, BBA, BA(J&MC) & BCA**

**Time: 4:30 pm onwards**

**Platform: <https://bit.ly/3ux49Qa>**

**Dr. Kirti Miglani**  
NSS Nodal Officer, TIAS  
New Delhi

India's Premier ISO 9001:2015, 14001:2015 Certified Institute. Rated as 'A' by Govt. NCT of Delhi, 'A++' Category - Best Business School by Business India, Included in Top 100 B & IT Schools by reputed publications




**AICTE and Art of Living jointly launch Training Calendar of 64 Online Workshops on "Menstrual Health and Hygiene"**  
for **12000 adolescents Girls** studying in AICTE approved Institutions across India.  
**2<sup>nd</sup> August 2021 (Monday) | 4.30 PM**

*Programme will be launched jointly by*

  
**Prof. Anil D. Sahasrabudhe**  
Chairman AICTE

  
**Ms. Nishtha Satyam**  
Deputy Country Representative, UN Women India Office

  
**Madhu Rao**  
Chairman, The Art of Living

  
**Prof. M. P. Poonia**  
Vice Chairman, AICTE

  
**Prof. Rajive Kumar**  
Member Secretary, AICTE



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 INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085  
 National Service Scheme (NSS)  
 SELF-FINANCING UNIT-1  
 Ministry of Youth Affairs and Sports  
 GOVT. OF INDIA



**Minute to Minute Programme**  
**Online Launch of Training Calendar of**  
**64 Online Workshops on 'Menstrual Health & Hygiene'**  
**(Organised Jointly by AICTE & The Art of Living)**  
**02<sup>nd</sup> Aug 2021 (Monday) – 4.30 PM**

Sl. No	Order of Program	Time
1	Welcome Address by Prof. Rajive Kumar, Hon'ble Member Secretary, AICTE, New Delhi	4:30 PM – 4:35 PM
2	Introduction about the workshops on "Menstrual Health & Hygiene" by Shri Rajeev Nambiar, National Director – Programs, NTC, The Art of Living	4:35 PM – 4:40 PM
3	Address by Prof. M. P. Poonia, Hon'ble Vice Chairman, AICTE, New Delhi	4:40 PM – 4:50 PM
4	Launching of the Training Calendar of 64 Online Workshop on "Menstrual Health & Hygiene" jointly by Prof. Anil D Sahasrabudhe, Hon'ble Chairman, AICTE, Ms. Nishtha Satyam, Deputy Country Representative, UN Women India Office and Shri Madhu Rao, Chairman, The Art of Living	4:50 PM – 4:52 PM
5	Address by Prof. Anil D Sahasrabudhe, Hon'ble Chairman, AICTE, New Delhi	4:52 PM – 5: 05 PM
6	Address by Shri Madhu Rao, Chairman, The Art of Living	5:05 PM – 5:15 PM
7	Address by Ms. Nishtha Satyam, Deputy Country Representative, UN Women India Office	5:15 PM – 5:30 PM
8	Vote of Thanks: Dr. Anil Kumar Srivastava, Director (Student Development Cell), AICTE, New Delhi	5:30 PM – 5:35 PM

\*NOTE:- All the Faculties and girls students are Mandatory to attend the webinar on 02nd Aug 2021 at 4:30 P.M.  
 Join Us:- <https://bit.ly/37ezAUI>

## Learning Objectives:

- To make females are aware of the normal phenomenon of menstruation and menstrual health and hygiene management while eliminating social taboos.
- Help them abide by healthy eating and physical fitness lifestyles.
- Inculcate a sense of confidence, pride, and honour in being a female.

## Report

This talk was well received by faculty and students and they have highly benefited. The valuable exposure to Menstrual Health and Hygiene has benefitted our participants to improve their health and hygiene in this pandemic period. The session was initiated with the welcome address by Prof. Rajiv Kumar. Thereby introduction to the workshop was given by Rajeev Nambiar. Then launching of 64 Online Workshop on Menstrual Health and Hygiene

Jointly by AICTE Chairman and Art of Living Chairman was held. Then ACITE Chairman Prof. Anil D Sahasrabudhe address the audience.

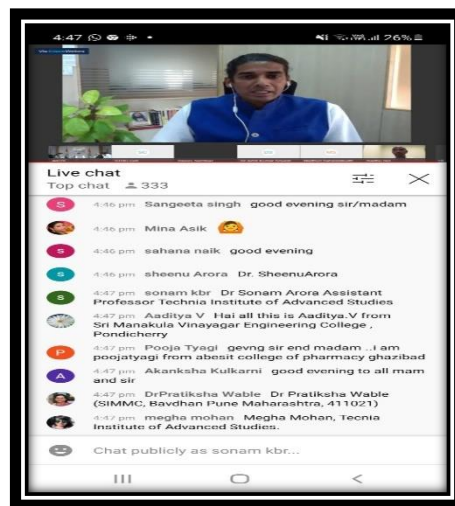
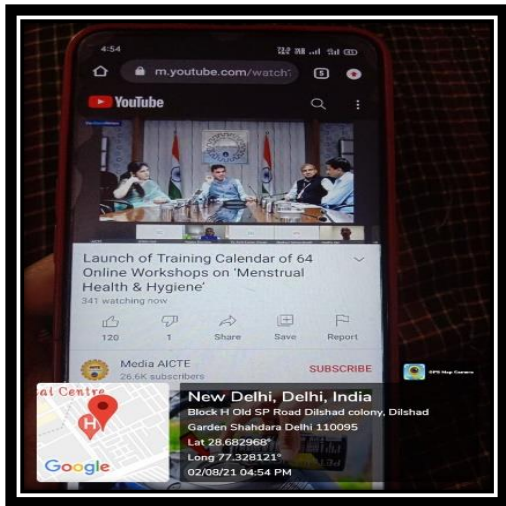
Menstruation is still considered a taboo subject in Indian society. Even today, the cultural and social influences on the people create a major hurdle in ensuring that adolescent girls are given proper knowledge on menstrual hygiene. The mothers are reluctant to talk about this topic to their daughters, and many of them lack scientific knowledge on puberty and menstruation. And even if they know, the women in India rarely approach a doctor to seek help for the menstrual problems they are facing.

The silence around this natural phenomenon in the communities combined with limited to no access to information regarding this subject both at home and in schools has resulted in the girls and women living in these areas having no knowledge about menstruation and the changes that happen in their bodies with its onset every month, how to deal with it and good menstrual hygiene practices.

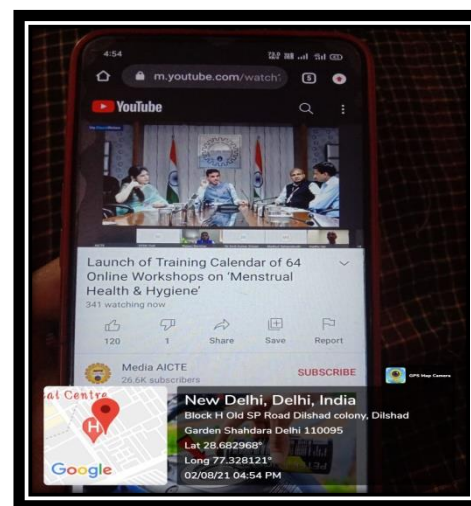
Menstruation is associated with the onset of puberty in girls and many times, it brings with it rules, restrictions, isolation, and changed expectations from the girls by society. This changed attitude towards girls such as restrictions on their self-expression, schooling, mobility, and freedom has far-reaching consequences on the mindset of women.

The physical changes that occur during puberty and the lack of safe, hygienic menstrual practices have created a complex, heavy silence around this natural physiological phenomenon. Therefore, a positive attitude towards menstruation and menstrual practices needs to be inculcated in the girl child at the onset of menarche.

The unhygienic menstrual practices followed by girls/women would often lead to increased vulnerability to RTI's, PID's and other complications. Therefore, good menstrual hygiene is crucial for the health, education, and dignity of girls and women. It is important to make menstrual hygiene a part of health education for the girl child.



Photographs during the session



Photographs during the session



## Photographs during the session

The session ended with a vote of thanks by Dr. Amit Kumar Srivastava Director (Student Development Cell).

### Learning Outcomes

- It is an initiative for enhancing adolescent girl's menstrual health and hygiene.
- The vision of the project is to empower girls with knowledge and awareness on menstrual hygiene
- It aims to create a sustainable change in menstrual hygiene practices.
- It is hoped that better health status and quality of life would be achieved amongst girls through sensitization programs.
- The project aims to generate awareness amongst adolescent girls about menstrual health and hygiene via sensitization programs in rural areas and urban slums.
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### LIST OF BENEFICIARIES

S.NO	PARTICIPANTS	COURSE
1.	MUSKAN	BCA
2.	RISHIKA ARORA	BCA
3.	ANISHA SHARMA	BBA
4.	DHWANI AGGARWAL	BBA
5.	ANSHIKA KHER	BBA
6.	NAMYA GANDHI	BBA
7	DIKSHA WADHAWAN	BBA
8	DHWANI AGGARWAL	BBA
9	DIYA SURANA	BBA
10	ISHIKA BHANDARI	BBA
11	ISHITA SAKLANI	BBA
12	JIYA CHORARIA	BBA
13	APEKSHA NEGI	BBA
14	HARDIKA ANAND	BBA
15	KRITI VERMA	BBA



16	MEGHA	BBA
17	AYUSHI GOEL	BBA
18	NATASHA GUPTA	BBA
19	CHAHAT BHARTI	BBA
20	MONISHA GUPTA	BBA
21	NEHA KUMARI MANDAL	BBA
22	RIA KOCHER	BBA
23	RIYA JAIN	BBA
24	DIVYA PARMAR	BBA
25	SAKSHI SAJNANI	BBA
26	SAUMYA SHARMA	BBA
27	SIMRAN GANDHI	BBA
28	SHREYA MANGLA	BBA
29	TEJASWINI SHARMA	BBA
30	VANSHIKA MITTAL	BBA
31	BHAVYA JAIN	BBA
32	VANSHIKA VERMA	BBA
33	BHAVAY BALI	BBA
34	MEHAK GOEL (GUEST)	BBA
35	CHAHAT DARYANI	BA(J&MC)
36	ANSHITA SHARMA	BA(J&MC)
37	AARTI SHARMA	BA(J&MC)
38	AASTHA GAUR	BA(J&MC)
39	ANUSHKA TOMAR	BA(J&MC)
40	ASTHA SURI	BA(J&MC)
41	VANSHIKA NEGI	BA(J&MC)
42	MUSKAN	BA(J&MC)

43	DIKSHA WADHAWAN	BA(J&MC)
44	AAKRITI SETHI	BA(J&MC)
45	SHRUTI	BA(J&MC)
46	GARIMA SHARMA	BA(J&MC)
47	ANSHIKA NEGI	BA(J&MC)
48	YASHIKA RAWAT	BA(J&MC)
49	IRA SHARMA	BA(J&MC)
50	ISHIKA TAYAL	BA(J&MC)
51	SRISHTIGUPTA	BA(J&MC)
52	ISHIKA KAPOOR	BA(J&MC)
53	KHUSHI PRUTHI	BA(J&MC)
54	KAVITA KUMARI	BA(J&MC)
55	BHAWYA GARG	BA(J&MC)
56	KHYATI LUTHRA	BA(J&MC)
57	SHRUTIJAIN	BA(J&MC)
58	YASHYADAV	BA(J&MC)
59	VANSHIKABANSAL	BA(J&MC)
60	SHRUTIBHANDARI	BA(J&MC)
61	PAESHA	BCA
62	TISHA AGGARWAL	BA(J&MC)
63	VAANYAKANSAL	BA(J&MC)
64	TANISHQAGUPTA	BA(J&MC)
65	JIYA CHORARIA	BA(J&MC)
66	TANYA GERA	BA(J&MC)
67	TANISHQ	BA(J&MC)
68	KASHISH MALHOTRA	BCA
69	RIYA PRABHAKAR	BCA

70	KUSUM YADAV	BBA
71	MUSKAN DHAMIJA	BCA
72	NEHA KUMARI	BCA
73	KHUSHI GAUR	BCA
74	AARCHI SINGAL	BCA
75	MEGHA	BCA
76	RICHA YADAV	BCA
77	RIA KOCHER	BCA
79	SAKSHI SAJNANI	BCA
80	TRIPTIKHNADLWAL	BCA
81	LAKSHITA	BCA
82	KANIKA GOYAL	BBA
83	TANISHA KANDOI	BCA
84	RIYA JAIN	BCA
85	NATASHA GUPTA	BCA
86	NAMYA WADHWA	BCA
87	MALIKA ANEJA	BCA
88	KANISHKA	BCA
89	MEHAK PARNAMI	BCA
90	KOHIMA SHARMA	BCA
91	MANEESHA	BBA
92	KRITI VERMA	BBA
93	LAKSHITA SHARMA	BBA
94	KASHISH AZMANI	BBA
95	JANVIE VERMA	MBA
96	AANCHAL	MBA
97	SHIKHA	MBA



98	ANAM AHEMD	MBA
99	DIVYA	MBA
100	MUSKAN AGGARWAL	MBA

### **List of Beneficiaries**

<b>S.No</b>	<b>Name of Faculty</b>
1	Dr. Garima
2	Ms. Ambooj
3	Dr. Ashutosh Bajpayee
4	Rinku Sethi
5	Ms. Sania Kukkar
6	Dr. Varun Kumar
7	Dr. Sheenu
8	Mr. Rahul Tripathi
9	Dr. Namita
10	Dr. Sonam
14	Ms. Antika
15	Ms. Ritika