



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085

Tel: 91-11-27555121-24, E-Mail : director@tecnia.in, Website: www.tiaspg-tecnia.in



Gender Champion Club



Report on Health and Personal Hygiene session on menstrual cups among women

Title of Activity*	Health and Personal Hygiene session on menstrual cups among women
Values	Sustainability, Health and Well-being, Community Support and Education
Learning Outcomes	Participants have learned about: 1. To introduce personal hygiene with menstrual cups as sustainable alternative to conventional menstrual products 2. To promote proper menstrual hygiene practices to prevent infections and improve overall health
Learning Objectives	1. Participants should be able to explain the importance of menstrual health and hygiene. 2. Participants will be able to identify various menstrual products and understand their pros and cons. 3. Participants should be able to make informed decisions about menstrual hygiene products based on their individual needs and preferences.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *	Gender Champion Club
Program Theme*	Health and Personal Hygiene
Internal Expert	Ms. Shradha Jain
Date*	17 th , April, 2024
Time*	11:00 AM Onwards
Venue	Adopted Village-Bhalswa Dairy Village, New Delhi

Coordinator
Internal Quality Control Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

Nodal Teacher
Gender Champion Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85



Gender
Champion
Club

is Organizing

OUTREACH ACTIVITY

HEALTH AND PERSONAL HYGIENE

“session on menstrual cups among women”

Theme : **Health and Personal Hygiene**

17th April, 2024 | 11:00 AM

Venue : **Bhalswa Dairy Village, New Delhi**

Nodal Officer

Ms. Shradha Jain

Gender Champion Club

Poster/Flyer/Notice

Social media link (promoting in any one
Facebook/Instagram/Twitter is mandatory)

<https://tiaspg.tecniainstitute.in/gender-champion-club/>

No. of Students* (only no. to be written, list in excel
or word should be maintained at department level as
proof for any further
requirement)

11

No. of Faculty* (only no. to be written, list in excel
or word should be maintained at department level as
proof for any further
requirement)

01

**No. of External Participants (students +
faculty)** [write NA if not applicable]

NA

(Geotag) Photograph*

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Participants educate girls on menstrual health



TIAS students interact with community girls for a sanitation initiative as a personal Hygiene

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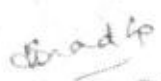
Detailed Report

The “**Health and Personal Hygiene Session**” on menstrual cups was organized in a remote area to educate girls and women about menstrual health and hygiene.


This initiative aimed to provide them with an alternative menstrual product that is both eco-friendly and cost-effective. The session was attended by 50 girls aged between 12 and 18 years.


The session began with information about menstrual health, explaining the biological aspects of menstruation, menstrual cycles, and common issues faced during menstruation. A detailed presentation on menstrual cups, covering their benefits, types, and materials used, was given. It was informed that the cups are made of safe materials that don't contain chemicals or fragrances, lowering the risk of infections and toxic shock syndrome. The facilitator addressed common fears and myths regarding menstrual cups, such as concerns about discomfort, or suitability for different age groups. The session helped clarify that the cup is suitable for both young and older women and included discussions on the environmental impact of traditional menstrual products. Additional tips on maintaining personal hygiene during menstruation were provided, emphasizing the importance of washing hands before and after handling the menstrual cup and ensuring proper storage. The health and personal hygiene session on menstrual cup usage successfully addressed the knowledge gap regarding menstrual health practices among women. By promoting the menstrual cup as a safe, economical, and eco-friendly option, the session empowered women to make informed choices that benefit both their health and the environment.

Overall, the women's hygiene awareness program at Bhalswa Dairy appears to be a worthwhile initiative with the potential to improve the health and well-being of women in the community. Building on existing

	efforts and identifying possible areas for improvement, such programs can substantially break down taboos and ensure everyone has access to safe and dignified menstruation hygiene.
Resource Person Profile	NA
Attendance Sheet*	Attached at the end of Report
Feedback	NA
Report Submitted by Convener (write faculty coordinator name)	Ms. Shradha Jain
For Office Use	
Signature of Event Coordinator	 Social Teacher, Gender Champion Club Technia Institute of Advanced Studies Madhuban Chowk, Rohini, Delhi-85

<u>List of Beneficiaries</u>		
S.No.	Enrollment Number	Name
1	70221301723	MEHAK JAIN
2	70321301723	DIVANSHU PATEL
3	03321301723	RIYA
4	35317001723	NAKSHATRA
5	00241301723	SANCHITA
6	10017001723	PRIYANSHI GOYAL
7	06221301723	VANSH MALHOTRA
8	02621301723	NIDHI SINGHAL
9	01221301723	GARIMA KOCHER
10	02421301723	SANCHITA BHATIA
11	02521301723	BHAWNA RATHORE


 Internal Quality Assessment Cell (IQAC)
 Technia Institute of Advanced Studies
 New Delhi-110085


 Social Teacher, Gender Champion Club
 Technia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi-85