



TECNIA INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE

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Gender Champion Club



Report on an outreach activity on workshop on Menstrual Cup, Bhalswa dairy village, New Delhi

Title of Activity*	Menstrual Cup workshop, Bhalswa dairy village, New Delhi
Values	Educate students and community about sustainable menstrual hygiene options and provide demonstrations on the use of menstrual cups as an eco-friendly alternative
Learning Outcomes	Participants have learned about: 1. To introduce menstrual cups as a sustainable alternative to conventional menstrual products 2. To promote proper menstrual hygiene practices to prevent infections and improve overall health
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *	Gender Champion Club
Program Theme*	Hygiene
Internal Expert	Ms. Shradha Jain
Date*	17 th , April, 2024
Time*	11:00 AM Onwards
Venue	Bhalswa Dairy Village, New Delhi
Poster/Flyer/Notice	 <p>The flyer is for a 'Menstrual Cup workshop' organized by the Gender Champion Club of Tecnia Institute of Advanced Studies. It is scheduled for the 17th of April, 2024, starting at 11:00 AM onwards at Bhalswa Dairy Village, New Delhi. The flyer highlights the benefits of menstrual cups: Hygiene, Allergy-Free, Economical, Eco-Friendly, and No Harmful Chemicals. It also lists the Nodal Officer as Ms. Shradha Jain (Dept. of Management Sciences) and the Student Coordinator as Mehak (988262640) and Riya (9711597407).</p>

Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://tiaspg.tecna.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*	



Participants educate girls on menstrual health



TIAS students interact with community girls for a sanitation initiative

The Menstrual Cup Workshop was organized in a remote area to educate young girls 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 workshop was attended by 50 girls aged between 12 and 18 years.

The workshop began with an informative session on 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. This 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. 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 make a substantial contribution to breaking down taboos and ensuring everyone has access to safe and dignified menstruation hygiene.

Resource Person Profile	NA
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	NA
Report Submitted by Convener (<i>write faculty coordinator name</i>)	Ms. Shradha Jain
For Office Use	

Signature of Event Coordinator

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

List of beneficiaries

Activity on Menstrual Cup workshop,
Bhalswa dairy village, New Delhi

S.No.	Enrollment Number	Name
1	70221301723	MEHAK JAIN
2	70321301723	DIVANSHU PATEL
3	3321301723	RIYA
4	35317001723	NAKSHATRA
5	0241301723	SANCHITA
6	10017001723	PRIYANSHI GOYAL
7	06221301723	VANSH MALHOTRA
8	02621301723	NIDHI SINGHAL