

# MENSTRUAL HEALTH AND HYGIENE AWARENESS SESSION

## 6<sup>th</sup> MARCH 2025 (FRIDAY)



On 6<sup>th</sup> March 2026, the NSS Unit of Gitarattan International Business School (GIBS) organized a Menstrual Health and Hygiene Awareness Session in collaboration with Niine Foundation as part of the institution's initiative to promote awareness regarding women's health and hygiene in observance of International Women's Day.

The session began with a brief introduction highlighting the importance of menstrual health, hygiene management, and the need to break the social stigma associated with menstruation. The programme aimed to create an informative and supportive platform where students could learn about safe hygiene practices and openly discuss the misconceptions and myths often associated with menstruation.

The Mr. Atul Gupta Lead CSR from Niine Foundation conducted an informative awareness session focusing on the biological aspects of menstruation, hygienic menstrual practices, and the importance of maintaining proper hygiene during menstrual cycles. The speaker also addressed several myths and misconceptions related to menstruation and emphasized the importance of awareness, education, and access to hygienic sanitary products for women and girls.

Students actively participated in the session and engaged in discussions by raising questions related to menstrual hygiene management, health concerns, and safe practices. The interactive nature of the programme helped create a comfortable environment for participants to openly discuss issues related to menstrual health, which are often considered sensitive in society.

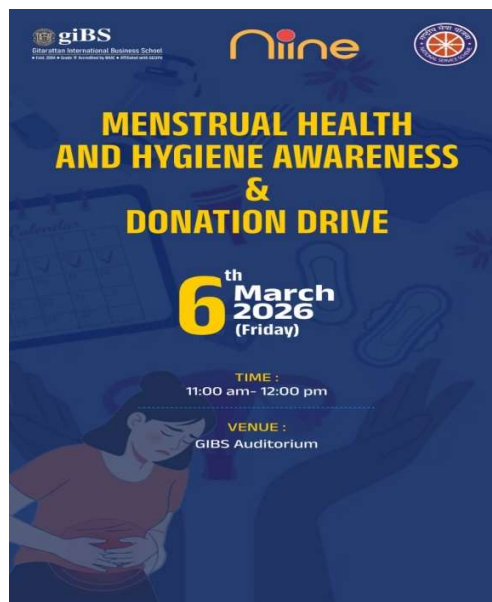
At the end of the session, free sanitary pad samples were distributed to the participants by Niine Foundation, reinforcing the importance of accessibility to hygienic menstrual products and encouraging students to adopt safe menstrual hygiene practices.

In addition to the awareness session conducted at the college, an outreach initiative was also undertaken at Ekta Camp Village, Haiderpur, where NSS volunteers conducted a menstrual hygiene awareness session for the female residents of the community. During this interaction, volunteers educated women and adolescent girls about the importance of maintaining proper menstrual hygiene, safe disposal practices, and the use of hygienic sanitary products. The

volunteers also addressed common myths and misconceptions surrounding menstruation and encouraged open conversations on women’s health. As part of this outreach initiative, sanitary pads were distributed among the female residents of the village, ensuring better access to hygienic menstrual products and promoting awareness about menstrual health management.

The event was highly impactful as it not only created awareness among students but also extended support and knowledge to women in the surrounding community. The initiative reflected the institution’s commitment towards social responsibility, health awareness, and empowerment of women through education and community engagement.

**FLYER OF THE EVENT**



<b>TYPE OF EVENT</b>	ular
<b>VENUE</b>	GIBS Auditorium
<b>TIME &amp; DURATION</b>	11:00 AM Onwards

<b>CONDUCTED BY</b>	NSS
<b>ORGANISED FOR</b>	Students of GIBS and Women Residents of Ekta Camp Village, Haiderpur
<b>NAME OF THE COORDINATOR</b>	Ms. Muskan Grover, Dr Prerna Jain
<b>ATTENDANCE</b>	40 volunteers
<b>RESOURCE PERSON</b>	Mr. Atul Gupta, Lead -CSR, Niine Private Limited  Contact Details: 98112 19490, atul@niine.com
<b>OBJECTIVES OF THE EVENT</b>	<ol style="list-style-type: none"> <li>1. To create awareness regarding menstrual health and hygiene among students and community members.</li> <li>2. To encourage open discussions and reduce stigma surrounding menstruation.</li> <li>3. To educate participants about safe and hygienic menstrual practices.</li> <li>4. To promote accessibility and use of hygienic sanitary products.</li> <li>5. To encourage youth participation in community outreach initiatives through NSS activities.</li> </ol>
<b>LEARNING OUTCOME</b>	<ol style="list-style-type: none"> <li>1. Participants gained better understanding of menstrual health and hygiene practices.</li> <li>2. Increased awareness regarding myths and misconceptions related to menstruation.</li> <li>3. Students developed a more informed and positive outlook towards menstrual health discussions.</li> <li>4. Women and girls in the community received information regarding safe menstrual hygiene management.</li> <li>5. The initiative encouraged social responsibility and</li> </ol>

	community engagement among NSS volunteers.
<b>SHORTFALL DURING EVENT</b>	None
<b>LINK OF YOUTUBE VIDEO</b>	<a href="https://www.instagram.com/p/DWTE4WNkr3L/?igsh=MXN2MDBxaW9icGxjbg==">https://www.instagram.com/p/DWTE4WNkr3L/?igsh=MXN2MDBxaW9icGxjbg==</a>

**PREPARED & SUBMITTED BY: MS MUSKAN GROVER, ASSISTANT PROFESSOR,  
GIBS**