

**Shri Ramdeobaba College of Engineering and
Management, Nagpur (Session 2022-2023)**

In association with

Women Empowerment Cell

Present

Menstrual hygiene Workshop**Date:** 04/11/2022**No. of participants:** 40**Objective:** To spread awareness about**menstrual hygiene****Project Director:** Rtr. Simran Kedia**Venue:** Girl's Hostel RCOEM**Report:**

The workshop was based on **Menstrual Hygiene Awareness** conducted by **Perna Salodkar Mam**. She explained us about qualities of sanitary napkin. She explained in detail the composition of sanitary napkin and the difference between normal and biodegradable sanitary napkins. She educated us about **organic sanitary napkin** and its benefits. Organic sanitary napkins are antibacterial and biodegradable. She also educated us on side effects of normal sanitary pads.

Menstrual Health and Hygiene is essential to the well-being and empowerment of women and adolescent girls. Hygienic menstrual practices include the use of good quality sanitary pads during menstrual flows. The session was very interesting and crucial. Dr. Sunita Dhote Mam concluded the session by giving vote of thanks.

Dr. Sunita Dhote
Teacher InCharge, Rotaract club, RCOEM
Chairperson Women Empowerment Cell

Yatharth Jain
President





