

Awareness Session on Health and Hygiene

HR Club in association with the Women Development Cell organised a session for the management students of BMS and MMS to engage in awareness, advocacy, and knowledge-sharing around the importance of menstrual hygiene management. It was held on 15 December, 2022 in seminar room and smart classroom for girls and boys respectively.

There are many taboos/myths related to menstruation, and this session aims to break all taboos and raise awareness among individual and everyone who menstruate and the one who don't. It is conducted so that people could understand menstruation is not a curse, rather it is a gift and proper hygiene is important.

The main objectives of celebrating this day were following:

- To break the silence on menstruation
- To raise awareness on importance of menstrual hygiene management
- To advocate the MHM (Menstrual Hygiene Management) friendly environment

The sessions were conducted by Ms. Mehak Kaushik, Manager at The GlobalHunt Foundation and Ms. Roshnee Bhowmick, CSR Executive.

Ms. Mehak Ms. Mehak Kaushik started her career by undertaking a research of 1500 children in the largest resettlement colony of Delhi. Here she got an experience as to how children need interactive models within their learning to achieve a basic level of comprehension. At GlobalHunt Foundation she further expanded this experience where through diverse social level projects a change was planned within the target community. She holds her highest degree of Masters in Sociology from Delhi School of Economics and is well versed with social concepts and systems.

Working with Unicharm India since 2018. Mainly responsible for all CSR activities in West Bengal. Campaigning for Menstrual Health and Hygiene management in West Bengal mainly in educational institutions, non-profit organizations and in the community level as well. Has conducted more than 300+ sessions on Menstrual Health in educational institutions and grass root level in Kolkata. She is graduated with Psychology (Hons) and hold a Master's Degree in Social Work. Worked in the area of child protection & health for more than 6 years. Represented the state at NIPCCD on child protection issues.

Poor menstrual hygiene caused by lack of education, persisting taboos and stigma, limited access to hygienic menstrual products and poor sanitation infrastructure undermines the educational opportunities, health and overall social status of women and girls around the world. As a result, millions of women and girls are prevented from reaching their full potential. The speakers ensured all the queries of the students are answered correctly and without hesitation.

Hence, it is essential to break the silence, raises awareness and change negative social norms around Menstrual Hygiene. It is possible to create a world where no one is held back because they menstruate. This means a world menstruation can be managed safely, hygienically, with confidence, and without shame; everyone can access and afford the menstrual product of their choice

Period stigma is a thing of the past; everyone has basic information about menstruation; everyone can access period-friendly water, sanitation and hygiene facilities everywhere.

Prof. Deepa Manoj

HOD- HR Department