



K.L.E. Society's  
Arts and Commerce College, Gadag-Betageri

DEPARTMENT OF HOME SCIENCE

## **WORKSHOP ON "IMPORTANCE OF MENSTRUAL HYGIENE MANAGEMENT"**

Visit Place: Government High School (RMSA) Hatalageri

Association with: Rotary Club Gadag-Betageri

Date of programme: 23-12-2023

Visited Group: B A V sem

Sl. No.	NAME OF THE STUDENT
1	DivyaVPattanashetti
2	PavitraSPatil
3	SapnaKUllagaddi
4	Sarswati.Basavaraj.Harti
5	ShaihanajYNadaf
6	Jyoti
7	Vijayalaxmi B Halli

### **Objectives:**

- To increase awareness among adolescent girls on Menstrual Hygiene.
- To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.
- To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner.
- To provide menstrual hygiene awareness for rural females of menstrual age.

  
COORDINATOR  
IQAC

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## REPORT:

In many rural communities, menstrual hygiene remains a topic shrouded in secrecy and shame. Cultural beliefs and misconceptions contribute to the marginalization of Young Girls during their periods, leading to discrimination, exclusion, and limited access to essential resources. Our students organized these activities in breaking down these barriers and providing the necessary support for girls to manage their menstrual health effectively. With this regards Rotary Club GadagBetgeri organized an Awareness Programme on "Importance of menstrual hygiene" at Government High School (RMSA) Hatalageri on 23-12-2023.

Resource person Dr.Rtn. KamalaxiAngadi address that It is a time to shed light on the discrimination, taboos, and challenges faced by girls in managing their menstrual hygiene. By addressing these issues, we strive to promote gender equality, empower women, and ensure better menstrual health for all. The Resource Person Highlighted on Methods of Sanitation, frequency of changing pads, Hygiene methods, washing techniques, proper way to discard sanitary products, how to avoid rashes,etc.

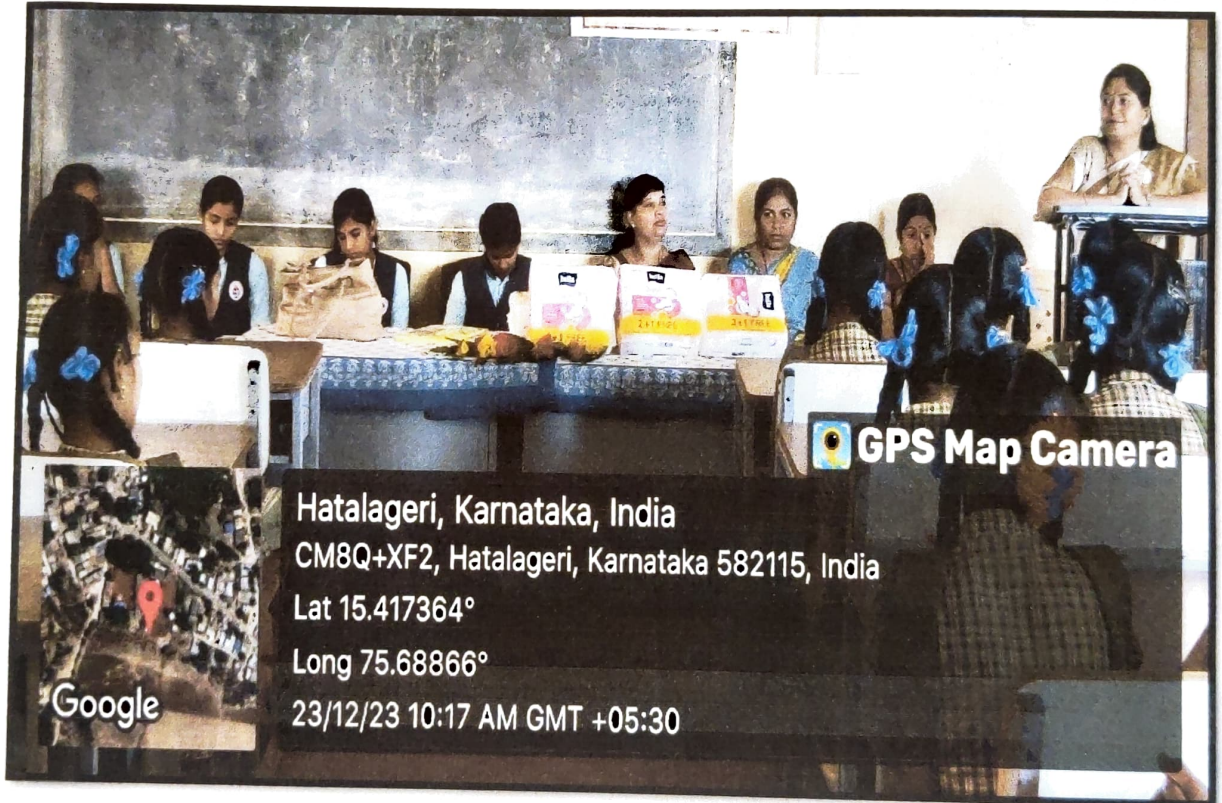
Students also took part in the interaction sessions. Together, let us continue our journey towards a more inclusive and equal society, where every woman and girl in rural India can embrace their menstrual health confidently and without fear. Menstrual Hygiene serves as a catalyst for change, but the work does not end here. We will persist in our advocacy, education, and support to create a brighter future for girls, where menstrual hygiene is no longer a barrier to their well-being and empowerment. Home Science students at the end of the awareness programme distributed the Information Pamphlets to the Girls.

  
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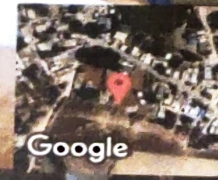
PHOTOS:



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 Long 75.688653°  
 23/12/23 10:09 AM GMT +05:30

GPS Map Camera

  
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