



**ST. JOHN'S**  
COLLEGE, ANCHAL

# MENSTRUAL HYGIENE WORKSHOP

and free sanitary pads distribution



01:00 PM



04-09-2023



Zoology Department

**Organized by Women Cell**



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**INTERACTIVE SESSION ON MENSTRUAL HYGIENE AND USE OF**  
**MENSTRUAL CUPS**

The session was envisaged as an interactive one where the students share their personal experiences regarding the topic of discussion. The students made an active participation in the session sharing their personal views regarding the stigma of the society on mensuration and how women are marginalised in homes due to myths regarding mensuration. The need for mensural hygiene was scientifically explained by Ms. Jahana Fathima of III DC Zoology. She described how to keep oneself clean and avoid infection during the periods. She demonstrated several methods used by ladies during the mensurating days which were unscientific. A short discussion on the film 'pad man' was also held during the session. Mensural cups and its usage and advantages was also put to discussion and students revealed their inhibition and concerns regarding its usage. The discussion ended in a note that the mensural cups are a healthy and environment friendly method of keeping mensural hygiene and it is strictly a personal choice to adopt it or not.