



A J INSTITUTE OF ENGINEERING AND TECHNOLOGY

NH-66, Kottara Chowki, Mangaluru -575006, Karnataka, INDIA

A Unit of Laxmi Memorial Education Trust®

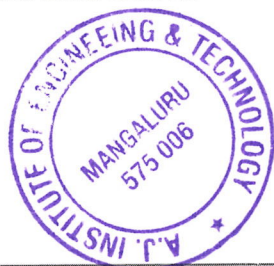
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NAME OF THE EVENT:	A Guest Talk on ‘Menstrual hygiene for women’
Women’s Welfare committee Coordinator:	Dr Shantha Kumari, Dept. of Mathematics
Event Coordinator:	Dr Shobhitha Shetty, Dept. of Chemistry
Date :	20/7/2022
No of Participants:	56

Women’s Welfare committee of AJ Institute of Engineering & Technology organized a special talk on ‘Menstrual hygiene for women’ for all the female students and staff members on 20/07/2022 at 3.00PM in Seminar Hall – I . Dr Samantha Mascarenhas, Consultant Obstetrician & Gynaecologist, Janardan Hospital, Kasargod was the resource person for the talk. Programme initiated with the Welcome address and brief introduction about the guest by Ms Sheel Monteiro, Dept. of Basic science and Humanities. Guest speaker Dr Samantha Mascarenhas discussed about the problems associated with menstrual hygiene along with good guidance to the students. It was a very insightful and informative session for all the students and staff members and most of the students clarified their doubts with the speaker. Ms. Nidhi from first Year B.E. concluded the programme by delivering the vote of thanks.

Objectives:

- To emphasize the importance of maintaining proper menstrual hygiene and its impact on overall health.
- To create an open and supportive environment where students feel comfortable discussing menstrual issues.




Principal
A.J. Institute of Engineering & Technology
Mangaluru - 575 006



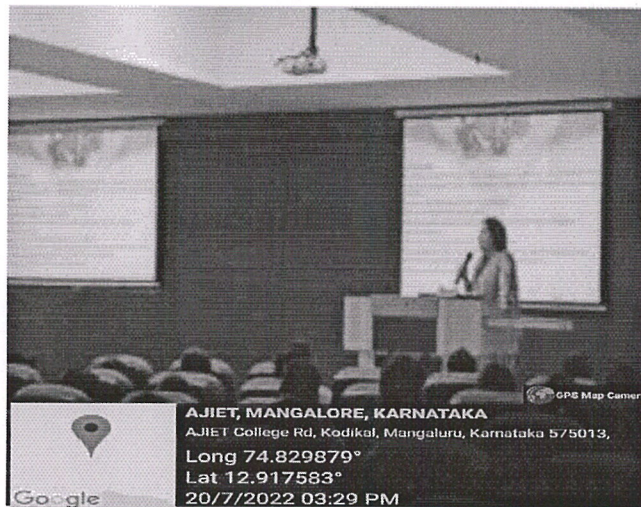
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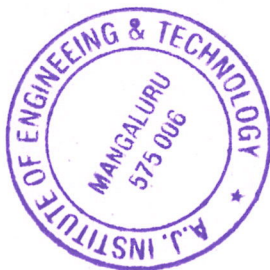
- Students gain accurate information about menstrual health, leading to informed decisions and practices.
- Adoption of better menstrual hygiene practices, reducing the risk of infections and health issues.
- Reduced stigma and increased confidence among students to discuss menstrual health openly.
- Awareness of available menstrual hygiene products and resources, leading to better management of menstrual health.



A talk on “Menstrual Hygiene” by the resource person Dr.Samantha Masceranhas


Event Coordinator


Principal



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