

GUJARAT COMMERCE COLLEGE, AHMEDABAD

REPORT OF SEMINAR UNDER CWDC CELL

ON

“Menstrual Hygiene”

A seminar was organized by Gujarat Commerce College, Ahmedabad on 10 February 2023 under CWDC. The theme of the seminar was “Menstrual Hygiene. Well-known speaker Dr. Karishma Mehta Consultant Obstetrician and Gynecologist of more than a decade enunciated the subject in such a manner to reach students’ hearts. This seminar was specially organized for female students. A total 80 female students attended the Seminar. The issues taken up in its Programme of Action was fundamentally related to women’s hygiene related issue during menstruation, birth control and family planning.

She explained that menstrual hygiene is fundamental to the dignity and wellbeing of women and girls and an important part of basic hygiene, sanitation, reproductive health services for which every woman, and girl has a right. However, menstruation is too often seen as a taboo, with many negative cultural attitudes associated with it, including the idea that menstruating women and girls are ‘contaminated’, ‘dirty’ and ‘impure’.

The students’ feedback was taken on the https://docs.google.com/forms/d/e/1FAIpQLSdf6-sGHtwNEaU53oSH0U3hB5Cl8e2WUXKsNzb1ojHhx3yJ3Q/viewform?usp=pp_url Google link.

