



# Panipat Institute of Engineering and Technology

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70, MILESTONE, G. T. ROAD, SAMALKHA, PANIPAT-132103, HARYANA  
Phone no-0180-2569700 Fax-0180-2569800, E-mail – info@piet.co.in, Web – www.piet.co.in

## Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/21/12

Dated: 22<sup>nd</sup> Nov, 2021

### NOTICE

#### **MENSTRUAL HYGIENE AND MANAGEMENT**

The Department of Applied Sciences and Humanities is organizing an expert session on "Menstrual Hygiene and Management" for girl students on November 26, 2021, in the APJ Abdul Kalam Auditorium at 11:00 am. All girl students of 1st year are required to attend the session; for further information and registration, contact Ms. Tamanna Sethi, Assistant Professor, ASH (9812445463).

  
Head of Department

HOD, Applied Sciences  
Panipat Institute of Engineering & Technology  
Pattikalvana, SAMALKHA (Panipat)

CC:

1. All HODs
2. Notice Boards

## **REPORT ON MENSTRUAL HYGIENE AND MANAGEMENT**

### **Event Details**

<b>TitleoftheEvent</b>	Menstrual Hygiene and Management
<b>DateoftheEvent</b>	26 <sup>th</sup> November 2021
<b>Timings</b>	11:00 am to 12:45 pm
<b>Venue</b>	APJ Abdul Kalam Auditorium
<b>No.of Participants Attended</b>	35
<b>Mode</b>	Offline
<b>Resource Person</b>	Dr. Daisy Arora, Professor, Department of PharmacyPIET
<b>Coordinator</b>	Ms. Tamanna Sethi, Assistant Professor, ASH

The objective of the session was to provide accurate information about menstrual health and hygiene, disperse myths and misconceptions related to menstruation, prepare students with practical knowledge and skills to manage their menstrual health effectively and create a supportive environment where students feel comfortable discussing menstrual health issues.

The session inaugurated with a warm welcome of Dr.Daisy Arora, Professor, Department of Pharmacy PIET, the expert speaker for the session. She provided comprehensive insights into the importance of menstrual hygiene and effective management strategies. She also highlighted the physiological aspects of menstruation, dissipated common myths, and emphasized the significance of maintaining proper hygiene to prevent health issues.

The session successfully achieved its objectives, with the following key outcomes:

1. Enhanced Awareness: Students gained a better understanding of menstrual health and the importance of maintaining proper hygiene.
2. Myth Busting: Common misconceptions and myths related to menstruation were effectively addressed and dispelled.
3. Practical Knowledge: Students were equipped with practical tips and strategies for managing their menstrual health.
4. Increased Confidence: Students left the session feeling more confident and informed about managing their menstrual health.

Students were actively participated in the interactive session including a Q&A segment where students had the opportunity to ask questions and seek advice on personal concerns related to menstrual health. Dr. Daisy Arora's expertise and approachable manner facilitated a comfortable and informative environment for the girls.

The event concluded with a vote of thanks, expressing gratitude to Dr. Daisy Arora for her valuable contribution and to the students for their active participation. The session was a significant step towards enhancing awareness and promoting health education among students.

## Glimpse of the session



Picture 1: Expert Session by Dr. Daisy Arora, Professor, Department of Pharmacy, PIET



Picture 2: Participants in the Session





# PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to Kurukshetra University, Kurukshetra)

## Attendance (Menstrual Hygiene and Management 2021-22)

Sr. No	Roll No	Name	Signature
1	2821014	ANKITA	
2	2821017	ANSHUL	
3	2821028	BHARTI	
4	2821030	BHAVNA BHATIA	
5	2821036	DEEPALI KUMARI	
6	2821038	DIVYA SHARMA	
7	2821040	GAURI SHARMA	
8	2821051	ISHIKA MIGLANI	
9	2821055	KASHISH ARORA	
10	2821167	SHWETA	
11	2821218	PRACHI	
12	2821124	CHHAVI GUPTA	
13	2821135	KASHISH MITTAL	
14	2821138	RASHIKA KARN	
15	2821171	KHUSHI KUMARI	
16	2821177	PRACHI GUPTA	
17	2821189	SHAILJA KUMARI	
18	2821254	OJASVI	
19	2821507	DONO SHARMA	
20	2821516	DEEPALI SETIA	
21	2821520	LALITA	
22	2821525	ANJALI JAGLAN	
23	2821530	SANJANA GERA	
24	2821772	CHANCHAL SHARMA	
25	2821774	NARESH KUMARI	
26	2821315	KASHVI SACHDEVA	
27	2821320	PARIDHI GOEL	
28	2821323	PRACHI	
29	2821324	RADHIKA	
30	2821330	SHRUTI NAGPAL	
31	2821062	MANSI	
32	2821069	MUSKAN AGGARWAL	
33	2821072	NAVNEET	
34	2821093	SAKSHI	
35	2821118	YASHIKA SALUJA	