



LALA LAJPATRAI COLLEGE OF COMMERCE & ECONOMICS (AUTONOMOUS)

AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC ACCREDITED - 'A' GRADE (CGPA-3.20)

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Session on Personality Building and Menstrual Hygiene

Event Title: Session on Personality Building and Menstrual Hygiene

Date: Friday, September 30, 2024

Resource-person: Ms. Mishika Dhakan, CEO, Krishika Foundation

Venue: Room 408

Time: 10:30 a.m onwards

Objectives

A. To cultivate resilience among girls and equip them with skills and confidence to thrive in any situation.

B. To provide variety of inputs about maintenance of menstrual hygiene and cleanliness.

Report

The speaker Ms. Mishikha Dhakan started the session with asking the students about what problems they have to come across in their routine lives in menstruation and sanitation. She gave detailed information about measures to be taken to minimize discomfort and improve hygiene standards. Also, she provided insights into different aspects of personality building and confidence enhancement. The girls were provided with gift hampers consisting of goodies and sanitary napkins.

Outcome

The session turned out to be extremely informative and interactive with free discussions related to sanitary hygiene and several related issues and problems. The students were satisfied with the valuable inputs given to them by the resource-person.



D. J. J.





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