



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

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Lecture on spreading awareness on the Importance of maintaining Mensurational Health and Hygiene

A special lecture on spreading awareness on the Importance of maintaining Mensurational Health and Hygiene was organized by MAIMS on 20th April 2022. Good menstrual hygiene management plays a very important role in enabling women and girls to reach their full potential. The negative impact of a lack of good menstrual health and hygiene cut across sectors, so a multi-sectoral, holistic approach in working to improve menstrual hygiene is the need of the hour. Prof. (Dr.) Sangeeta Malik was the eminent speaker on this occasion who advocated the fact that Given the focus on gender equity in every subject, from education and job to health and environment, this crisis is appalling. Prof. Sangeeta stressed upon the fact that adolescent girls and women face stigma, harassment, and social exclusion based on menstruation. It affects their mobility, restricts personal choices, and reduces school attendance and community participation. Equitable access to menstrual health and hygiene needs is often marred by discriminatory social practices, cultural taboos, poverty, and a lack of essential services like toilets and sanitary products. She concluded by saying that to fight the taboo around menstruation, she envisages ushering in a social revolution by breaking myths and misconceptions surrounding the issue.

