



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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Awareness program on Women Menstrual Cycle organized by Nav Chetna Club, MAIMS Cultural Society and Legal Services Clinic, 21st November, 2020 in Narela

Nav Chetna Club and Legal Services Clinic of MAIMS organized an awareness program on **‘Women Menstrual Cycle’** in village area near Narela on 21st November, 2020. The volunteers addressed girls and women of slum areas and made them aware about the disease which can be caused by using dirty cloths. A few important points were also highlighted such as they were made aware of various menstrual products available such as sanitary pads, tampons, menstrual cups, and reusable cloth pads and the proper disposal of menstrual products was also explained like how used pads, tampons, and other menstrual products should be wrapped and disposed of in a dustbin to prevent the spread of infections. They further motivated girls to talk about menstruation and feminine hygiene with their elder ones. Creating awareness and openness is one of the most effective ways to help teach girls how to properly manage their menstrual hygiene. 100 pads were also distributed to needy by student volunteers.

