



## MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

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### EXPERT SESSION ON “MENSTRUAL HYGIENE”

**March 13, 2019**

Department of Commerce, Maharaja Agrasen Institute of Management Studies organized an “Expert session on Menstrual Hygiene” in Maharaja Agrasen Institute of Management Studies, New Delhi on March 13, 2019. The expert session focused on menstrual hygiene and health. It was a great learning experience for the students. The session showed a turnout of 52 students. The main speaker invited for this expert session was Dr. Deepa Kaushik, Assistant Professor, VIPS. The expert session was exceedingly informative and worthwhile for the students.

Dr. Deepa interacted with the students and elucidated them about what menstruation is and menstrual hygiene. She then explained the complete menstruation process. She then spoke about the physical and psychological changes a body goes through over the years due to menstruation. She emphasized on the removal of taboos around menstruation and introversion amongst people when it comes to conversing about these topics. The expert session was followed by a question-and-answer session wherein students came forward to ask and share their doubts, conceptions, thoughts and apprehensions that they had from over the years by hearing about this topic in whispers.

On behalf of Maharaja Agrasen Institute of Management Studies, Dr. Manju Gupta, thanked her for delivering an exceedingly informative expert session and sharing his expert guidance with the students.

