Report on Awareness Session on Safe Period Practices

1. **Event details:**

   Date: - 18/02/2025

   Venue: - Near OPD, K.R.M.U & Village Daulha, Gurugram.

   Timings: - 01:00 PM Onwards

   Mode of Activity: - Offline

   Target Group: - Students, Teaching staff & Non-Teaching Staff of K.R.M.U & Women villagers

   Faculty Coordinators:-Mr. Prashant Sharma **(Co-convener)**, Dr. Farheen and Dr. Madhurima Mukherjee **(Member, Health Society)**

   Resource Person: - Ms. Aprajita Basu Roy from P& G

   Student Coordinators: -

   Samiya Zafar (SMAS), Bhavi (SOHS), Tanisha (SOHS), Astha (SOHS)

   Organized by:-Health Society, K.R. Mangalam University

   Number of participants: - 250 Students, 50 faculty & 20 non-teaching staff & 30 villagers

2. **Introduction of event:**

   On Tuesday, February 18, 2025, the Health Society of K.R. Mangalam University, in collaboration with Procter & Gamble (P&G), organized an **Awareness Session on Safe Period Practices** to promote menstrual hygiene and break taboos related to menstruation. The initiative was carried out in two parts: the first part involved the **distribution of sanitary napkins and men's grooming kits near the OPD Physiotherapy unit** at K.R. Mangalam University; the second part featured an **awareness session conducted in Village Daulha**, led by resource person **Madam Aprajita Roy**, followed by the distribution of sanitary napkins to women and girls from the village.

3. **Objectives:**

   The primary objectives of the session were to educate women and adolescent girls about proper menstrual hygiene, address misconceptions and taboos associated with menstruation, promote the use of sanitary products, and create a supportive

environment for discussions on women's health. Additionally, by distributing grooming kits to male participants, the program aimed to foster awareness about personal hygiene among men and include them in broader health and hygiene conversations.

4. **Methodology:**

   The event was conducted in a structured and community-focused manner. The first phase was organized on the university campus, where sanitary napkins and grooming kits were distributed to students and staff members near the OPD Physiotherapy department. This was followed by a field visit to **Village Daulha**, where the main awareness session was held. Resource person **Madam Aprajita Roy**, an expert in health education, led the session in an interactive format to ensure maximum community engagement. The team also carried sanitary napkins to distribute among the local women after the session.

5. **Guest Details:**

   The session was conducted by **Ms. Aprajita Basu Roy**, a passionate advocate for women's health. The event was supported by **Procter & Gamble (P&G)**, whose CSR initiatives are centred on advancing public health and empowering women through education and community outreach.

6. **Content:**

   The program began with the **distribution of hygiene kits at K.R. Mangalam University**, aiming to create immediate access to sanitary products and grooming essentials. Later in the day, the university team travelled to **Village Daulha**, where **Madam Aprajita Roy conducted a comprehensive session** on menstrual hygiene management. She discussed topics such as the biological aspects of menstruation, proper use and disposal of sanitary products, the importance of maintaining hygiene during periods, and common myths surrounding menstruation. The session was highly interactive, allowing women and girls to express their thoughts and clarify doubts in a respectful and stigma-free environment. The program concluded with the **distribution of sanitary napkins among village women**, ensuring that the information provided was supported with essential resources.

7. **Outcomes:** The event was successful in achieving its goals, with active participation from both university members and villagers. The initial distribution on campus set a positive tone for the day and encouraged openness around menstrual and personal hygiene. The awareness session in Village Daulha was well-received, with many

women expressing that it was the first time they had access to such important and practical information. The interactive nature of the session helped in breaking silence and social barriers around menstruation. The inclusion of male hygiene kits further helped normalize conversations about cleanliness and health for all genders. Positive feedback from the community encouraged the organizers to plan similar initiatives in other nearby villages, highlighting the importance of continuous health education at the grassroots level.



Image 1: Sanitary Napkins & Grooming Kits Distribution By P&G Near OPD Physiotherapy, K.R.M.U



Image 2: Resource Person Taking the awareness session in the village daulha, Gurugram.



Image 3: Distribution of Sanitary Napkins by P&G in village Daulha.



Image 4: Students are actively participated in the session.