

## A Session on Menstrual Hygiene and Everyday Wellness

**Date: 04 October 2025**

**Venue: Room No. 1, GDC Nankhari**

**Organised by: IQAC in collaboration with Women's Cell and ICC**

**No. of beneficiaries: 27**

The Women's Cell of Government Degree College, Nankhari, in collaboration with the Internal Quality Assurance Cell (IQAC), organised an informative and interactive session on “**Menstrual Hygiene and Everyday Wellness**”. The session was held with the objective of spreading awareness about menstrual health, hygiene practices, and overall well-being among young women.

The invited speaker for the session was **Mrs Minakshi Mehta, Health Social Worker and Counsellor at Deen Dayal Upadhyay Zonal Hospital, Shimla**. The programme began with a formal welcome and introduction of the guest speaker by Ms Punita Verma, Convenor of the Women's Cell. She also briefed the audience about the aims and activities of the Women's Cell and emphasised the importance of open discussions on topics like menstruation and sexual health.

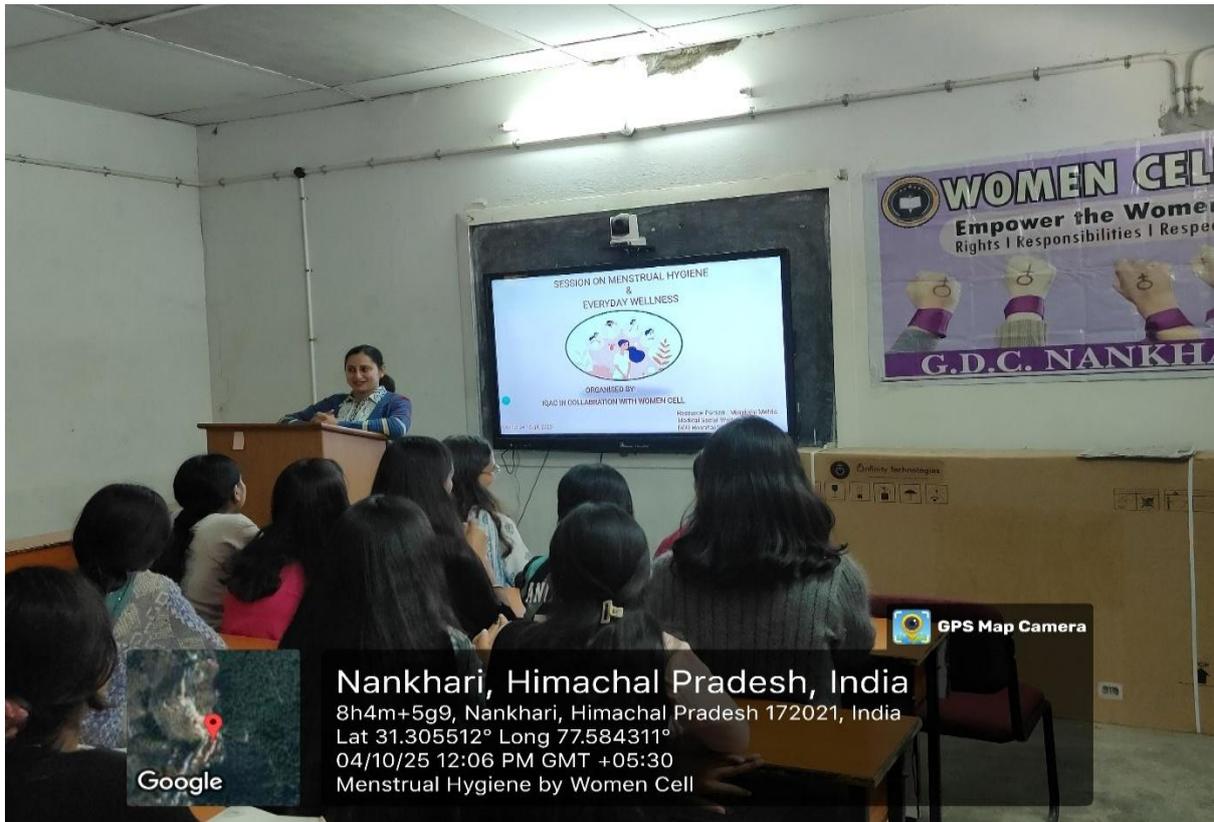
In her address, Mrs Minakshi Mehta interacted warmly with the students and educated them about menstrual hygiene, different menstrual products, and their proper usage and disposal. She urged everyone to break the silence surrounding menstruation and work collectively to eliminate the social taboos associated with it. She further highlighted the importance of educating both men and women on menstrual and reproductive health to promote a more informed and inclusive society.

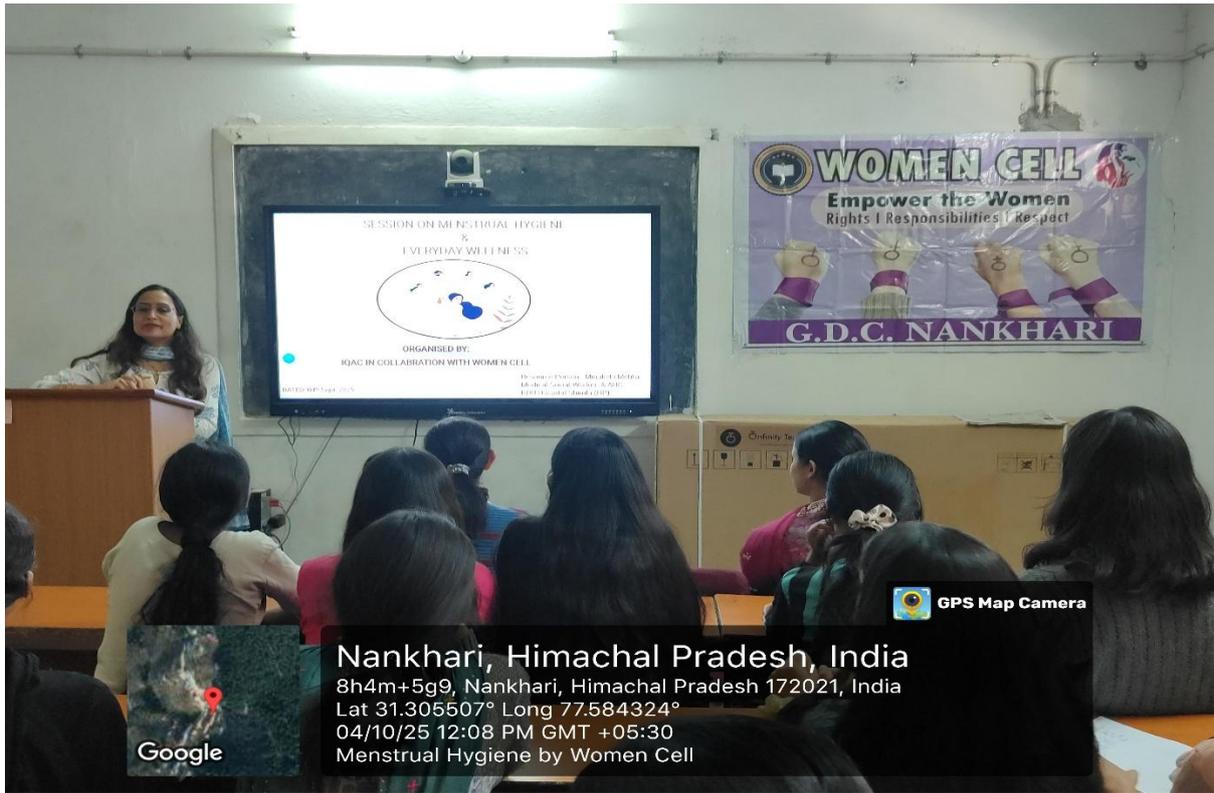
The speaker also emphasised the importance of a balanced diet, adequate water intake, proper oral hygiene, and sufficient sleep in maintaining overall wellness. She discussed various myths and discriminatory practices related to menstruation and encouraged the students to challenge such notions and adopt a healthy and respectful attitude towards natural biological processes.

The session concluded with an open discussion and question-answer segment, where students candidly shared their doubts and misconceptions. The interactive nature of the discussion made it an enriching experience for all participants.

The event concluded with a heartfelt vote of thanks from the convenor, who expressed her gratitude to Mrs Minakshi Mehta for her valuable insights and for creating an open and comfortable space for students to learn and engage in meaningful dialogue. She also expressed sincere gratitude to the Principal, Dr Prem Parkash Chauhan, and all the staff members of the college for their continuous support and motivation towards the initiatives and endeavours of the Women's Cell.

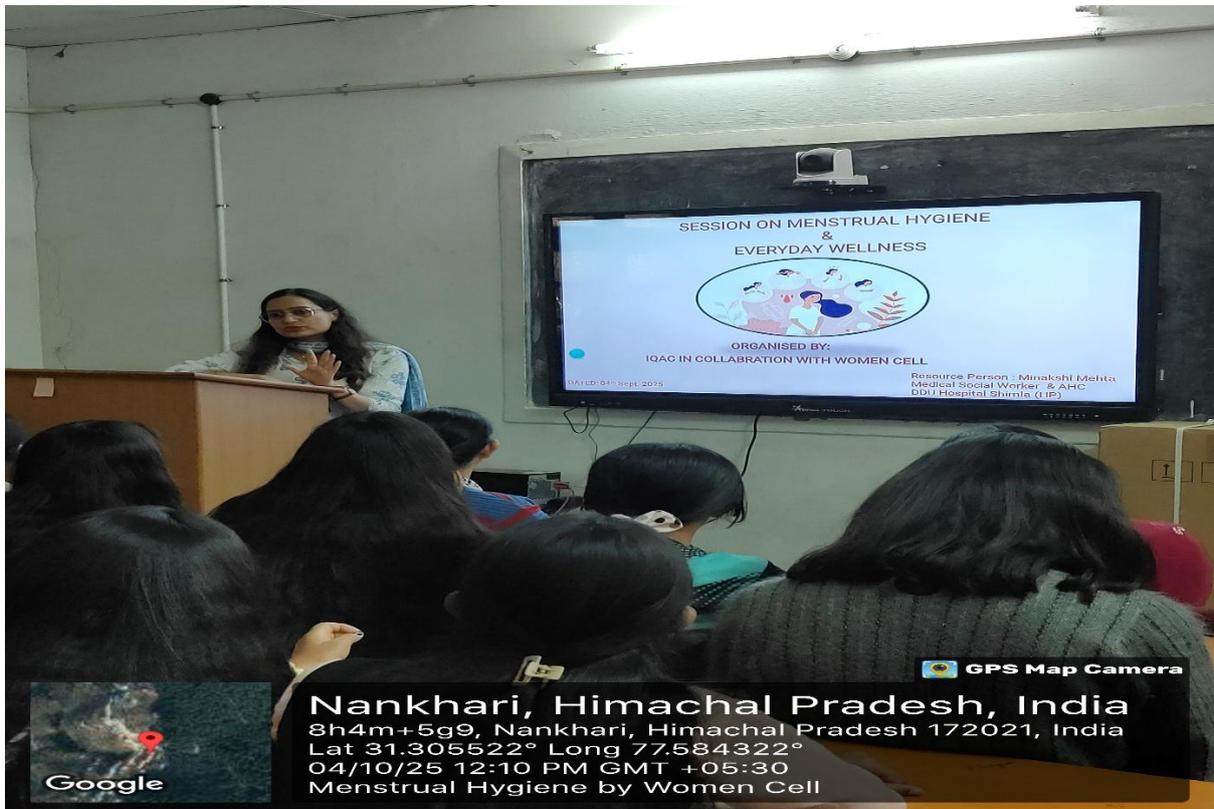
Some Glimpses from the event





**Nankhari, Himachal Pradesh, India**  
8h4m+5g9, Nankhari, Himachal Pradesh 172021, India  
Lat 31.305507° Long 77.584324°  
04/10/25 12:08 PM GMT +05:30  
Menstrual Hygiene by Women Cell

GPS Map Camera



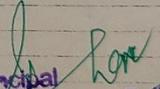
**Nankhari, Himachal Pradesh, India**  
8h4m+5g9, Nankhari, Himachal Pradesh 172021, India  
Lat 31.305522° Long 77.584322°  
04/10/25 12:10 PM GMT +05:30  
Menstrual Hygiene by Women Cell

GPS Map Camera

Activity Name: Session on Menstrual Hygiene & Everyday Wellbeing  
 Date: 04/10/25  
 Students Present 27  
 by IQAC and Women Cell

Sr. No.	Name	Class	Roll No.	Course Enrolled
1	SANDESH			
2.	Anvika	BA II <sup>nd</sup> Year	12419	Sanika
3.	Krishna	BA I <sup>st</sup> Year	12427	<del>Sanika</del>
4	Ganga	BA 1 <sup>st</sup> year	2503001	Krishna
5.	Rajya	BA 1 <sup>st</sup> year	2503009	Ganga
6.	Riya	BA I <sup>st</sup> year	2503006	Riya
7	Yashika	BA II <sup>nd</sup> year	12405	Riya
8.	Parul	BA I <sup>st</sup> year	12410	Yashika
9	Shabnam	BA II <sup>nd</sup> year	2503016	Parul
10	Hemlata	BA 3 <sup>rd</sup> year	12302	Shabnam
11	Vanshika	BA 3 <sup>rd</sup> year	12308	Hemlata
12.	Sushma	BA 3 <sup>rd</sup> year	12321	Vanshika
13.	Avantika	BA 2 <sup>nd</sup> year	12402	Sushma
14	Poonam	BA 3 <sup>rd</sup> year	12325	Avantika
15	Kavina	BA 3 <sup>rd</sup> year	12309	Poonam
16	Nisha	BA 2 <sup>nd</sup> year	12310	Kavina
17	Smriti	BA 3 <sup>rd</sup> year	12324	Nisha
18	Rimika	BA II <sup>nd</sup> year	12311	Smriti
19	Sakshi	BA II <sup>nd</sup> year	12318	Rimika
20	Ranjita	BA III <sup>rd</sup> year	12329	Sakshi
21.	Mohini	BA III <sup>rd</sup> year	12317	Ranjita
22	Kamlesh	BA 3 <sup>rd</sup> year	12319	Mohini
23	Ranika	BA 3 <sup>rd</sup> year	12207	Kamlesh
24.	Bhavit	BA 3 <sup>rd</sup> year	12304	Ranika
25	Jashita	BA II <sup>nd</sup> year	12417	Bhavit
26.	Shreya	BA II <sup>nd</sup> year	12327	Jashita
27	Ankita	BA I <sup>st</sup> year	2503011	Shreya
			2503019	Ankita

  
 Convener  
 Women's Cell

  
 Principal  
 Govt. Degree College  
 Nankhari-172021