



## **'Women Health and Wellness'**

### **School of Commerce & Management Studies**

**Academic Year 2025-26**

#### **Subject: Report on 'Women Health and Wellness'**

- 1. Event Title:** Women Health and Wellness
- 2. Event Date:** 11<sup>th</sup> August 2025
- 3. Event Conduction Duration:** 11 am to 12 noon
- 4. Event Venue [Location]:** Classroom – M18
- 5. Organizer of the Event (Faculty):**
  1. Dr. Rupali Khair
- 6. Number of Students:** 100 girl students

#### **7. Event Outline, Objective and Outcome of the event:**

The School of Commerce and Management Studies (SOCMS) organised a guest lecture on 'Women Health and Wellness' for all girl students of MBA and BBA on 11th August 2025. Ms. Tania Arora, a personality development trainer, informed the students about the importance of menstrual hygiene, the various products available, and best practices for managing menstrual health. The focus was on equipping women with the knowledge and confidence to maintain proper hygiene during menstruation.

**The lecture aimed to achieve the following specific objectives:**

- **Experiential Learning:** To educate participants about different menstrual products and their proper use.
- **Awareness:** To educate participants about different menstrual products and their proper use.
- **Practical Knowledge:** To provide practical tips for maintaining hygiene during menstruation.

The following points were discussed in detail –

**Importance of Hygiene:** Emphasized the correlation between proper menstrual hygiene and overall health, including the prevention of infections and other complications.

**Overview of Menstrual Products:** Menstrual Pads, Tampons, Menstrual Cups, Period Underwear and their proper uses.

The training on women's menstrual hygiene was informative and empowering, fostering a supportive environment for discussion. Participants left with valuable knowledge on managing menstrual hygiene effectively, contributing to overall health and well-being. Ongoing education and awareness are crucial in breaking the stigma surrounding menstruation and promoting healthy practices.

## 8. Photos:





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