



A Report on  
Seminar conducted by  
APARAJITHA- WOMEN EMPOWERMENT CELL,  
SSMRV COLLEGE



## Seminar organized on World Menstrual Hygiene Day

Aparajitha - Women empowerment cell , SSMRV – Youth Red Cross and The Ayush- Health Club had organized a seminar on “ Making Mensuration A Normal Fact of Life” . The resource person for the event was **Dr. Maheshwari, MBBS, MD,DFID ( CMC Vellore), GMHE ( IIM Bangalore), Head of central war room, BBMP.on30<sup>th</sup> May 2022 from 3.30pm to 5.00pm in seminar hall.**

The Seminar was conducted for –all girl students (B. Com, BCA, BBA and M.Com courses), teaching and non-teaching staffs. The total number of participants was 75.

Dr. **Maheshwari** focused on the menstrual cycle and the importance of hygiene and explained about the menstrual problems and right time to approach the gynecologist. Doctor explained about the use of sanitary products like menstrual cups, caps, tampons etc.,

R.V. Educational Institutions  
**Sivananda Sarma Memorial R.V. College**  
UG & PG Programmes  
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Accredited by NAAC with 'A' Grade  
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(India Today - MDRA Survey 2018, 2019, 2020 & 2021)

WITH HUMANITY. TOWARDS PEACE  
SSMRV YOUTH RED CROSS

APARAJITHA  
WOMEN EMPOWERMENT CELL

AYUSH

**APARAJITHA-women Empowerment Cell,  
SSMRV - Youth Red Cross & Ayush-Health Club  
organizes**

## Seminar on "Menstrual Hygiene"

on the occasion of World Menstrual Hygiene Day 2022

Resource Person :

**Dr Maheshwari**  
MBBS MD DFID ( CMC Vellore) GMHE ( IIM Bangalore )  
Head of central war room BBMP Bangalore

**Date : 30th May 2022**

**Time : 03:30 PM  
Onwards**

**Venue :- Seminar Hall**

**Mrs. Roopalatha M**  
Convener, Ayush-Health Club  
SSMRV College

**Mrs. Vidya UJ**  
Convener, SSMRV-YRC  
SSMRV College

**Mrs. Shakeela MK**  
Convener, Aparajitha-WEC  
SSMRV College

**Dr. S Anil Kumar**  
Principal  
SSMRV College

**All are welcome**

*Go, change the world*

