



**Internal Quality Assurance Cell (IQAC)
Criterion-7 Institutional Values and Best Practices**

7.2 - Best Practices

7.2.1	Best Practices-1
Q1M	<p>1. Title of the Practice: Rutumati Abhiyan – Menstrual Health Campaign</p> <p>2. Objective of the practice-</p> <ol style="list-style-type: none"> 1. To raise awareness about menstruation. 2. To educate students about menstrual hygiene. 3. To break taboos about menstrual surrounding the topic in society. <p>3.Context: In the Indian patriarchal system, women have been given a secondary status for centuries. Even their natural tendencies have been considered impure and rejected. A natural process like menstruation has also been labeled impure. This mindset in society has not changed even today. As a result, women cannot openly talk about these natural issues, which often leads to serious health problems for women in India. Therefore, as a women's college, it is our duty to provide young women studying here with information about menstruation, as well as how to maintain cleanliness and strength during this period.</p> <p>4.Practices: Under the Rutumati Abhiyan- Menstrual Health Campaign, the college has organized following activities –</p> <ul style="list-style-type: none"> • Lectures – on the topics Women’s health & Vaccination and Women’s health & Exercise. • Workshop - on Hygiene during this students were guided Menstruation and Hygiene, Menstruation and Diet, Menstruation and Health. • Camp- Hemoglobin screening camp. • Installation and demonstration programme of Sanitary Pad Vending and Disposal Machine. <p>5.Evidence of Success: Many students from the college voluntarily participated in these initiatives. They also found solutions to their various problems and expressed the expectation that such initiatives should be organized by the college in the future as well. Most of the College students gets benefitted by the installed sanitary pad vending machine.</p> <p>6.Problems Encountered and Resources Required: Most of the students studying in the college come from rural areas. Even today, menstruation is not openly discussed in rural areas. As a result, when it came to openly talking, listening or discussing this subject the mindset of the students was also found to be filled with shame and hesitation. Due to this, many students did not participate in the programme.</p> <p>7. Notes (Optional) : NIL</p>



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Best Practice 1: Rutumati Abhiyan – Menstrual Health Campaign

Relevant Documents

Sr. No.	Particular	Link
1	Rutumati Abhiyan - Women's Health and Vaccination	View Document
2	Rutumati Abhiyan – Women's health & Exercise.	View Document
3	Rutumati Abhiyan - Girls Workshop on Hygiene (Swachhta)	View Document
4	Rutumati Abhiyan-Hemoglobin screening camp	View Document
5	Installation and demonstration programme of Sanitary Pad Vending and Disposal Machine.	View Document