

Report on Session on Health and Hygiene in Menstrual Cycle

Date of the Event: (DD/MM/YYYY)	18 th December 2025	Duration:	12.30pm-1.30pm
Day of the Event:	Thursday	Venue:	3 rd Floor, Seminar Hall
No of participants	150		



Brief report /Description on the event

A session on **Health and Hygiene during the Menstrual Cycle** was conducted to educate students about menstrual health, hygiene practices, and to remove common myths and misconceptions. The session aimed to promote awareness, confidence, and healthy habits among MBA girls. The session was conducted by Ms Sonali Bhagwat , who has experience is a seasoned HR professional with over a decade of diverse experience in human resource management, training and development, and employee engagement.. Proper hygiene practices such as using clean sanitary products, changing them regularly, maintaining personal cleanliness, and safe disposal methods were discussed. Students actively participated by asking questions and sharing their doubts. The interactive discussion helped create a comfortable and supportive environment. A significant part of the discussion focused on **menstrual health in the workplace**, addressing the need for awareness, supportive policies, and reducing stigma in professional environments. The importance of leadership sensitivity and inclusive organizational culture was highlighted, especially for future managers. The session proved to be informative and impactful for MBA students.. Such sessions are essential in shaping responsible leaders with strong social and ethical awareness.

		
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