



**PERIODS – NO HIDING, NO HARM**  
**28<sup>TH</sup> MAY 2021 – INTERNATIONAL MENSTRUAL HYGIENE DAY**

Jointly Organised By

Grand Academic Portal ( NGO)

Rabindranath Tagore University, Madhya Pradesh

Elphinstone College, Mumbai

Nalanda Nrityakala Mahavidyalaya, Mumbai



## ***About Event :***

Menstrual hygiene is an important aspect related to menstrual health. In many developing and underdeveloped countries, the issue of menstrual hygiene is worrisome. The objectives of observing menstrual hygiene day is to create more awareness about menstrual hygiene management and support and promote innovative ideas and solutions to address these challenges. Grand Academic Portal since its inception is continually working on issues of gender equality and promotes such programmes worldwide. This year, amidst the pandemic we are organizing various competitions online to create more awareness and tackle the stigma related to menstruation.



✓ **Who can participate?**

UG Students

PG Students

Faculty members





- ✓ Competition categories
  - Slogan
  - Poster
  - Short article ( 2 page)
  - Presentation ( 10 slides)
  - Short video (2 to 3 minutes)





The winners and runner's up will receive E certificate and it will be uploaded on GAP website. All participates will receive certificate of participation.

The participants can participate in multiple categories.

The participants should send their entries before 25<sup>th</sup> May 2021 on [gapfdp@gmail.com](mailto:gapfdp@gmail.com).



**No Registration Charges**

# Programme Schedule

| Time           | Event                                | Speakers  |
|----------------|--------------------------------------|---|
| 10:00 to 10:10 | Inauguration                         | Dr Preeti Oza CEO GAP (Associate Professor)       |
| 10:15 to 10:30 | Periods : Myths and facts of hygiene | Dr Jasmine Gujarathi –Gynaecologist, Gujarat      |
| 10:30 to 10:45 | Hygiene at work place                | Dr Uma Rele                                       |
| 10:45 to 11:00 | Menstrual hygiene                    | Dr Neeta Dhabhai- Gynaecologist , New Delhi       |
| 11:00 to 11:30 | Winners of competition               | Dr Sangeeta Jauhari – VP GAP (Dean ,RNTU)         |
| 11:30 to 11:45 | Valedictory                          | Dr Sai Madhavi, President GAP ( Professor, RYMEC) |



## Registration Link

<https://forms.gle/XziUF5CtJYdtJD33A>