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Invitation for two days National workshop on 11, 12 March 2019

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Respected Sir/Madam,

Hindu Girls College, Jagadhri is going to organize DHE sponsored two days National Workshop on Menstrual Health and Hygiene on 11, 12 March 2019. Kindly, depute at least 05 girls students from your esteemed institution to participate in this workshop.

Please find the attachments.

Regards
Dr Neetika Trivedi
Convenor
8950062922



Estd. 1962

HINDU GIRLS COLLEGE

JAGADHRI -- 135 003

WEBSITE : www.hgcjagadhri.com EMAIL : hgcjagadhri_girls@rediff.com

Permanently Affiliated to Kurukshetra University, Kurukshetra (Haryana)
NAAC Accredited "A" Grade

STD : 01732
PHONE: 248902, 242227
FAX : 245524

Respected Madam

As we all know, a woman's menstrual health is crucial to her well-being, and also to the well-being of her family and community. But too often — especially in the developing world — mindsets, customs and institutional biases prevent women from getting the menstrual health care they need to thrive. Menstrual hygiene continues to be amongst the most challenging development issues today. Menstruation is still considered a taboo subject in the Indian society. Even today, the cultural and social influences on the people create a major hurdle in ensuring that the adolescent girls are given proper knowledge on menstrual hygiene. A glaring statistic shows 200 million girls lack awareness of menstrual hygiene and associated healthcare practices in India. A positive attitude towards menstruation and menstrual practices needs to be inculcated in the girl and to ensure this, our college is organizing DHE sponsored workshop on "Menstrual Health, Hygiene and Happiness" on 11, 12 March 2019.

The workshop focus will be on teaching management of mental and physical aspects of stress experienced by girls due to menstruation by teaching them:

- Pranayama to reduce premenstrual tension (increased irritability, bloating and cramps)
- Yoga asanas to keep PMS, excessive or scanty blood/menstrual flow under check
- Diet for having healthy periods and regaining lost nutrients (using locally available food items (to avoid anemia and weakness)
- Games and skits to help girls dispel myths and superstitions surrounding this natural phenomenon in a playful manner
- Maintaining adequate menstrual hygiene using local resources
- Information on products access, use and safe disposal
- SKY technique-a powerful breathing technique as a complementary component which is also AICTE recommended.

The workshop is being organized in partnership with Project Pavitra of Art of Living, which is a nation wide menstrual education initiative.

The workshop will be delivered by Master Trainer Karuna Malhotra, who is Program Director of Project Pavitra.

Kindly, depute atleast 05 girl students from your esteemed institution to participate in this workshop. Please download the registration form from our website www.hgcjagadhri.com and send your confirmation latest by March 08, 2019 on email id: hgcseminar2019@gmail.com

Registration Fee: Rs 100/-

For any queries contact: 8950062922, 8168908989.

Workshop Schedule: 9am till 4 pm on 11 and 12 March 2019. (Lunch will be provided to the participants)

Venue: College Auditorium

Yours Sincerely
Dr Neetika Trivedi
Convenor
8950062922

Dr (Ms) Ujjwal Sharma
Principal/Patron
9896035311

Enclosure: Registration Form

Students list

1.	Sushma	M.A. Eng. (P)	0006
2.	Paramjeet	M. Com (P)	029
3.	Pooja Rani	B. Com II	0002
4.	Komal	B.A. II	031
5.	Harpreet Kaur	B. Science II (NM)	070

Teachers participated in this workshop.

1. Dr. Seema Singh
2. Miss Namita