



TECNIA INSTITUTE OF ADVANCED STUDIES

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085
TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT - I




Outreach Activity Report on "A Menstrual Campaign Drive"

Title of Activity	A Menstrual Campaign Drive
Values	MULYA PARVAH: RESPECTFULNESS Environment of mutual respect, trust, and quality interaction; Encouraging cross-cultural understanding and collaboration to break the stigma surrounding menstruation globally.
Learning Outcomes	<ul style="list-style-type: none"> Participants will understand the biological, social, and cultural aspects of menstruation. Communities will gain knowledge about maintaining proper menstrual hygiene and the use of sustainable menstrual products. Participants will learn how to effectively organize, communicate, and mobilize for a social cause.
Objectives	<ul style="list-style-type: none"> Educate communities about menstruation as a natural and essential aspect of health. Break taboos and reduce stigma associated with menstruation through open discussions. Provide accurate information about menstrual hygiene management (MHM). Encourage the use of safe and sustainable menstrual products.
Organized by	National Service Scheme
Program Theme	Breaking Barriers, Building Confidence
Internal Expert	NA
Date	05- Oct-2019
Time	12:30 PM - 2:30 PM
Venue	Adopted Village- Bhalswa Dairy

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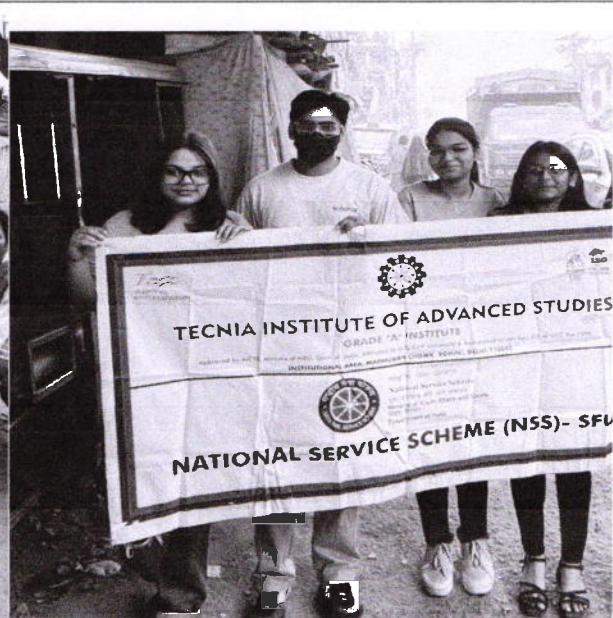
<p>Poster/Flyer/Notice/Brochure*</p>	
<p>Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)</p>	<p>NA</p>
<p>No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)</p>	<p>8</p>
<p>No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)</p>	<p>0</p>
<p>No. of External Participants (students + faculty) [write NA if not applicable]</p>	<p>NA</p>
<p>Photograph*</p>	
<p>Photograph of the Event with the Caption</p>	

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NSS Students spreading Hygiene Awareness



NSS Students Campaign for Hygiene Awareness

Report:

The NSS Unit organized a Menstrual Campaign Drive on 5th October 2019 at Bhalswa Dairy, which began at 12:30 PM and continued through the afternoon. This event was part of the NSS initiative to raise awareness about menstrual health, hygiene, and the importance of education surrounding menstruation. The drive's primary objective was to reduce the stigma associated with menstruation, promote better menstrual hygiene practices, and encourage the use of sustainable menstrual products. Moreover, the event was designed to foster inclusiveness by addressing the needs of marginalized and underprivileged communities, focusing on ensuring that every menstruator has access to information, products, and support. The event was successful in creating a platform for education, breaking taboos, and addressing a critical public health issue that affects people worldwide, yet often remains unspoken.

The program began with an **awareness session** that aimed to demystify menstruation and educate the community about its biological and health-related aspects. During the session, volunteers from the NSS unit explained the significance of menstrual hygiene and the importance of managing menstruation with care to prevent infections and health complications. The session also emphasized proper disposal methods for sanitary products,

advocating for eco-friendly practices such as the use of reusable pads and menstrual cups. Volunteers highlighted that the use of these sustainable products not only contributes to better health but also helps reduce the environmental impact associated with disposable sanitary products. The volunteers also took time to educate the community about the different types of menstrual products available, particularly focusing on low-cost alternatives that are accessible to everyone.

In addition, an **open discussion** was held, where members of the community, especially women and adolescent girls, were invited to share their personal experiences and challenges related to menstruation. This interactive session was designed to provide a safe space for participants to speak freely about their concerns and to debunk common myths surrounding menstruation. Volunteers facilitated the discussion, addressing questions related to menstrual health, hygiene practices, and how to overcome the social taboos that often accompany menstruation. The discussion also focused on the negative effects of silence and stigma around menstruation, and how these cultural attitudes can prevent menstruators from seeking help or accessing appropriate resources. This part of the event allowed participants to gain confidence in discussing menstruation openly, thereby helping to break down long-standing cultural barriers.

One of the key goals of the campaign was to promote **inclusiveness**, particularly by addressing the needs of marginalized and underserved communities, including transgender menstruators. The campaign made it a point to recognize the menstrual health needs of all menstruators, irrespective of gender, socioeconomic status, or community. The event also highlighted the importance of ensuring that menstruation is discussed as a **universal issue**, affecting people from all walks of life. By focusing on inclusivity, the campaign aimed to ensure that no one is left behind in terms of access to education, resources, and products for menstrual health.


The **participation** at the event was remarkable,

	<p>including women, girls, healthcare workers, and local residents. In total, there were 08 NSS volunteers who helped organize, facilitate, and manage the event. The attendees were highly engaged, with many expressing their appreciation for the initiative and highlighting how beneficial it was for their understanding of menstrual health. Many participants shared that they were unaware of the environmental and health benefits of using reusable products, while others appreciated the openness of the session that allowed them to discuss issues that they had previously felt uncomfortable talking about. The feedback from the community was overwhelmingly positive, with several attendees requesting more such initiatives in the future.</p> <p>Students Welfare) and all the Departmental Heads with the respective faculty members of TIAS.</p>
Attendance Sheet*	<i>Attached at the end of Report</i>
Report Submitted by Convener (write faculty coordinator name)	Dr. Sheetal Badesra
For Office Use	
Signature of Event Coordinator	

List of Participants

S.No	Name	Course
1	Gagan Goel	BBA
2	Manav Gupta	BCA
3	Shivam Bhandari	BBA
4	Vanshita Verma	BBA
5	Abhishek Mehra	BA(I&MC)
6	Aditya Sharma	BA(J&MC)
7	Agrima Sharma	BA(I&MC)
8	Ajitpal Singh Suri	BA(J&MC)

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