CHITKARA UNIVERSITY

UN Day Celebrations

AWARENESS TALK ON

MENSTRUAL HYGIENE

Gurpreet kaur
Assistant Professor

Timsy
Associate Professor



24th September, 2026

11:00 AM - 12:00 PM

Gb205, Galileo Block

Organized by:

Department of Nursing
In collaboration with Centre of Excellence for Sustainability

Event details	
Event Name	Menstrual Health & Hygiene Awareness Session
Event Date	24-September-2026
Venue	GB 205, Galileo Block, Chitkara University
Organizers	Department of Nursing, Chitkara School of Health Sciences in collaboration with Centre of Excellence for Sustainability
Resource Person	Ms. Timsy, Associate Professor Ms. Gurpreet Kaur, Assistant Professor Department of Nursing, CSHS
No. of Participants	37 (Female Administrative Staff & Female Support Staff)
SDGs Covered	3,5,8

OBJECTIVE

As part of the **UN Day Celebrations**, facilitated the participation of **37 female staff members** in the **Menstrual Health & Hygiene Awareness Session**, conducted on **24 September 2026** by the **Department of Nursing, Chitkara School of Health Sciences (CSHS), in collaboration with the Centre of Excellence for Sustainability (CES)**, under the **Well-Being Wave: Health & Wellness in Action initiative**. The session focused on raising awareness about menstrual health and hygiene, necessary precautions, and safe practices to be followed during menstrual days.



It provided participants with practical information to support personal hygiene, comfort, and overall well-being.

DISCRIPTION

The resource persons discussed various aspects of menstrual health and hygiene, including:

- Importance of maintaining proper menstrual hygiene.
- Necessary precautions and safe practices during menstrual days.
- Different menstrual hygiene products and their appropriate use.
- Common myths, misconceptions, and taboos associated with menstruation.
- Importance of open and informed conversations around menstrual health.

OUTCOMES

The session followed an interactive approach, providing participants with a comfortable space to openly discuss menstrual health, clarify their questions, and gain practical knowledge. The discussion encouraged participants to approach menstrual health with greater awareness and confidence while emphasizing the importance of dignity and personal well-being.

CONCLUSION

The **Menstrual Health & Hygiene Awareness Session** served as a meaningful health and well-being initiative. The session strengthened awareness among women staff members regarding menstrual hygiene, appropriate practices, and informed choices. It also encouraged open dialogue around menstrual health and contributed towards creating a more supportive and inclusive workplace environment.







