



ARMY INSTITUTE OF EDUCATION



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'Institute under the aegis of Army Welfare Education Society (AWES)'

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WORKSHOP ON WOMEN'S HYGIENE : 29 July 2024

The workshop on 'Women's Hygiene' was organized on July 29th, 2024, in Section G of AIE. All the female students from the B.Ed. and B.Ed. Special Education (2023-25) programs attended the session, along with the faculty members. The session was conducted by Ms. Aparajita Basu Roy, a Youth Wellbeing Expert from Whisper & Gillette India.

AIM- Is to educate and empower young women, particularly future educators, with essential knowledge and practices related to personal hygiene, menstrual health, and overall well-being. The workshop seeks to break the stigma surrounding menstruation and fostering a healthier and more informed community.

The session provided an invaluable learning experience for the students and faculties it has focused on educating young women about the importance of personal hygiene and health. The session addressed critical topics such as menstrual hygiene, the proper use of sanitary products, and the long-term impact of good hygiene practices on overall health. Ms. Basu Roy emphasized the importance of breaking the stigma around menstruation and encouraged open conversations about it. She provided practical tips on maintaining hygiene during menstruation, which were particularly beneficial for the students. The workshop fostered a supportive and inclusive environment where students felt comfortable asking questions and sharing their experiences. The active participation of both students and faculty members highlighted the significance of workshop in promoting health awareness and empowering women. Ms. Basu Roy had also distributed goodies to all participants. Overall, the session was highly engaging, equipping them with essential knowledge to take forward in their personal and professional lives.

Attendees - Students- 45, Faculties- 05

Learning Objectives:

- **Understand the Importance of Women's Hygiene:** Students have gained a clear understanding of the significance of maintaining personal hygiene, particularly during menstruation, and how it impacts overall health and well-being.
- **Learn Proper Hygiene Practices:** Students had equipped with practical knowledge on the correct use of sanitary products, effective hygiene routines, and how to manage menstrual health.
- **Break the Stigma around Menstruation:** The workshop aims to encourage open discussions about menstruation, helping students to feel more comfortable and confident in addressing this natural process without shame or embarrassment.
- **Empower Future Educators:** The session will prepare future educators to confidently teach and guide others on women's hygiene, fostering a supportive and informed environment in their future classrooms.



Glimpses of Workshop



Oriented about the Women Hygiene and distributed goodies to all



Abhilasha Centon

Dr. Abhilasha Gautam
Principal, AIE