

**Women Cell**  
**Hindu Kanya Mahavidyalaya, Jind**  
**Event: Online Training Session on the topic ‘Menstrual Health and Hygiene’**  
**13<sup>th</sup> September, 2025**

An online training session on the topic of ‘Menstrual Health and Hygiene’ was organized by the Women Cell of Hindu Kanya Mahavidyalaya, Jind, on September 13<sup>th</sup>, 2025. The session was presided over by the college principal, Dr. Poonam Mor and conducted by the convener of the Women Cell, Mrs. Neelam and co-convener, Dr. Neelam Rani. This training session was organized by the Global Hunt Foundation. The main speaker was Fatima Afrina, CSR Executive of Unicharm Company. She discussed menstruation in detail and informed the students about the precautions to be taken during this period. Menstruation is an important part of a woman's life and has a profound impact on her health and hygiene. In this context, awareness and education are necessary so that women can maintain their health and hygiene. Giving suggestions regarding hygiene, she advised the students to use sanitary pads and change them regularly, use soap and water for handwashing, wear clean clothes and regularly change sanitary pads and other materials. College Principal Dr. Poonam Mor addressed the students, stating that menstrual health and hygiene is a crucial issue that needs attention. Through awareness, education and hygiene practices, women can maintain their health. Approximately 80 students from the college participated in this program. Miss Surbhi provided significant support in organizing this session.

**Glimpses and Media Coverage of the Event**

