

Women's Cell

Report on “Inspire Inclusion - International Women's Day Celebration”

Date: 7th March 2024

No. of beneficiaries: 100 students and 70 faculty and staff

The Women's cell of MSRCASC is an active and prominent cell of the college. It organises various programmes like

Lectures/ seminars on

- Self-health and hygiene
- Personality development
- Women empowerment

Workshops on

- Vocational Skills

Competitions etc.

Women's Cell in association with IQAC conducted a seminar on “Happy Periods” to mark the International Women's Day on 7th March 2024 in APJ Abdul Kalam Auditorium. Dr. Meenakshi Bharath was the guest speaker for the event.





The MC for the event was Ms. Ashrithashree, Asst. Prof., Department of Humanities. Invocation dance was performed by Dr. Smrithi, Dept. of Chemistry. Mrs. Pushpalatha BV, Convener of Women's Cell welcomed the gathering and Dr. Vatsala G, Principal, gave the presidential remark and flagged the event's beginning.

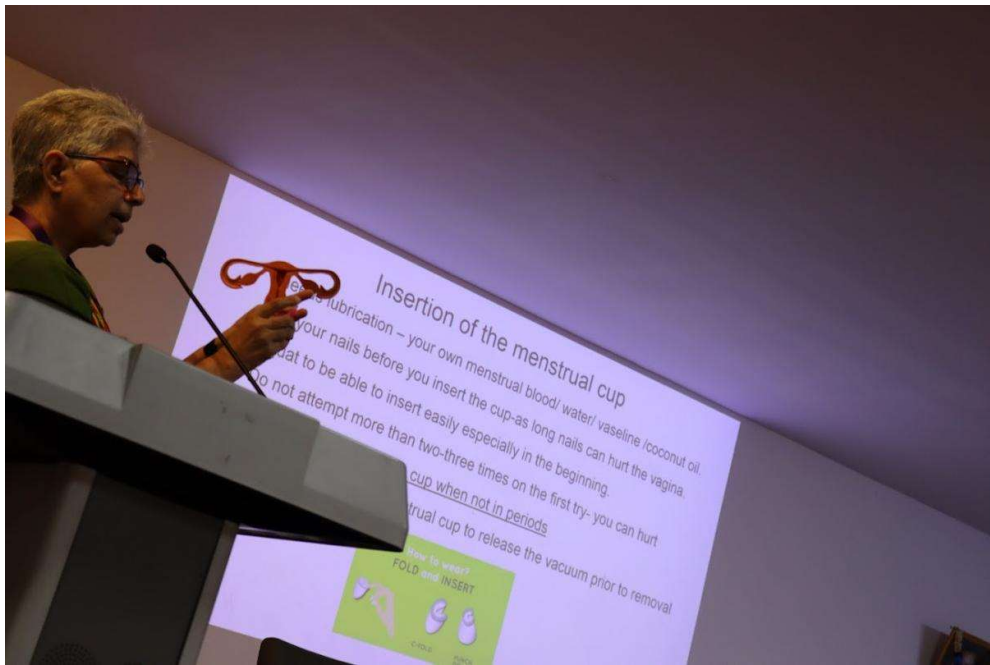


Dr. Ashly introduced the guest speaker, Dr. Meenakshi Bharath. Dr. Meenakshi kept the audience attentive, delivering a most interesting speech on 'Happy Periods'. Her prowess in the field of Gynaecology was evident in her address. She was humorous and adept at driving



her thoughts home in the mind of the audience.

Dr. Meenakshi busted a lot of myth surrounding women's periods. She spoke about the reason for getting cramps during periods, and the medication for it which is very important for today's women. Using a model of the uterus, she explained in-depth about the process of menstruation and the necessity to keep ourselves clean during the process.

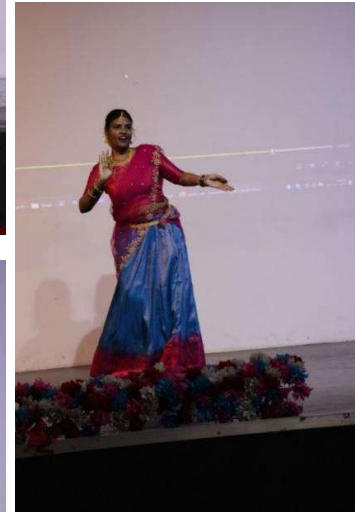


Also, being an environmentalist, Dr. Meenakshi spoke about the importance of using Menstrual Cups during periods. She insisted that using sanitary napkins is a great disaster to our environment and Menstrual Cups is the best alternative.





Following Dr. Meenakshi's address were several cultural activities performed by the faculty and post graduate students.



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