

International Seminar: A Report

An International seminar on "Towards Sustainable Women Health: Decoding the Menstruation Taboo" was organised by Maharaja Bijli Pasi Govt. P.G. College, Aashiana, Lucknow, On 01-02 February, 2019.

Inaugural Session:

The inaugural session began with the customary lighting of the lamp and garlanding the Goddess of knowledge, Maa Saraswati along with the recitation of the Vedic chants. The eminent guests list included **Mrs. Sanyukta Bhatia**, Mayor (Lucknow), **Prof. Rakesh Tomar** (Faculty, Physical Education Department, King Fahad University of Petroleum and Minerals, Dhahran, Saudi Arabia), **Dr. Alka Singh** (Deptt. Of Humanities & Other Studies, Dr. RMLNL University, Lucknow) and **Dr. Anju Agarwal** (Gynaecologist, KGMU, Lucknow).

The guests were welcomed by the member of the Organising Committee of the seminar with plants and badges. Our Principal, **Dr. Manju Dikshit**, welcomed the delegates and stressed upon the urgent need to sensitize the society about women health, with special focus on Menstruation Hygiene Management.

Mayor, Mrs. Sanyukta Bhatia inaugurated an automatic sanitary pad vending and disposal machine, which was installed in the Girls' Common Hall of our college. She stressed upon the need to create an awareness regarding menstrual hygiene. She also spoke about various government policies regarding women health. Our Key-note speaker, **Dr. Rakesh Tomar**, our **Key note Speaker** presented a power point presentation on "Women empowerment through menstrual education and menstrual hygiene management." He emphasised upon a multisectoral approach to help break the silence on the issue by leveraging and converging with different government schemes across all key sectors.

Dr. Alka Singh, our distinguished guest, applauded our effort to organize a seminar on such a taboo issue which needed to be brought on the forefront to bring about a sea change in general public perception towards menstruation and associated health and hygiene issues.

Finally, **Dr. Anju Agarwal**, another distinguished guest, discussed menstruation as a biological process and advised a healthy diet, reduced consumption of salt, caffeine and alcohol, and regular exercise for women in controlling symptoms associated with it.

A **journal (print and e-journal)** was also released during the inaugural session.

Ist Technical session:

Dr. Preeti Pandey (Chairperson) spoke about menstruation as a taboo and focused on the psychological effect and its management. **Dr. Anandita Das (Co-chairperson)** talked about menstrual hygiene management among Gaddi Tribe. She also focussed on mentally retarded women and their menstruation problems. **Dr. Malika Dhawal (Resource Person, MBBS, GSVM, Kanpur)**- spoke about the biological aspects related to menarche and menstruation. The Rapporteur of for the session was **Dr. Sharad Vaish (Asso. Prof. DDU Govt. College, Rajajipuram, Lucknow)**. **Dr. Sanobar Haider** (MBP PG College Aashiana, Lucknow) was the **Master of the Ceremony** for this session. **Dr. Manisha** (Navyug Kanya Mahavidyalay, Lucknow) talked about the need for mental and emotional support during menstruating

period. She also discussed about Menarche. **Dr. Sudesh Bhardwaj** (DAV, Chandigarh, Punjab) shared his views on empowering women through menstrual education especially in rural, tribal and slum areas. **Dr. Pragya Mishra** (DDU Govt. PG College, Lucknow) spoke about menstrual hygiene factors. **Dr. Anita Giri** (GGIC, Chhapra, Varanasi) stressed upon the need to sensitize men and boys towards understanding menstruation. Various other papers and power point presentations were presented by distinguished scholars and research scholars.

IInd Technical Session:

The second technical session was chaired by **Galuh Dwi Ajeng**, (S.Pd., M.Pd. SKITP (Institute of Teachers' Training and Education) of PGRI Bandar Lampung, Indonesia), who spoke on how our modern life styles patterns e.g. use of high technology machines, fast foods, medicines, advanced transportation, bad habits, sleeping disorders, escaping meals, due to work loads, anxiety, alcohol abuse, drugs addiction, involve in sexual activities at early age and the use of other things are responsible for generating various the gynaecological disorders.

The **Co-chairperson Dr. Mohd. Tariq** (Co-ordinator B.P.Ed, University of Lucknow) stressed upon the fact that the major challenge of modern women's health is to define maternal or foetal factors associated with the risk of adverse obstetric and gynaecological disorders outcomes.

Our **Resource person, Dr. Preeti Pandey** (Deptt. of Physical Education, SN Sen BVP College, Kanpur) presented the report of United Nations which states that close to 70% per cent of Indian women risk getting severe infection, at times causing death, due to poverty, ignorance and shame attached to their menstruation cycle. **Dr. Anita Devi** presented her views on challenges in society regarding menstruation. The Rapporteur for the session was **Dr. Gagan Kumar** (Deptt. of Economics, GDC Pihani, Hardoi). **Dr. Shweta Mishra** (MBP PG College Aashiana, Lucknow) was the **Master of the Ceremony** for this session.

IIIrd Technical Session:

The Chairperson for this session was **Aksendro Maximilian**, S.Pd., M.Pd., SKITP (Institute of Teachers' Training and Education) of PGRI Bandar Lampung, Indonesia, who advocated the role of men in improving the health of women. As the decision-making power is in men's hand, making household budgeting for sanitary materials supports and empowers women by allowing them to move freely with lower risk of stains.

The **Co-Chairperson** was Dr. Kuldeepak Shukla (Deptt. of Sanskrit, DDU, Gorakhpur). The **Resource Person** for the session **Dr. Jyotsana** (Central University of Himachal Pradesh) presented a cross-cultural study of menstruation. The **Rapporteur** for the session was **Dr. Sheel Dhar Dubey** (Deptt. of Physical Education, DDU GPG College, Rajajipuram, Lucknow). Among various academicians who presented their papers were **Dr. Satish Chandra Srivastava** (IG PG College, Gauriganj, Amethi) who spoke upon the infrastructure and lack of proper menstrual protection alternative; **Dr. Shivangi** (LNIPe, Gwalior) who spoke about the importance of yoga and nutritional health during menstruation and many others. **Dr. Shweta Mishra** (MBP PG College Aashiana, Lucknow) was the **Master of the Ceremony** for this session.

IVth Technical Session:

Dr. Rajesh Verma (Colombo Plan Lecturer-English, Yonphula Centenary College, Royal University of Bhutan, Bhutan) was the **Resource Person** for this session. He proposed that men can support and influence women and girl in managing menstruation in households, schools, work, and community through many roles as husbands, fathers, brothers, students, colleagues, leaders and policymakers. The Chairperson was Dr. **Rashmi Bishnoi** (Asso. Prof. NSCBGPG college, Aliganj, Lucknow) with **Dr. Bharti Singh** (GDC, Gosainkheda, Unnao) as **Co-Chairperson** and **Sh. Ashish Singh** (Librarian, GDC, Hansaur, Barabanki as Rapprteur. **Dr. Ankita Gupta** (Delhi University) shared her views regarding adapted physical education and menstruation. **Mr. Neeraj Sharma** (J&K) also spoke about the role of yoga during Menstruation. **Dr. P.K. Stalin** (University of Allahabad) spoke about psychological problems faced by young girls during menstruation. **Dr. Sarita Singh** (MBP PG College Aashiana, Lucknow) was the **Master of the Ceremony** for this session.

Vth Technical Session:

The **Resource Person** for this session was **Dr. Renu** (Deptt. Of Physical Education, MBDGGD College, Anwalkhera, Agra). She said that promotion of Sex education in school helps adolescents to discover their sexual identity, to protect themselves from sexual abuse, unwanted pregnancies and sexually transmitted disease and to know physiological changes occurring in the body and how to take care of personal hygiene. The **Chairperson** for the session was **Dr. Rajeev Yadav** (Deptt. of English, IGGPG College, Bangarmau, Unnao) and the **Co-Chairprson** was **Dr. Amit Kr. Yadav** (Deptt. Of Chemistry, MM Govt. Degree College, Mahona, Lucknow). The Rapporteur for the session was **Dr. Jitendra Kumar** (Deptt. Of Zoology, GDC Pihani, Hardoi). **Dr. Uma Singh** (MBP PG College Aashiana, Lucknow) was the **Master of the Ceremony** for this session. Ms. Jyoti (Rajasthan). Dr. Hemlata Pandey. Dr. Alok Jayantia, Dr. Hashim Ahmad and others presented their papers in this session.

VIth Session: (02/02/2019)

This session was Chaired by **Dr. N.P. Singh** (Deptt. Of Commerce, MPGPG College, Hardoi). The **Resource Person** was **Mohd. Shamim** (Deptt. Of English, HMPG College, Chamanganj, Kanpur) who advised that Menstrual hygiene should be promoted by implementing a course on menstruation and menstrual hygiene management. Teachers should be educated and trained to impart knowledge about menstruation and menstrual hygiene management among students. Social and electronic media should also play an important role to make the girls and women aware about the latest menstrual products, different manufacturers, and government policies and so forth. The **Co-Chairprson WAS** Dr. Priya Soni Khare (Deptt. Of B.Ed. CMPD College, Prayagraj) and Dr. Ajay Singh (Deptt. Of B.Ed., BHU) was the **Rapporteur**. **Dr. Madhumita Gupta** (MBP PG College, Aashiana, LKO) was the **Master of Ceremony** for this session.

Valedictory Session:

The **Chief Guest** for the Valedictory session was **Prof. (Dr.) Anuradha Tiwari**, Principal NSCB, Aliganj, Lucknow. Our Principal welcomed the Chief Guest and other distinguished guests with

plants and badges. She expressed her sincere thanks to all the academicians and research scholars present there. **Dr. Shweta Mishra** (MBP PG College Aashiana, Lucknow) was the **Master of the Ceremony** for this session. The seminar was attended by a large number of academicians, stakeholders, students, teachers, distinguished guests and media personnel. It was widely covered by electronic and print media.

Award for best paper presentation:

Ist Prize- Dr. Mallika Dhawal (Menstrual Hygiene Management)

II nd Prize- Dr. Pragya Mishra (Stigma about Menstruation and Human Rights)

III rd Prize- Dr. Ankita Gupta (Menstruation and Marginalisation)

III rd Prize- Dr. Anita Devi (Challenges in society regarding Menstruation)

Signature

(Dr. Gunjan Shahi)

Signature

(Dr. Uma Singh)

Signature

(Dr. Madhumita Gupta)

Principal

(Manju Dikshit)