



Parvatibai Chowgule College of Arts and Science (Autonomous)

Accredited by NAAC with Grade 'A+'
Best Affiliated College-Goa University Silver Jubilee Year Award

REPORT ON CAMPUS ACTIVITY

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event	A Guest Lecture – “Menstrual Hygiene & Management of Menstrual Waste”
Date and time	18 th August 2023, 2:30 pm – 4:30 pm
Mode	Offline(√) /Online/Hybrid
Organising Department/ School/Directorate/ Section	Women Welfare & SC/ST Students Welfare Committee
Resource Person/s	Sr. Remy Lacerda
Participants in house	Faculty: 9, Students: 70
Faculty attended	09
Students attended	70
Total Participants	79
The objectives and description of the activity	<p>The Women Welfare and SC/ST Students Welfare Committee organized a guest lecture on ‘Menstrual Hygiene and Management of Menstrual Waste’ on 18th August 2023. Sr. Remy Lacerda, Ex-faculty of Nursing Institute, Bambolim and SJAA, State Resource Person at GIPARD was the resource person for the occasion. The lecture addressed taboos associated with menstruation, raised awareness of the importance of good menstrual hygiene and proper disposal of menstrual waste.</p> <p>Students were given several options such as use of biodegradable sanitary napkins, cloth sanitary pads, use of menstrual cup, incineration, composting, etc. to reduce the menstrual waste. The students were also advised to maintain a healthy diet and safe menstrual practices to protect themselves from infections and diseases. It was an interactive session.</p>
Benefit/Key outcome of the event in terms of learning/skills/knowledge	Outcomes: To create awareness on the importance of menstrual hygiene and to practice safe menstrual waste disposal methods.

Photos



Changin Student Society's
Parvatibai Chowgule College of Arts and Science
Autonomous
Accredited by NAAC with Grade 'B'
Best Affiliated College Ever (University) Before Getting Top Award

**Women Welfare &
SC/ST Students Welfare Committee**
organize
A Guest Lecture on
**Menstrual Hygiene &
Management of Menstrual Waste**

Guest Speaker
Sr. Remy Lacerda
Ex Faculty of Nursing Institute Beneficiaries of NIAA
& State Government process of GDFWCD

18th August 2023
Flipped Learning Classroom
2:30 pm

The talk is organized primarily for girl students/female staff.

For more details : 8764025890/9402191365

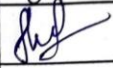



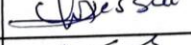

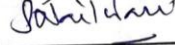

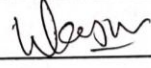
Signature of the Convener: Ms. Sarita Naik Tari

**Attendance for Guest lecture on "Menstrual Hygiene & Management of Menstrual Waste"
organised by Women Welfare & SC/ST Students' Welfare Committee**

Date : 18th August 2023

Time : 2.30 p.m.

Venue : Flipped Classroom

Sr. No.	Name of the Staff	Department	Signature
1	Ms. Shalma Mascarenhas	Zoology	
2	Ms. Glynis Dias	Konkani	
3	Ms. Saroj Jegaonkar	Philosophy	
4	Ms. Sarah Mesquita	Biochemistry	
5	Ms. Trupti Fal Dessar	Marathi	
6	Ms. Alka Gawas	Hindi	
7	Santiz Naikbari	History	
8	Aishwarya D. Derai	Economics	
9	Dr. Uma Masur	Botany	
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