



# Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

## ACTIVITY REPORT

### Day 2 of Menstrual Hygiene Week: Empowering Awareness and Healthy Practices.

<b>Date</b>	October 28, 2025	<b>Category</b>	Academic
<b>Department</b>	N/A	<b>Committee</b>	PM-USHA/UGC AISHE/Academic Projects

The second day of Menstrual Hygiene Week started with great enthusiasm and active participation, focusing on education, awareness, and breaking taboos surrounding menstrual health.

The session began with an enlightening talk by Miss Khushboo, who beautifully delivered her topic on the "Importance of Understanding Menstrual Hygiene." She highlighted how, unlike ancient times when menstruation was considered a stigma, today's generation must embrace awareness and open discussions about menstrual health.

Miss Khushboo discussed the various menstrual products available in the market such as plastic pads, cotton pads, tampons, and menstrual cups, explaining the benefits and drawbacks of each. She particularly emphasized that cotton pads and menstrual cups are better options as they are pocket-friendly, easy to use, and safe for both health and the environment.

After her engaging talk, a documentary on sanitary pads was also shown, which the audience found highly relatable and informative. The documentary highlighted real-life experiences and challenges related to menstrual hygiene, making it an impactful addition to the session.

Following this, Tsetan Ma'am delivered an insightful talk on the "Role of Food and Diet During Menstrual Days." She briefly explained the menstrual cycle and its stages, emphasizing the importance of consuming a balanced diet during this period. She encouraged the inclusion of nutritious foods, fruits, and vegetables that can help manage discomfort and support overall well-being during menstruation.

The day concluded with interactive discussions, leaving participants better informed and motivated to practice healthy, hygienic, and sustainable menstrual care habits.

109 students attended today's session. Kulsuma Banoo (Student 1st Sem.) conducted the session. Proper refreshments were served for all the participants after the conclusion of the session.

### Photo Gallery (2 Photos)

