



Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

ACTIVITY REPORT

Day 3 : Exploring Mental Health and Menstrual Well-being .

Date	October 29, 2025	Category	Academic
Department	N/A	Committee	PM-USHA/UGC AISHE/Academic Projects

The third day of 5-Day Health & Wellness Workshop was marked by an engaging and insightful session focused on “Mental Health and Menstrual Well-being.” The event brought together students and faculty to discuss the often-overlooked emotional, cultural, and political dimensions of menstruation.

The session began with a thought-provoking talk by Ms. Nayeema (AP, Psychology), who emphasized the silent struggles many women face due to societal stigmas surrounding menstruation. She highlighted that when women speak about menstrual issues, they are often dismissed as “overreacting” or “too emotional,” which negatively affects their self-image and confidence.

Ms. Nayeema further elaborated on the role of different hormones like estrogen , progesterone, follicle stimulating hormones and luteinizing hormone. She noted that how fluctuations in these hormones can influence mood, energy level and overall mental health. She categorized the impacts of menstruation into three key dimensions into cultural, social, biological and political aspects and further highlighted those impacts in detail.

The second speaker of the program was ms Spalzes AP sociology who addressed the pressing need for menstrual leave policies in educational institutions. Drawing parallels between planting a seed and initiating social change, she stated, “To tackle a giant issue, we must begin with small yet meaningful steps.”

Ms Spalzes further discussed the global and national history of menstrual leave, mentioning that Japan first introduced the policy in 1947, and more recently, Karnataka, India, approved one day of paid

menstrual leave. She also referenced the 2025 Delhi University elections, where one of the major student agendas was the demand for menstrual leave.

The session witnessed active participation from around 100 students, followed by an interactive question-and-answer session, where attendees shared their views and raised thoughtful queries.

The program concluded with a vote of thanks delivered by Ms. Sabah (AP, Political Science), who appreciated the speakers for their valuable insights.

Photo Gallery (4 Photos)



