

**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)**  
**COLLEGE OF ENGINEERING**

**Report on**  
**“PAD FOR PAD PROGRAMME- MENSTRUAL HEALTH EDUCATION”**

Bharati Vidyapeeth (Deemed to be University) College of Engineering, Dhanakwadi, Pune has been established “Women's cell” with the objective of encouragement for the development of girls in all the perspectives of life which will further promote their growth socially and economically.

With that objective; every semester BV Women's cell has been come up with various activities in various domains such as women health care, women rights, women safety, etc.

On the same path “Pad for Pad” program for menstrual health education was organized on 13 December 2021 by the Women Cell of the institute in collaboration with Eco Femme, a non-profit organization based in Auroville, South India. The goal of the program was to create environmental and social change through revitalizing menstrual practices that are healthy, environmentally sustainable, culturally responsive, and empowering. The discussion had been started with shyness, awkwardness and reached a happy, well awaked, responsive mind.

The following points were covered in the programme

1. Female reproductive system
2. Puberty
3. Menstruation
4. How does the menstrual cycle work?
5. Basics of menstrual cycle tracking
6. Normal and abnormal periods
7. Taking Care of Ourselves During Menstruation- Personal hygiene, Exercise, Nutrition, Ways to alleviate pain
8. Menstrual Products- Safe practices for cloth and washable cloth pads

Along with menstrual health education, free washable cloth pads for adolescent girls from low-income backgrounds were distributed by the institute in Zilha Parishad School, and Noble Blooming Buds School, Gorhe Budruk village.



