

MENSTRUAL HEALTH AND HYGIENE

Creating Awareness and Cultural Sensitivity



A Two day Workshop co-organised by Centre for Women's Studies, Pondicherry University and SAFIC

Description

Menstruation is a natural biological process that women undergo during a major period of their lives. Because of its connection with fertility and pregnancy, menstruation is closely linked with womanhood suggesting some of the fundamental differences between men and women at many levels including physical, emotional and psychological. It is no wonder then that over the ages, menstruation and related practices have figured significantly in the evolving perceptions of different societies and cultures across the world toward women, man-woman relationships, and the place and role of women in society as a whole.

The proposed two day workshop is designed to address several of the issues related to menstrual health and hygiene. This aims to promote a deeper awareness and cultivate a greater cultural sensitivity toward various issues related to menstruation, and menstrual health and hygiene practices. Some of the workshop content will directly address various practical topics related to menstrual health and hygiene practices. These include:

- A deeper cultural and psychological understanding of menstruation
- Power of Womanhood
- A cross-cultural review of menstruation related beliefs, practices and customs
- Maintaining healthy lifestyle and dealing with menstrual irregularities
- Cleansing practices for body and mind through Yoga
- Using sustainable menstrual hygiene products

Learning Outcomes:

1. This workshop will help the learners move away from a superficial and sensationalist view toward the sensitive topic of menstruation and menstrual health, by encouraging open-minded conversations and through study of various aspects related to this topic.
2. This workshop will help prepare the learners become more informed, sensitive and open-minded about this important topic of menstruation and its connection with overall health and well-being of girls, women and ultimately the society itself.
3. This workshop will facilitate among the learners a deeper examination of some of their own biases and wrong assumptions resulting from either misinformation or misperception or both.
4. By facilitating greater awareness of menstrual health and hygiene and inculcating deeper cultural sensitivity toward it, this workshop can also become an important step toward preparing the young generations to take greater responsibility toward their role in creating a more conscious humanity.

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Facilitators:

Dr. Aruna Chinnappan, Head
(i/c), Centre for Women's Studies,
Pondicherry University

Dr. Aashita
Asst. Professor, Centre for Women's Studies,
Pondicherry University

Dr. Sampadananda Mishra
(Director, SAFIC, Sri Aurobindo Society)

Dr. Kalyani
(Founder Director DhyanBaby
Prenatal Education, Rajapalayam)

Dr. Arati Sharma
(Director, SACH, Sri Aurobindo Society)

Dr. Prabhjot Kulkarni
(Expertm Educationist, New Delhi)

Ranajana Swain
(Yoga Instructor at SAFIC, Sri Aurobindo
Society)

Venue:

Seminar Hall - I (1st Floor), School of Social Sciences & International Studies,
Silver Jubilee Campus, Pondicherry University

Maximum Intake: 30 participants (first-cum-first served basis)

Venue: Seminar Hall - I (1st Floor), School of Social Sciences & International Studies, Silver Jubilee Campus, Pondicherry University

Registration: Please register (name and department) to the mail id: pu.cfws@gmail.com on or before 25th February 2020.

Contact: For further details contact Dr. C. Aruna, Head (i/c) & Dr. Aashita, Assit. Professor, Centre for Women's Studies, Pondicherry University