



NAME OF THE EVENT- TIME TO TALK, PERIOD

DATE- 1 OCTOBER 2026

TIME - 1:30 pm, VENUE- MATA GUJARI HALL

SPEAKER NAMES – Ms. AMI SAHGAL, DR. PUJA GUPTA

NO. OF PARTICIPANTS – 94

ASMITA- The Women Development Cell of the Mata Sundari College for Women in and Aarogyam (an initiative of IQAC), in collaboration with IPAS Development foundation hosted an insightful session about 'Time to talk, Period ' on 1st October, Thursday.

This session was designed to confront the stigma and taboos around menstruation and reproductive health and to create an open forum of discussion around the topic. The event started with the felicitation of speakers. With our wonderful speaker Ms. Ami Sahgal, a sociologist and facilitator who spread awareness and education about menstruation and reproductive health system primarily in the remote and marginalized area of India, the session became an open space for the girls to bring about their view on their menstrual experience along with the understanding of how certain dynamics around us i.e. government, family, society, media etc. influence our menstrual knowledge and perception.

Our next speaker Dr Puja Gupta, a Public Health specialist and Reproductive health expert, also gave valuable information on certain taboos and stigmas around women's reproductive health. She, very thoroughly, explained about menstrual course, reproductive hygiene activities and overall holistic development for women.

Throughout the session, the students were kept engaged through myth vs fact exercise, Q&A, tasks and were also given space to share their perception on menstrual health. Followed by the speaker's workshop, Dr. Ruchika Sharma delivered the vote of thanks. Overall, this session was fruitful in terms of gaining knowledge, confidence and strength among students to take menstruation as a natural part of their life rather than being a victim of stigmas around it.