

## Chief Guest

on

Inauguration

Valedictory



**Dr Geeta Bhatt**

Director  
Non-Collegiate Women's Education Board  
Delhi University, India



**Prof (Dr) Tanuja Manoj Nesari**

Director  
All India Institute of Ayurveda  
New Delhi, India

## Guest of Honour



**Ms Oshin Sharma**

Assistant Commissioner Revenue  
Sandhol, H.P., India



**Dr. Archana Nanoty**

Registrar  
National Institute of Technology  
Hamirpur, H.P., India

## Keynote Speakers



**Prof (Dr) Tanuja Manoj Nesari**

Director  
All India Institute of Ayurveda  
New Delhi, India



**Dr Geeta Bhatt**

Director  
Non-Collegiate Women's Education Board  
Delhi University, India



**Taresa Bhongsatiern**

Menstrual & Sexual Health Educator  
Thailand



**Dr. Sakia Haque**

Medical Officer  
Ministry of Health, Bangladesh



**Dr. Munisha Sharma**

Consultant Robotic & Gynec oncology  
BLK MAX New Delhi, India



**Dr. Manisha Thakur**

Sen. Manager FTTELO  
India



**Dr Jyoti Walla**

Principal  
Ramshobha College of Education  
Jharkhand, India



**Dr Rasmi Sinha**

Consultant, Yoga & Naturopathy  
Ayush wellness center  
Govt of Assam, India



**Dr Ruchi Shah**

Scientist B, ICMR  
CAR University of Kashmir, India



**Dr Indu Sharma**

Assistant Professor  
Morari Desai National Institute of Yoga,  
New Delhi, India



**Dr Usha**

Microbiologist  
Bhojia Dental College & Hospital  
India



**Aasmani Chaudhary**

Founder, Rural Women Development Center  
Nepal

### Patron

**Sh. Pramod Maheshwari**

Chancellor, CPU

**Prof. PL Gautam**

Pro - Chancellor, CPU

### Co-Patron

**Dr. Sanjeev Sharma**

Vice Chancellor, CPU

**Dr Sanjay Thakur**

Registrar, CPU

### Convener

**Dr Arti Jamwal Sharma**

Chairperson, 3ZERO Club, CPU

### Organizing Secretaries

**Dr. Priyanka**

Key Person  
3ZERO Club, CPU

**Ms Shalini**

Member Secretary  
3ZERO Club, CPU

**Dr Shailja Kumari**

Assistant Professor  
Zoology, CPU

**Ms Rutika**

Assistant Professor  
Pharmacy, CPU

### Advisory Committee

**Ms Ankita Shohel**

Senior Associate  
3ZERO Global Center  
Dhaka, Bangladesh

**Dr Rajender Kumar**

Dean  
Basic & Applied Sciences, CPU

**Dr Saurabh Kumar**

Dean Student Welfare, CPU

**Dr Arvind Sharma**

Dean  
Pharmaceutical & Health Sciences, CPU

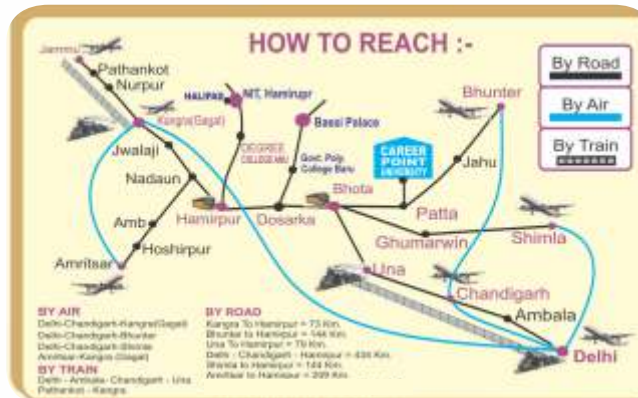
**Ms Kazi Shanta**

Ecosystem Developer  
Life Project 4 Youth, Bangladesh

**Ms Taresa Bhongsatiern**

JOIE Period Care, Thailand

### How to Reach



### For Further Details contact us at

Contact Details:

Career Point University, Hamirpur (H.P.)

Campus: Bhoranj (Tikker-Kharwarian), Hamirpur-176041 (H.P.), India

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# ONE WEEK INTERNATIONAL WORKSHOP

(Hybrid Mode)

on

# Menstruation

## Embrace without Embarrassment

May 22<sup>nd</sup>-28<sup>th</sup> 2024

(Celebrating International Menstrual Hygiene Day)

Organized by

**3ZERO Club**  
**Division of Botany**  
&  
**School of Pharmacy**  
of  
**CAREER POINT UNIVESITY**  
HAMIRPUR, HIMACHAL PRADESH, INDIA

in collaboration with

3ZERO Club  
Bangladesh

Life Project 4 Youth  
Bangladesh

JOIE Period Care  
Thailand

## 1 About the University

Recognizing the fact that there is a large gap in the number of quality Institutes of higher education in rural areas as compared to urban areas and the report of National Knowledge Commission 2006, the legendary Career Point Group, established Career Point University to fill this gap. The University has been established by the Government through State legislature in the year 2012. It is UGC approved, NAAC Accredited, ARIIA, NIRF- MoE, Govt. of India ranked and is a member of AIU Delhi. During the past 12 years, it has grown both in size and stature and has emerged as an institution of repute in the state of Himachal Pradesh. Apart from academics, the University has emerged as a leader in the State with a Technology Incubator Centre established under CM startup scheme by the Department of Industries, Govt. of HP, a Technology Enabling Centre (TEC) established by the Department of Science & Technology, Govt. of India; the first of its kind in Himachal Pradesh and third in entire north zone; a Military Training Centre, a Center for Innovation, Skill Enhancement & Entrepreneurship, a Center for Co-Operative Studies & Placement; a Center for Traditional Medicines & Yoga and a Directorate of Community Services for the upliftment of rural community. The University has signed MoUs with different Government and Private organizations at National & International level for the benefits of students, faculty and the society at large. More recently the University has signed MoU with Morarji Desai National Institute of Yoga, National Institute of Yoga, Ministry of Ayush, Govt. of India. The Directorate of Community Services (DCS) of the University has adopted 75 villages and has helped farmers towards crop diversification and adoption of modern technologies across the state. The University has also provided opportunity of "Free Online Coaching" for 100 competitive examination aspirants of the state of Himachal Pradesh which otherwise would have cost them around Rs 20 Lakhs per year. Apart from imparting quality education to the rural youths, the University has supported economically poor students by providing government scholarships of around Rs. Seven Crores during the last five years. In brief, the University is committed towards fulfilling the mandate of regional Universities by emerging as a leading institution with a focus on quality education, quality research, innovation and extension services. The University is providing quality education in the fields of Engineering, Pharmaceutical Sciences, Law, Applied Sciences, Commerce & Management, Humanities and various other programmes.

## 2 About the 3ZERO Club

The 3ZERO Club is an initiative towards achieving the Nobel Peace Laureate Professor Muhammad Yunus's vision of creating a world of three zeros- zero net carbon emission, zero wealth concentration for ending poverty, and zero unemployment by unleashing entrepreneurship in all. This initiative of setting up a global network of 3ZERO Clubs is undertaken to make young people familiar with the goal of three zero world and ways to achieve this goal with the creative initiatives of young people. 3ZERO Club is working in 54 countries. Each Club is a self-formed, self-contained mini-Club of five members with self-chosen tasks to play a role in creating a three zero world. Each Club empowers itself by connecting with other such Clubs, having a larger range of common features. The Clubs become exponentially powerful as they link themselves up

with each other. This networking expedites, in a systematic way, the process of reaching the goal faster. The mission of the 3ZERO Club is to inspire and enable the youth to ideate, create and lead with the entrepreneurial spirit to solve the most pressing social and environmental issues of our time. Career Point University is the first organization from North India working with 3ZERO Club as 3Z Support Organization.

## 3 About the Workshop

### (A) Why This Initiative?

Menstrual Health and Hygiene (MHH) is crucial to women's and adolescent girl's empowerment and well-being. It includes all the components required to menses safely and sanitarly. According to the World Health Organization (2022), 1.8 billion women worldwide menstruate every month. At least 500 million of them around the world mostly in developing countries do not have access to manage their menstrual health safely and with dignity. For example, only 6 percent of schools in Bangladesh provide education on MHM. According to a study by UNESCO (2021), in India, out of 40 crore menstruating women, only less than 20 percent use sanitary napkins. Study also revealed that 71 percent of adolescent girls remain unaware of menstruation until their first menstrual cycle, affecting their health, confidence, and self-esteem.

Girls and women need access to water, sanitation and hygiene (WASH); menstrual hygiene products that are appropriate and affordable, education on good hygiene practices, and a supportive environment where they can manage their period without shame or embarrassment in order to manage their menstruation effectively. Menstruation is a normal and healthy aspect of women life though in many countries menstruators still faces cultural taboos and discrimination. Such social constrains refrains menstruators from right information about menstruation, which results in unsanitary and harmful menstrual habits. They also generate misconceptions and unfavorable attitudes that serve as a catalyst for other negative behaviors, including bullying, shaming, and gender-based violence. Inadequate knowledge about menstruation and associated harmful customs can raise the risk of cancer, urinary tract infections, and reproductive infections. Adolescent girls typically find discussing menstruation awkward, which prevents them from getting enough information about this taboo topic in society. Furthermore, lack of awareness and ignorance worsens a girl's everyday activities, has an adverse effect on her school and college attendance, and consequently lowers her academic performance. Today's decisions about reproductive health will have an impact on future generations' health. Poor menstrual hygiene and health are contributing to social and economic inequality for generations of girls and women, having a detrimental effect on their human development, safety, health, and education. So, there is great need to break the menstruation taboos.

International Menstrual Hygiene Day is celebrated every year on 28th May to provide a platform to collaborate individuals, institutions, society and media to create a united and strong voice for women and girls. It highlights the importance of menstrual hygiene, care and raises awareness about challenges

faced by those who do not have access to sanitary products.

### (B) Objectives of the Workshop

Our workshop is also focusing on encouraging awareness, hygienic practices during menstruation, dispelling common myths and misconceptions associated with periods and enabling girls to speak about menstrual issues without hesitation by celebrating menstruation hygiene week from 22nd – 28th May 2024.

- To inculcate understanding of menstrual cycle, menstrual hygiene and menstrual disorders among women and girls.
- To dispel menstruation myths and taboos.
- To spread awareness about option, use and disposal of menstrual hygiene products.
- To address concerns pertaining to privacy and access to hygienic WASH facilities.
- To educate, encourage and counsel adolescent girls about good menstrual hygiene practices.
- To discuss and find solutions to rural women's and girl's financial constraints in accessing menstrual products.
- To offer a forum for open dialogue around menstruation.
- To emphasize the significance of a good diet in managing menstrual problems.
- To discuss about the benefits of yoga, physical activity, and meditation for general and reproductive health.
- To address psychological Problem of adolescent girls during menstruation.

### (C) Outcomes of the Workshop

- Understanding of the basic elements of menstruation and menstrual hygiene.
- Proper use and safe disposal of sanitary napkins.
- Dispelled discriminatory and stigmatizing stereotypes around menstruation.
- Awareness of the signs and symptoms of problems with reproductive health.
- Outlining proactive steps that can be taken to enhance WASH facilities in towns, workplaces, and public areas in order to promote proper menstrual hygiene.
- Improved Attendance/Increased Self Esteem/Reduced Infections among adolescent girls.
- Managing Menstrual Health through a healthy diet and yoga.

## 4 Participation

**Participants:** Girls (10+ age) and Women

**Participation Fees:** 400/- Rupees

**Last date for Registration :** 18<sup>th</sup> May, 2024

**Registration Link :** <https://forms.gle/3WkuhUBZBnyvZqht7>