



**All India Institute of Medical Sciences, Rajkot, Gujarat**  
**Department of Obstetrics & Gynaecology**  
**Activity Report – Menstrual Hygiene Awareness Day, 28 May 2023**

The Department of Obstetrics & Gynaecology, All India Institute of Medical Sciences Rajkot, Gujarat celebrated “Menstrual Hygiene Awareness Day” on 27<sup>th</sup> May 2023 at AIIMS Rajkot. Menstrual Hygiene Day is a global advocacy platform for resolution and action towards better menstrual health and hygiene to create a world where no one is held back because they menstruate.

The WHO theme for Menstrual Hygiene Day 2023 is

**“Making menstruation a normal fact of life by 2030”**

The Department of Obstetrics and Gynaecology, AIIMS Rajkot, aimed to end menstrual stigma and advocate hygienic menstrual practices in the community with an event on the occasion of this global awareness day. Our Honorable Chief Guest and Patron of the event, **Professor Col. Dr. CDS Katoch**, Executive Director of AIIMS Rajkot, graced the occasion with his esteemed presence.

Inaugural session on Menstrual Hygiene was conducted by Dr. Pankhuri Dubey, Assistant Professor (Head/In charge of the department), which was followed by two mesmerising educational performances by MBBS students of Batch 2020-21. Using character enactment and role-play they depicted how poor menstrual hygiene is a result of negative social norms, lack of education, persisting taboos and stigmas, and limited access to hygienic menstrual products leading to various Genital tract infections. They described various menstrual hygiene products, and emphasized that with right knowledge and social support menstruation can be managed safely, hygienically, confidently and without shame. Dr. Medhavi Sharma, Assistant Professor, conducted an informative session on various programmes and schemes related to menstrual health by Ministry of Health and Family Welfare under Government of India. Dr. Ramotra Rohini Krishan, Assistant Professor, delivered a rejuvenating talk on women empowerment following it with a vote of thanks.

Informative e-posters and e-presentation on menstrual hygiene created by Dr. Humaira Sama, Junior Resident, in Gujarati, Hindi and English were displayed throughout the day on digital display screens in the OPD reception area for patient awareness. MBBS students of Batch 2021-22 participated by contributing a picture panel for the e-presentation. An artistic rangoli and an exquisite exhibition of a life size art piece made by the nursing officers,

symbolising women empowerment and 'wings of change' added to the cultural charm of the event.

Later on, honourable chief guest, Executive Director Dr. (Retd.) Col. CDS Katoch, enlightened the event with his inspirational speech and motivation, emphasizing the importance of Menstrual Hygiene amongst adolescent girls and females of our country.





















WE ARE COMMITTED

Give Women  
Wings To fly ✨

END PERIOD  
STIGMA



TIME FOR ACTION



NO BLOOD IS IMPURE



