

हंसराज कॉलेज
दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
मलकागंज, दिल्ली-110007
दूरभाष : 011-27667458, 27667747
ई-मेल : principal_hrc@yahoo.com
वेबसाइट : www.hansrajcollege.ac.in



HANS RAJ COLLEGE

UNIVERSITY OF DELHI
Mahatma Hansraj Marg
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WDC

WORKSHOP (March 13th, 2026)

Name of Activity: Menstrual Hygiene workshop

Name of Society: Women's Development cell , Hansraj College

Date of Activity: 13th March, 2026

Convenor of Society: Dr. Apoorva Gupta.

Student In-charge of the Event: Unnati

Description of Activity Conducted:

Women Development Cell , Hansraj College in collaboration with Sanrakshan Foundation organised a workshop on Menstrual Hygiene. The workshop started with the guest speakers writing their ideas on the Vision Board. After this, both the guest speakers were felicitated by society convener Dr. Apoorva Gupta. After the felicitation, Shipra Ma'am described the journey of the Sanrakshan Foundation to the audience. After this, Riya Ma'am addressed the audience about the workshop. She emphasized on the things that the Sanrakshan Foundation do like Sanitary Pad distribution and classes of Good touch and bad touch to young girls. The foundation mainly works in the areas of Women empowerment, Girl child education and environmental sustainability. She later described the various ways to maintain menstrual hygiene like using sanitary pads, menstrual cups and panties etc. The main part of the workshop was where the speaker told the audience about some life saving hacks like having chilli spray with us while travelling and having SoS app installed in our devices. She also told how can some self-defense techniques can help during times of emergency. Also, she told some helpline numbers like 1090 and 180 that is a national helpline number.

After Riya Ma'am, Harsh Rana from the foundation elaborated about the drives that they

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organised in various areas and schools. He also told the audience about the workshops that they do and also asked the audience to join the Sanrakshan Foundation. Lastly, a quick quiz was organised and the students who gave correct answers were given gifts.

In the end , Society President Unnati gave the vote of thanks.

Poster of the Event:

Women's Development Cell
Hansraj College, University of Delhi

Presents

VYAPTI DAY 2

Hygiene workshop

Join us for an interactive workshop where we'll talk about women's health, hygiene, and menstruation, along with a unique and engaging interactive quiz.

Speakers of Hygiene Workshop

Shipra
Founder and President of Sanrakshan Foundation

Riya
Speaker Head of Sanrakshan Foundation

New Seminar Hall,
Hansraj college

13th March 2026

1pm onwards

Patron: Prof. (Dr.) Rama
Convenor: Dr. Apoorva Gupta
Event Coordinator: Dr. Sahil Mehta
President: Unnati Jha

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Geotag Images:



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classmate
Date _____
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Neha Chaudhary	B.Sc(H) Anthropology	editorial
Yogita Rani	B.Com(Prog.)	PR, Tech.
Sahjara	B.Com (Prog.)	Organising
Psachi	B.COM (Prog.)	organising
Karan	B.Sc Physical Science	PR
Suhant	BA Eco	PR
Jyoti Prakash	BA Prog. (Eco+ History)	editorial
Tenzin Yonden	B.Com +1	org
Mehal	BA Prog	PR & Sponsorship
Poaneeth	BA(H) Eng	PR, Tech
Samarpan Singh	B.Sc(P)	Outreach
Abhinav Rajawat	BA(H) Philo	PR/Organising
Krishna Sharma	BA(H) Philo	PR/Sponsorship
Virek Raut	BA (Prog)	PR/Sponsorship
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