



**2019 – 20**

**Name of the Department/Society: Enactus Hansraj**

**Name of the Event number: 10**

**Date of the Event: May, 2019**

Enactus Hansraj conducted a session on menstrual hygiene to help break the taboo around the topic and promote hygiene and safety during menstruation. The session was conducted for around 30-40 women of Mahila Panchayat of Mayur Vihar, Delhi. The session covered the basic knowledge about the menstrual cycle, busted some common myths and made the women aware about the precautions to be taken. The session ended with a question-and-answer round and taking the women's feedback.

