

**REPORT ON**

**AN AWARENESS DRIVE ON ‘MENSTRUAL HEALTH  
AND HYGIENE AMONG ADOLESCENT GIRLS AND  
WOMEN’ ORGANISED FOR RESIDENTS OF OKAMB  
VILLAGE, DHARBANDORA-GOA.**

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On 21<sup>st</sup> October 2021, an offline program titled 'Menstrual Health and Hygiene' was organized at SPES's Goa Multi-Faculty College, Dharbandora-Goa. As universal health is considered a global priority, Goa Multi-Faculty College took the opportunity to increase awareness regarding this topic among women and adolescent girls of Okamb village, Dharbandora – Goa. This particular day aimed to normalize the talk about menstruation & break the silence on menstruation, to raise awareness on importance of menstrual hygiene management and to advocate the MHM friendly environment. The audience were also informed about the significance of Menstruation Day.

The said programme was hosted by Miss Sequoia Eunice Fernandes who welcomed the dignitaries and resource persons of the evening. The dignitaries who graced this occasion with their presence included Prof. (Dr.) Shaikh Mohammad Parvez Al Usmani, Principal of Goa Multi-Faculty College; Dr. Sandesh Madkaikar, Health Officer, from Primary Health Centre, Dharbandora, Goa; Ms. Althea Fernandes (Member of the YWCA) and Ms. Lizzette Pereira (member of the YWCA) GMFC joined hands with Human Touch Foundation for this programme. The Human Touch Foundation is an NGO working across the state of Goa, with young people in the areas of HIV, Tuberculosis, Sexual & Reproductive Health, and Substance Abuse. The Human Touch Foundation Cell of Goa took an initiative to break the taboo around menstruation hygiene (MH) so no woman or girl would be uncomfortable talking about menstruation and menstruation hygiene. Prof. (Dr.) Shaikh Mohammad Parvez Al Usmani welcomed the gathering and appreciated their presence. He also mentioned the free services that could be availed from the college, which

in turn could benefit the people around the college campus. This was followed by the lamp lighting ceremony.

A skit was enacted by the Human Touch Foundation to spread the message “Menstruation is No Taboo.” The second activity encouraged women to speak about menstruation and build awareness about menstrual health. The final activity was an interactive talk session conducted by the speakers that initiated the audience to explore their creative side and spread awareness about MHM and the environmentally friendly products that are available in the market.

The program was attended by over 40 residents from Dayanandnagar and Okamb village and was a great success.

A token of appreciation was handed over by the Principal to the speakers of this evening, who helped to initiate small and effective steps towards creating a world, where talking about menstruation would not be considered awkward. Towards the end of the program, a vote of thanks was delivered by Asst. Professor Ms. Kalpita Naik. The programme came to an end at 5.30 p.m.

The program was organized by Assistant Professor Ms. Kalpita Naik, College Counsellor and Psychologist Ms. Sequoiah Eunice Fernandes and Assistant Professor Ms. Milan Gaonkar under the guidance of Principal Prof. (Dr.) Shaikh Mohammad Parvez Al Usmani. Technical and other assistance was provided by Ms. Ruchi Kuttikar, System Administrator, Mr. Devidas Gaonkar, L.D.C, Mr. Saiprasad Naik and Mr. Mahesh Gaonkar, Multi-Tasking Staff.

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