

SELINA - Menstrual Health Awareness Workshop

Organised by the Women's Cell, Victoria Institution (College) in collaboration with P&G

Date: 20.11.2025

Time: 11.30am onwards

The Women's Cell of Victoria Institution (College), in collaboration with Procter & Gamble, organised a menstrual health awareness workshop titled SELINA on 20 November 2025 at 11:30 AM in Room No. 23. The programme began with a brief welcome address by the Principal, Dr. Maitreyi Ray Kanjilal, who stressed the importance of open dialogue on menstrual health for the holistic well-being of students. The session was conducted by Ms. Poulomi Adhikary, who provided clear and practical guidance on menstrual hygiene, the correct use of sanitary products, and the need to challenge persistent taboos surrounding menstruation. Her presentation was concise, informative, and well-received by the students. The workshop saw the participation of around 120 female students, indicating strong engagement. As part of P&G's initiative, free Whisper sanitary kits were distributed, adding a useful hands-on component to the session. Overall, the workshop was compact, effective, and empowering, offering students essential knowledge to better manage their menstrual health.

Pictures of the Program:

