



Late Shri. Vishnu Waman Thakur Charitable Trust's
VIVA INSTITUTE OF PHARMACY
At. Shirgaon, Veer Sawarkar Road, Virar (E),
Taluka: Vasai, Dist. Palghar-401305, Maharashtra.
National Service Scheme (SH-11)



Name of the Event: **IMPORTANCE OF MENSTRUAL HEALTH AND HYGIENE**

Date: 8th March 2022

Programme Summary/Details:

On International Women's Day, the Women Development Cell and NSS Unit of VIVA Institute of Pharmacy came together to celebrate and empower women by organizing an insightful event focused on "The Importance of Menstrual Health and Hygiene." This event aimed to raise awareness and destigmatize the critical topic of menstrual health, which affects women's well-being. Through informative presentations, open discussions, and expert insights, the event provided a platform for women to share experiences and gain knowledge about maintaining their menstrual health. It not only celebrated women's strength and resilience but also contributed to their overall development by fostering a supportive and inclusive environment where they could prioritize their well-being and hygiene.

