

**GOVERNMENT ENGINEERING COLLEGE, PATAN**

**WOMEN DEVELOPMENT CELL**

**REPORT**



**ON  
Women Health and Hygiene**

**Organized by  
WOMEN DEVELOPMENT CELL**

**ON  
4th September 2025**

**AT  
Electrical Seminar Hall, GEC Patan**

# Brief about the seminar

- **Introduction and Objective:**

The Women Development Cell (WDC) of Government Engineering College, Patan, successfully organized a crucial seminar aimed at raising awareness and providing accurate information on menstrual health and hygiene for its female students. The primary objective was to create a safe, supportive, and informative environment where students could openly discuss concerns related to menstruation, common reproductive health issues like PCOD/PCOS, and learn essential dos and don'ts for maintaining well-being. The seminar also sought to destigmatize these natural processes and encourage students to prioritize their health.

- **Key Sessions and Content:**

The seminar was structured to cover several vital aspects of women's health:

- **Menstrual Health and Hygiene:**

The experts delivered an in-depth session focusing on:

- \* Understanding the Menstrual Cycle: A simplified explanation of the physiological process and hormonal changes.
- \* Hygiene Practices: Emphasis on the importance of regular changing of sanitary products, proper disposal, and maintaining general cleanliness to prevent infections. Choosing appropriate menstrual products (pads, tampons, menstrual cups) based on flow and comfort was also discussed.
- \* Managing Discomfort: Simple techniques and remedies for dealing with common menstrual symptoms like cramps, backache, and mood swings.

- **PCOD and PCOS Awareness**

A significant portion was dedicated to educating students about Polycystic Ovarian Disease (PCOD) and Polycystic Ovary Syndrome (PCOS),

Two increasingly common hormonal disorders:

- \* Differentiation and Symptoms: Explaining the difference between PCOD and PCOS, and highlighting common symptoms like irregular periods, acne, excessive hair growth (hirsutism), and difficulty managing weight.
- \* Lifestyle Management: Stressing that early diagnosis and lifestyle modifications (diet, exercise, stress management) are the primary and most effective ways to manage the conditions.

- **Conclusion:**

The seminar successfully educated female students on key aspects of women's health. The active Q&A session revealed the need for more such open discussions, as girls confidently shared concerns about menstrual taboos, discomfort, product use, and diet. Expert speakers addressed these with clarity and sensitivity, offering evidence-based answers on pain, stress, and when to seek medical help. The session helped normalize conversations on menstrual health, promoting openness without shame.

## Glimpses of the Event



