

## TEACHER'S ACTIVITY REPORT 2020 - 2021.

**FACULTY:** NA      **DEPARTMENT/ COMMITTEE:** WDC    **IQAC ACTIVITY No:** SVC/2020-21/WDC/RR10

<b>NAME OF THE ACTIVITY:</b> Online Campaign on Period Positivity			
<b>DATE</b>	<b>FACULTY</b>	<b>DEPARTMENT/COMMITTEE</b>	<b>COORDINATOR NAME</b>
10 <sup>th</sup> April 2020	NA	Women Development Cell (WDC)	Dr. Rina Ramdev
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor</b>
9:00 AM	Instagram, Facebook, LinkedIn	48	Virtual
<b>SUPPORT/ASSISTANCE:</b>	NA		

### BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO. – III, V):

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	Online Campaign : “#MyFirstPeriod” Period Postivity
<b>OBJECTIVES</b>	To spread period positivity and move towards acceptance of menstruation.
<b>METHODOLOGY</b>	An online campaign was conducted from 10 <sup>th</sup> Apr 2020 to 28 <sup>th</sup> Apr 2020 where people came forward to share their stories of when they experienced their first period bleeding.
<b>OUTCOMES</b>	The campaign was carried out successfully by the students of Sri Venkateswara College. It was a highly appreciated by everyone. From “whispers” and listening to strange myths about periods, to pampering and using their first sanitary pads, different stories were shared in the hope of moving towards change and acceptance of menstruation.

### PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters	<b>Student list of participation</b>	<b>Activity report</b>	<b>Photos</b> ✓	Feedback form
<b>Feedback analysis</b>	News clip with details	Certificate	Any other	

IQAC Document No:	Criterion No: III, V	Metric No:
Departmental file no	IQAC file No;	

<b>NAME OF TEACHER &amp; SIGNATURE</b>	<b>NAME OF HEAD/ COMMITTEE INCHARGE &amp; SIGNATURE</b>	<b>IQAC COORDINATOR (SEAL &amp; SIGNATURE)</b>
Dr. Rina Ramdev	Dr. Rina Ramdev	

# #MyFirstPeriod

This happened when I was in the 6th grade. One day, I was doing some household chores in the morning and I went to the kitchen and my Mother noticed something. She said "You have blood on your pants!" and I replied "What? Why?". At that time, I had no idea about What periods were ? or Why they happen ? or How to stop the blood ? and other things related to menstruation.

My Mother at that time was really tensed that I got my Periods too soon. Later on, she told me about what Periods are and how they are going to have an impact on my body i.e. how they'll affect me 'Physically' (and not emotionally). I realized later on only, that having Periods have a strong connection to emotional changes as well. My Mother, during that time had asked me not to talk about my periods to any boy (for obvious reasons) or even any girl.

I had a very hard time adjusting to my Periods and especially given the fact that I will have to face it every month made me anxious about Periods. I faced some medical issues as well during the initial stage of my Periods. I used to have really heavy flow because of which I couldn't use a pad for more than one and a half or two hours at the maximum.

I remember that once I went to give my exams while having my Periods and all my clothes were bloody red. It was really embarrassing for me. Boys in my school always used to make fun of the girls in the name of Periods and used it as a way to make them feel uneasy and uncomfortable.

It was very tough for me to adjust to everything initially, because it does bring a major, significant change in a woman's life.

Now that I am confident and happy to talk about Periods, Pads, Tampons, Menstrual Cups and my Blood Flow during periods, it seems relatively easier to talk about it now.

I don't even understand why I and all the other beautiful women are made so damn uncomfortable for the fact that they are menstruating. It is blood, eggs and biology and it is very much normal. If you cannot get used to it than you need to do something about it and yourself, and not about us. You need to educate yourself about

it.



*Nainika Singh*

President

Women's Development Cell, SVC

# #MyFirstPeriod

IT-The Period.

When I was in 7th class I saw a "Whisper" pad in my mother's cupboard. I asked her what it was, and in return, she scolded me telling it's nothing and why was I curious about all the "unnecessary things". Later when I came to hostel, I got to know about "it" from my friends.

I was in my 8th class and it was like any normal day. I got some blood stains on my panties and thankfully, since I was in hostel, I already knew what it was. I telephoned my father and asked him to give the phone to "my mother" (where I should have told it to my father), then told her the situation pretending as if I had no idea about "it".

I still think I was crazy for not telling her that I knew what "it" is (I was a girl and was embarrassed to tell her that I knew and how would a boy not be embarrassed and open about it.) I think it's funny that when I went home, I had to sit in a corner for friggging 9 days when instead I should have been enjoying my womanhood. Throughout those nine days, I felt as if I was some patient, while my relatives brought me sweets, fruits and gifts.

Sitting clueless for nine days, I realised that I can finally talk to my mother openly about the "unnecessary thing".

Hoping that this generation would not be the same and everyone irrespective of their gender and age know what "it" - the period actually is.

With hope filled heart, signing off.

#MyFirstPeriod #myfirstperiodon09.08.2012 #periodisgood



*Sravani Chinta*  
Former General Secretary  
Women's Development Cell, SVC



*Sri Venkateswara College*

**Women's Development Cell**



Proudbleeding.  
We respect the pain every women  
undergoes.  
WDC brings to you

# #MyFirstPeriod

Share your first time  
experience with us using  
#MyFirstPeriod and we  
will post your story on  
our page.

Let's break the taboo together

Private account users can DM us their experience  
or screenshot of their post.





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(University of Delhi)

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A.O(I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

*N. Latha*

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