TEACHER'S ACTIVITY REPORT 2020 - 2021.

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

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

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

TOPIC/SUBJECT	Online Campaign : "#MyFirstPeriod" Period Postivity
OF THE ACTIVITY	
OBJECTIVES	To spread period positivity and move towards acceptance of menstruation.
METHODOLOGY	An online campaign was conducted from 10 th Apr 2020 to 28 th Apr 2020 where
	people came forward to share their stories of when they experienced their first
	period bleeding.
OUTCOMES	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	Student list of participation	Activity report	Photos ✓	Feedback form
Feedback analysis	News clip with details	Certificate	Any other	

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

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
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.

it.



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.

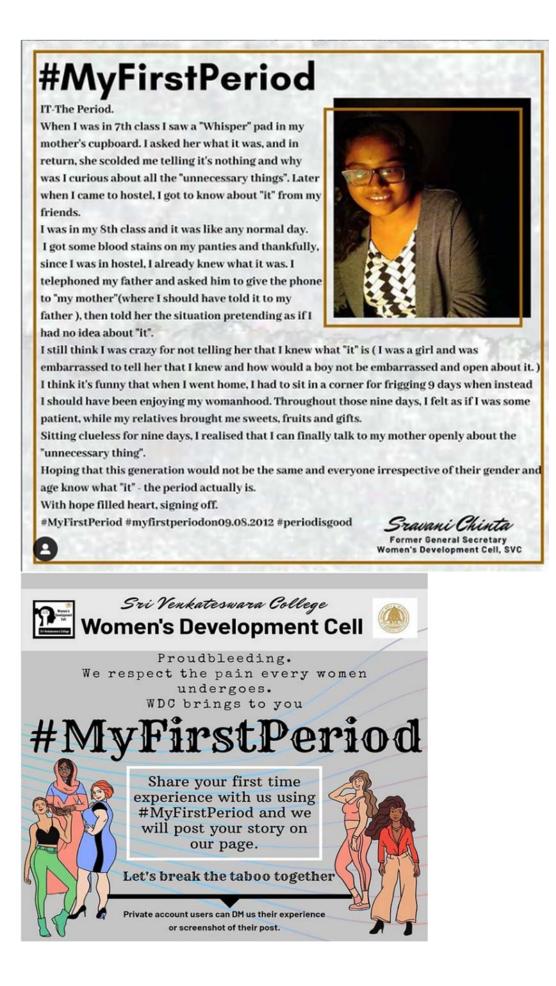
It was very tough for me to adjust to everything initially, because it does brings a major, significant change in a woman's life.

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

Nainika Singh President

Women'sDevelopment Cell, SVC





SRI VENKATESWARA COLLEGE (University of Delhi)

Internal Quality Assurance Cell

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Chairperson

Prof C. Sheela Reddy Principal Sri Venkateswara College

IQAC Coordinator Dr. N. Latha Department of Biochemistry

External Members Prof Debi P Sarkar Department of Biochemistry University of Delhi South Campus

Prof Alo Nag University of Delhi South Campus

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Dr. Lalitha Josyula Department of Electronics

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Dr. Nimisha Sinha Department of Biochemistry

Shri D. Venkat Ramana A.O(1/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.

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IQAC Coordinator Sri Venkateswara College

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