



**SANTHIGIRI**  
**COLLEGE OF COMPUTER SCIENCES**

Affiliated to MG University and Approved by AICTE

**Equal Opportunities Cell in association with  
Department of Social Work presents**

# **BREAK THE BIAS**

*A programme on Reproductive Health  
And Menstrual Hygiene*

**28<sup>th</sup> February 2022**

# PREFACE

As part of 2022 - March 8<sup>th</sup> International Women's Day celebration, it was decided to conduct an awareness class regarding 'Reproductive Health And Menstrual Hygiene' under 'Equal Opportunities Cell in association with Department of Social Work'. It was an initiative from second year MSW students with the aim of 'Ready to Change'. Reproductive education teaches not only the basics of puberty, body changes and development but also gives a comprehensive understanding of human body and how to say no to unwanted sexual activities. Menstrual Hygiene is vital to the empowerment and well-being of women and girls worldwide. It is about more than just access to menstrual hygiene products. It is also about ensuring women and girls live in an environment that values and supports their ability to manage their menstruation with dignity.

# ACTIVITIES

18-02-2022.

International Women's Day was decided to celebrate in Santhigiri college of Computer Sciences. As part of the celebration a mini campaign on 'menstrual products and hygiene' was suggested by MSW second year students and this idea was proposed to the faculty members. As always, a positive response was given and a discussion was conducted on this matter. Miss. Anu mol joy, a faculty member of women cell and teacher coordinator led the discussion.

Miss. Arya Prakash and Mr Stephan Jose was selected as student coordinators and the idea of 'Ready to Change' and 'Beauty with the Brain' was introduced and discussed. The class decided to prepare power point presentations to present the awareness programme.

21-02-2022

Another meeting of 'Break The Bias', Ready to Change programme was conducted. Under the leadership of MSW Head of Department, Miss. Anne Sharon Kappan, the slides were prepared and it was presented. Suggestions for betterment and effective impact was taken by the students and changes were edited. Permission from respective authority to run the programme was requested by the coordinators. Miss Anne Sharon Kappan took class regarding reproductive health and menstrual hygiene and conducted an open discussion among the students to clear the doubts and misunderstandings. It was decided to show menstrual hygiene products to students to give a clear awareness to students.

22-02-2022

Faculty members divided MSW second year students into teams of 3 members for 'Break The Bias'- Reproductive Health and Menstrual Hygiene programme. These teams selected their leaders and planned about effective delivery of the messages. Miss Anu took class regarding the topic and conducted an open discussion.

Student coordinators were advised to take the number of students in the colleges and check the projector's condition in every classes. Time for preparation for awareness class was given and students used it wisely.

25-02-2022

Miss Suja addressed the topic and conducted trial classes for various teams. The mistakes were corrected and she gave tips for better presentation. While practising, students improved their presentation skills. Under the supervision of faculty each teams were given respective classes for the programme. It was decided to conduct the 'Break The Bias' programme on 28<sup>th</sup> February, Monday on 2.00 pm.

<b>VENUE</b>	<b>CLASSES</b>	<b>NAME OF PRESENTERS</b>
1.BEDE memorial hall	* 1 <sup>st</sup> and 2 <sup>nd</sup> year Psychology. *S4 B.com.	* Juliya Benny * Arya Prakash * Chippymol Sibi
2. S2 BCA	S2 BCA	* Aisha S * Jince Sebastia
3. S4 BCA	S4 BCA	* Ginto K Paulose * Anusha Joseph * Cheril Sibi
4.M.COM	1 <sup>st</sup> and 2 <sup>nd</sup> M.COM	* Fr. Pauly * Arafa Asharaf * Anusha Varghese * Mary Saju
5.Maria Auditorium	S2 BBA, S4 BBA S6 B.com	* Gouri Prasad * Ashil Antony
6.Lab	1 <sup>st</sup> and 2 <sup>nd</sup> year Animation	* Sachin Jose * Neethulakshmi M.D
7.S2 B.com	S2 B.com	* Emilin Roy * Ashly M Paulsy * Sr. Dayona * Stephan Jose
8.BEDE memorial hall	S6 BCA [A & B]	* Juliya * Chippymol Sibi * Arya
9.S4 BCA	S4 BCA	* Ashly M Paulsy * Ginto K Paulose * Emilin Roy * Anusha Joseph
10.S2 BCA	S2 BCA	* Gouri Prasad * Ashil Antony

28-02-2022

On 28<sup>th</sup> Feb the second year MSW students conducted classes regarding 'Reproductive Health And Menstrual Hygiene'.9 teams did a beautiful job that day and got positive responses.

The topics covered were,

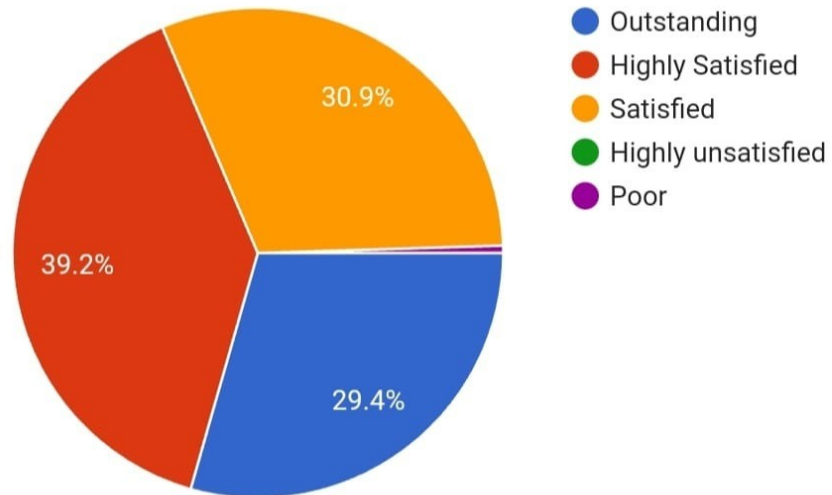
- Need of reproductive health and menstrual hygiene
- Life span
- Secondary sexual development
- Female reproductive organ
- Male reproductive organ
- Menstruation
- Menstrual hygiene
- Nocturnal emissions
- Erection
- Seeking help mentality.

Student coordinators and faculty members advised students to kindly fill the response goggle form prepared by MSW students.

Later the responses were collected and there was a total of 204 responses.

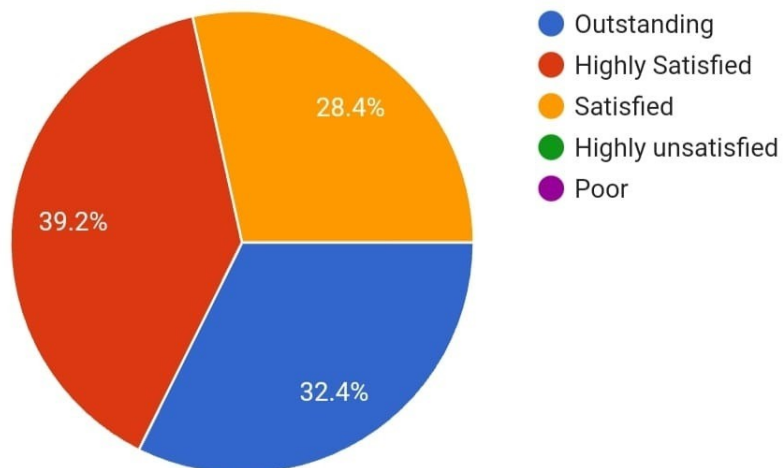
## How useful did you find this class?

204 responses



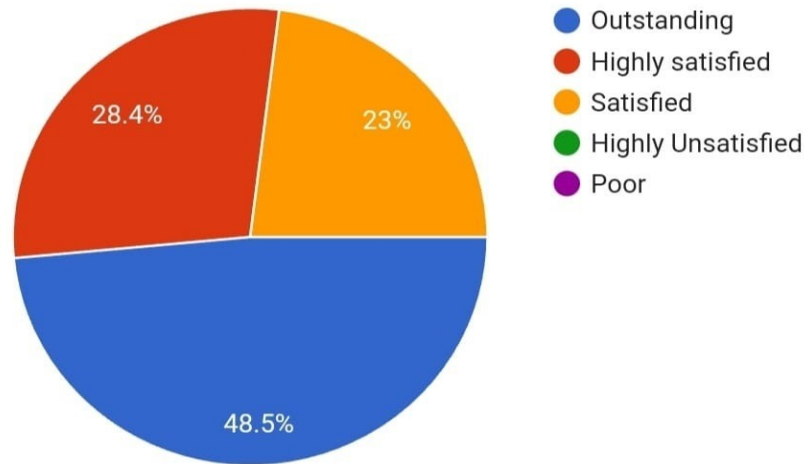
## How do you rate the content of the class?

204 responses



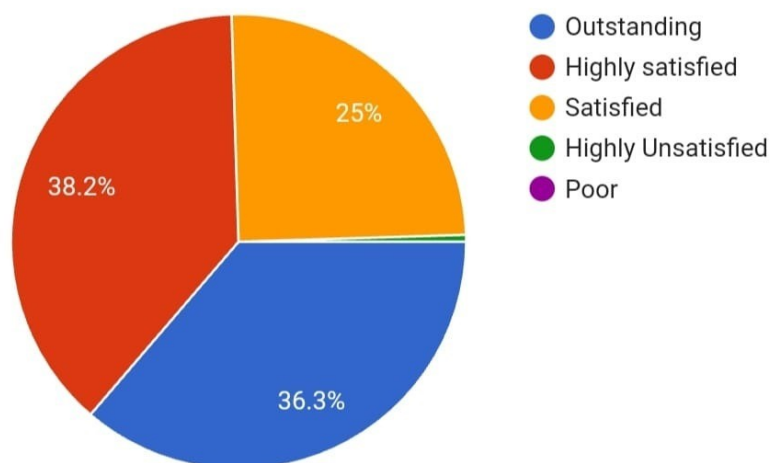
## How do you rate the Presenters?

204 responses



## Method of content delivery

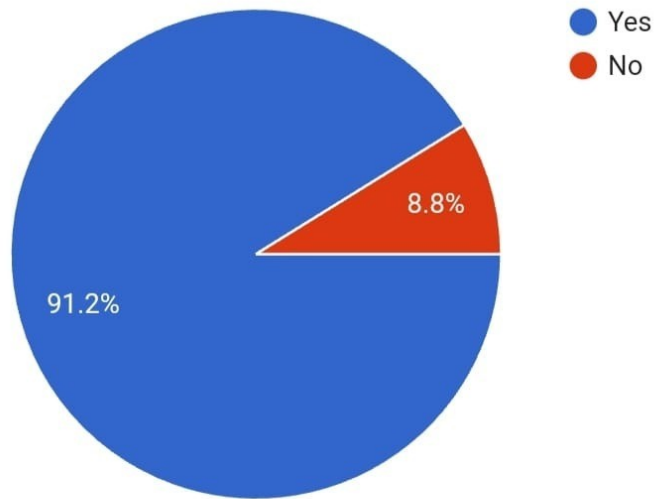
204 responses





Would you like to attend more classes like this ?

204 responses





07-03-2022

Flashmob conducted in the college to announce Women's day programme. The flashmob was conducted by MSW department, and also in the evening the department conducted the flashmob in the Thodupuzha Municipal bus stand in collaboration with CMS Karkinos Cancer Center Thodupuzha.



08-03-2022

The MSW department of Santhigiri College conducted flashmob at Latha Park Muvattupuzha as a part of Women's day Celebration of Muvattupuzha Municipality.

09-03-2022

An evaluation session was conducted on 09/03/2022, Wednesday at 1:45 PM about the Women's Day Programme which was held on 08/03/2022, Tuesday. The session was conducted in the MSW second year class. Meeting was about 2 hours and was headed by Ms. Anne Sharon Kappen, HOD of Social Work Department, Ms. Suja Jamarin and Ms. Anumol Joy. From first year and second year there were almost 50 students who attended the evaluation session. The meeting started with the talk of the two coordinators of the Women's Day Programme Ms. Arya Prakash and Mr. Stephen Jose. They both told that the programmes was an great success especially, the class on 'Menstrual Hygiene and Reproductive Health' and the flashmob. Student representatives from MSW Department shared their views about the last day programmes.

**Recommendations/Suggestions;**

- Ms Shana Mariam Joseph pointed out that male participation was quite declined in the flashmob. She suggested that in coming programmes their should be an equal participation.
- Fr. Pauly P Antony shared his view saying that there is an division among first years and second years students which slightly reduced the overall contribution of each students.
- Ms Juliya Benny raised an issue that is during the Menstrual hygiene class, so of the students withdraw themselves from the programme by not talking the class and some

were absent on that particular day without prior informing. It creates difficulties in other students, but they have managed the situation.

- Some other students pointed out that, planning has to be improved and others contributed to it by saying that, there was an communication gap between the students due to internal exams and field work.
- Faculty members also contributed their thoughts by saying, the programme was an success within the limited time, especially the coordinators contributed their maximum for the success of the programme.

An remarkable appreciation was given to the female coordinator Ms. Arya Prakash for her contribution in the programmes and also for the second years students. The meeting was concluded by saying that “ The Past is where you learned the lesson and The Future is where you apply the lesson”. That is, forget about the past mistakes and concentrate on future plans and make it much more success than the earlier.


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**BREAK THE BIAS**

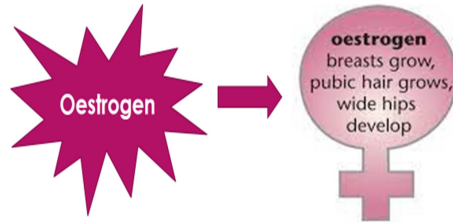
A PROGRAMME ON  
 REPRODUCTIVE HEALTH AND MENSTRUAL HYGIENE  
 28<sup>th</sup> FEBRUARY 2022

## Why should we know about reproductive health or menstrual hygiene?

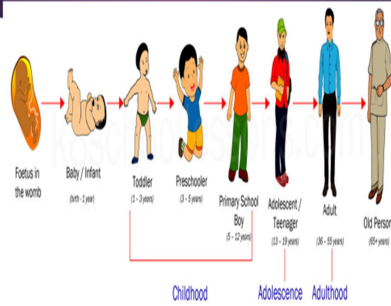


1. It is part of general health and well being
2. It is safe and helps to keep oneself healthy
3. Safer sex life, healthier babies and healthier parents
4. Helps one to know when and how to seek help
5. Helps to do away with myths, misunderstandings and false information

## Secondary Sexual Development



## Life span.

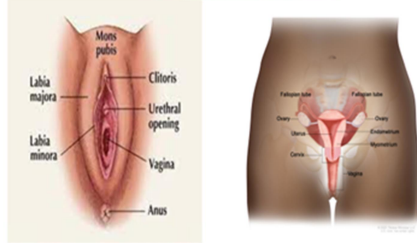




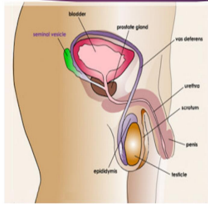
**Testosterone**

**testosterone**  
body hair grows,  
voice breaks,  
muscle growth  
increases

## Reproductive System (Female)



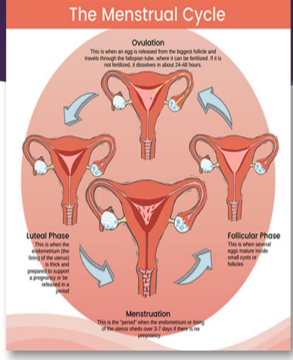
## Reproductive System (Male)



## What is Menstruation?

- ▶ Menstruation, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, your body prepares for pregnancy. If no pregnancy occurs, the uterus, or womb, sheds its lining. The menstrual blood is partly blood and partly tissue from inside the uterus. It passes out of the body through the vagina.
- ▶ Video

## The Menstrual Cycle



## Menstruation Symptoms

- ▶ Periods usually start between age 11 and 14 and continue until menopause at about age 51. They usually last from three to five days.
- Besides bleeding from the vagina, one may have:
  - ▶ Abdominal or pelvic cramping pain
  - ▶ Lower back pain
  - ▶ Bloating and sore breasts
  - ▶ Food cravings
  - ▶ Mood swings and irritability
  - ▶ Headache and fatigue

Name some menstrual hygiene products...

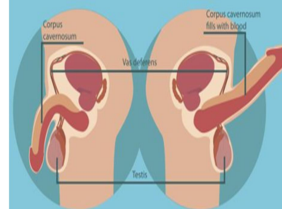
## Menstrual Hygiene



Do boys/men have periods???



## FLACCID PENIS      ERECT PENIS





### When should you seek help? (women)

- ▶ Pelvic, vulvar, and vaginal pain or abnormal bleeding from the uterus
- ▶ Absence of periods, late periods
- ▶ Itching and unpleasant odor
- ▶ Spotting
- ▶ Passing heavy clots during periods
- ▶ White discharge or yellow discharge
- ▶ Burning sensation, presence of boils or wounds in the genital area

### When should you seek help? (Men)

- ▶ Difficulty/pain with ejaculation or small volumes of fluid ejaculated, reduced sexual desire, or difficulty maintaining an erection (erectile dysfunction)
- ▶ Pain, swelling or a lump in the testicle area
- ▶ Recurrent respiratory infections
- ▶ Inability to smell
- ▶ Abnormal breast growth (gynecomastia)
- ▶ Decreased facial or body hair or other signs of a chromosomal or hormonal abnormality
- ▶ A lower than normal sperm count (fewer than 15 million sperm per milliliter of semen or a total sperm count of less than 39 million per ejaculate)

Remember it is safer to  
seek help from a reliable  
source

Be Safe Be healthy