



**Dempo Charities Trust's  
DHEMPE COLLEGE OF ARTS & SCIENCE  
Miramar, Panaji-Goa**

**Workshop**

- **Name of the Department:** Health and Counselling Centre
- **Title of the Workshop/Webinar/Conference/Symposia:** Workshop on 'Menstrual Hygiene Management Program'.
- **Date/s, Month, Year:** 23<sup>rd</sup> August, 2022
- **Type: State/ National/International:** College (local)
- **Co-ordinator:** Dr. Joslyn Henriques and Mrs. Lourdes T. Botelho
- **Resource person/s:** Ms. Ria Patel Chandray
- **Affiliation of Resource person/s:** Founder, Gia JOSA industries, Hygienic Sanitary Pads, Tivim Goa.
- **Chief Guest / Key note speaker if any:** - Nil
- **Total No. of beneficiaries:** 80
- **International, National, State:** Students and Staff of DCT's Dhempe College of Arts and Science, Miramar-Goa
- **Concept Note: (Not exceeding 100 words):**
  - The Health and Counselling Centre of DCT's Dhempe College of Arts and Science, Miramar-Goa organized a workshop on 'Menstrual Hygiene Management Program' in association with Gia JOSA industries, Hygienic Sanitary Pads, Tivim Goa. The main objective of the workshop was to spread awareness on Menstrual Hygiene among women of all age groups and to increase access to high-quality, biodegradable sanitary pads. The resource person for the workshop Ms. Ria Patel Chandray, started the session with a brief introduction on what is menstruation, different roles played by a women, she explained the menstrual cycle, and also spoke about the post menstrual symptoms and gave healthy tips to deal with it i.e. practice light exercise/Yoga, stay hydrated, talk to close friends

and family etc. She also spoke about menstrual hygienic practices i.e. stay Clean, avoid Chemical based products, wipe the body part properly, wear comfortable clothes, eat healthy, drink water etc. she further spoke about JOSA sanitary pads and explained its benefits and also briefed about the rates its availability in the market. At the end of the session, she also demonstrated how JOSA pads are 100% biodegradable, chemical free, super light and reasonable as compared with other synthetic sanitary pads.

**Photograph/s**



(Dr. Joslyn Henriques)  
Convenor, Health Centre

(Mrs. Lourdes Botelho)  
Counsellor