

ANNUAL REPORT 2023
MENSTRUAL CAFE RAJGURU

Menstrual Cafe, Shaheed Rajguru College is a campus ambassador program which is meant for students in educational institutions wherein they engage in dialogue and activities with the aim to dismantle stigma and generate awareness around Menstrual Health and Hygiene, Sexual and Reproductive Health Rights and Mental Health. The initiative is aimed at changing the lens with which menstruation is viewed in Indian society. The vision is to create a world where menstruation holds no one back.

CONVENOR			DEPARTMENT
Dr. Daya Bhardawaj			Instrumentation
CO-CONVENOR			DEPARTMENT
Ms. Pallavi Preeti			Psychology
Council Members Details (2022-23)			
Name	Position	Department	Year
Jigyasa Verma	President	Statistics	3rd
Sonal Roy	Vice President	Microbiology	2nd
Kashish Chandwani	Secretary	Psychology	2nd
Arshdeep Kaur	Treasurer	Finance	3rd
Sanya Bansal	Event Management Head	Microbiology	2nd
Nipunika Pandey	Editorial Head	Statistics	3rd
Yashika Malhotra	Graphics Head	Psychology	2nd
Sameeksha Ojha	PR Head	Microbiology	2nd

The following activities have been conducted by the Menstrual Cafe Rajguru for the session 2022-2023:

1. Pridetopia- Come out to a celebration

A "Sharing Circle" was organised to give a platform to each individual for voicing out their experiences, opinions and stories for celebrating the "PRIDE MONTH" (Month dedicated to celebration and commemoration of the LGBTQ community) on 30th June, 2022.

2. Webinar on Sexual and Reproductive Health Needs:

The Webinar was organised in collaboration with Mash Project Foundation in partnership with ASSOCHAM, Reckitt and Condom Alliance. The speakers for the event were Ms. Nishtha Dholakia and Ms. Madhulika HaHandoo.

3. Webinar on the Effect of Hormonal Imbalances on Mental Health:

The webinar was conducted on 3rd September, 2022 in collaboration with Unwind Delhi (a youth-organisation mobilising affordable mental health care for teenagers). Dr. Sameer Kalani, senior consultant psychiatrist was the speaker for this event.

4. "We Bleed"- The Bimonthly Magazine Launch:

The bimonthly magazine of Menstrual Cafe - "We Bleed" was launched in the month of October with the theme "PCOS and Breast Cancer Awareness" followed by a second edition with the theme "Sex Education." The aim was to spread information regarding such issues in an interactive and amusing way.

5. Magazine Cover Design Competition:

The competition was organised in the month of October, 2022 to select the best suitable cover for the bimonthly magazine of Mcafe, "We Bleed". The theme opted for the same was "Elimination of Violence against Women". Madhuri was the winner whereas Kanika was the runner up of the competition.

6. Cloth Donation Drive:

The drive was conducted in the Foyer Area of the college premises and lasted from 17th to 24th October, 2022. The intention behind the organisation of this drive was to maintain a cloth bank accessible for the students of our college in case they encounter any menstrual emergency.

7. Installation of Pad Vending Machine:

A pad vending machine was installed in the second floor washroom of our college in the month of October in order to ease out the rush and challenges of the students for arranging pads in case of a menstrual emergency.

8. Stall at Period Fest:

Menstrual Cafe Rajguru had put up a stall on 4th February, 2023 at the Central Park, CP under Sachhi Saheli's Period Fest. Awareness regarding menstrual health was created amongst school girls and a healthy interaction was carried out.

9. Annual Fest - Avshata:

The annual fest of the society - Avshata was conducted in the month of February, 2023. The fest included several competitions:

- **Morii: The Photography Competition:** The theme for the competition was 'Emotions felt during Periods'. The entries had to be submitted in the form of a collage consisting of five pictures.
- **Period-Of-Art:** This was a period themed art competition where the participants had to submit an original artwork representing the stigma attached to menstruation and only 3 colours could be used in the artwork.
- **First Period Story:** In this activity, the participants were required to share their first period experiences through a google form. The best stories were to be featured on our instagram page.

10. Pad Donation Drive:

The drive was conducted on 23rd March, 2023 in collaboration with Unnat Bharat Abhiyan at Kondli and Dallapura Village. The motive was to create awareness regarding menstrual health amongst the underprivileged and donate menstrual health products.

11. Interactive Session:

The session was conducted on 27th March, 2023. The guest was Dr. Surbhi, a gynaecologist and the founder of Sachhi Saheli. The session went in an interactive way and a lot of doubts were clarified regarding various issues students had about their body.