



VSPM Physio
Rotaract



Region: Nagpur 1A

Club Name: Rotaract club of VSPM Physio

Project Name: **Everything you Need to Know About Menstrual Cups**

Project Mode: Online

Start Date: 24/12/22

End Date: 24/12/22

Venue: Nagpur District, Maharashtra, India - Google Meet

Description of project in brief by Rtr. Renuka Pandit (Club Secretary)

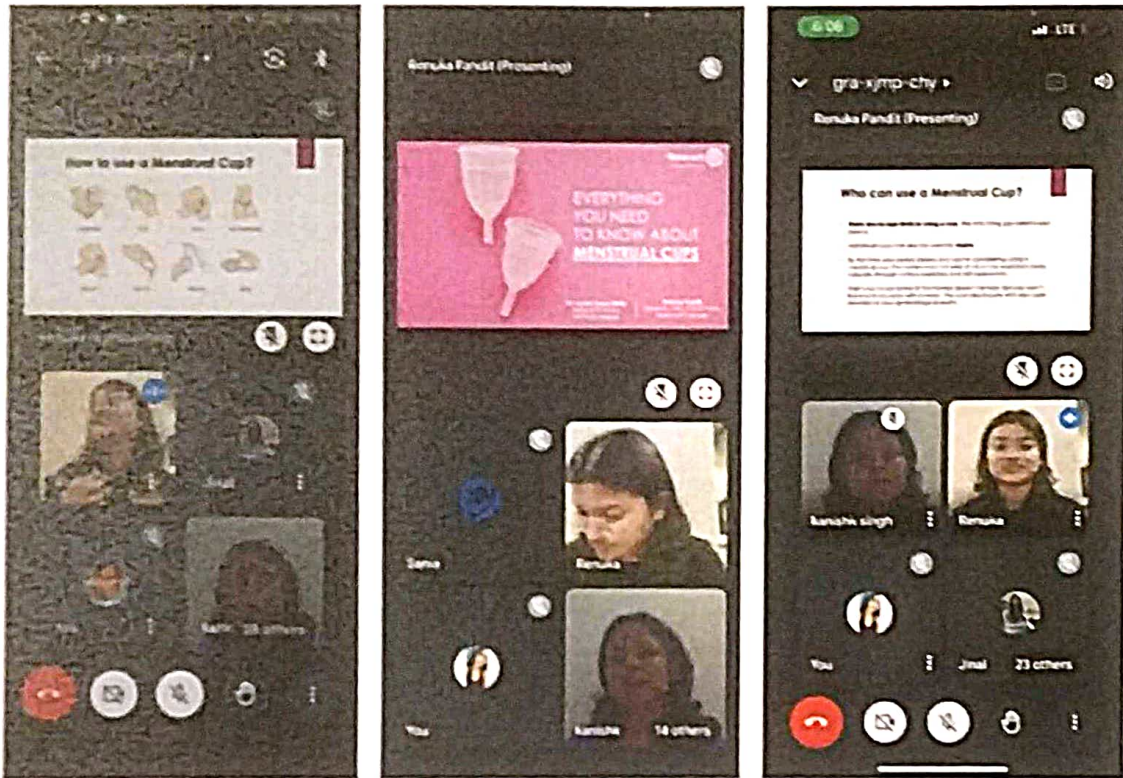
Club report - 2022

Reporting Date: 26/12/22

Description:

Sanitary pads and tampons still remain to be the most used menstrual products despite their harmful side effects. The aim of this online webinar was to spread awareness about menstrual cups and remove the stigma from people's minds about using them. The webinar lasted for 1 hour and 10 minutes. The speakers were Gynaecologist Dr. Amrita Singh who shared a Doctor's opinion on whether Menstrual Cups are safe or not and Rtr. Renuka Pandit, a menstrual cup user. Various points were covered including but not limited to - What is a menstrual cup, pros and cons, types, how to use, myths, etc. This was followed by a doubt-solving session. Approx. 35-40 people attended the webinar and shared positive feedback in the chat boxes. Vote of thanks was given by President of the club, Amey Chikane and the meeting was hosted by Vice President Rtr. Priyanka Chagediya.

Regards,
RAC VSPM Physio



Screenshots of webinar

Amey R. Chikane
 Amey R. Chikane
 President
 RAC VSPM Physio



Murpaulo
 Principal
 VSPM's College of Physiotherapy
 Principal
 V.S.P.M's College of Physiotherapy,
 Digdoh Hills, Hingna Road, Nagpur-19